
THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE
PSYCHOANALYSIS AT REDUCED FEE
617.266.0953

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If you are interested in beginning psychoanalytic psychotherapy or psychoanalysis, and would like to receive a referral through the Boston Psychoanalytic Society and Institute, please call the Administrative Office during business hours at (617) 266-0953.

WHAT IS PSYCHOANALYSIS?

As a therapy, psychoanalysis is based on the observation that individuals are often unaware of many of the factors that determine their emotions and behavior. These “unconscious” factors may create unhappiness, sometimes in the form of recognizable symptoms, at other times as troublesome personality traits, difficulties in work or in love relationships, or disturbances in self-esteem. Psychoanalytic treatment demonstrates how these factors affect current relationships and tasks, tracing them back to their origins and showing how they have changed and developed during the course of the individual’s life. Through such self-understanding symptoms may be relieved, relationships improved, and a sense of effectiveness and self worth enhanced. Psychoanalytic treatment, by the frequency of sessions (four or five times week), for an extended period allows for an intensity and depth of exploration that is usually not achievable in other forms of psychotherapy.

Psychoanalysis is a collaborative endeavor in the course of which the patient becomes aware of the underlying sources of his or her difficulties, not simply intellectually, but emotionally – by re-experiencing them with the analyst. The patient comes four or five times a week, lies on a couch, and attempts to say everything that comes to mind. Gradually, hints of the unconscious sources of current difficulties begin to appear – in dreams, in events reported, in what is evaded, the ways the patient relates to the analyst. The analyst elucidates these for the patient, who corrects, confirms, rejects, and adds further thoughts and feelings. During the years that an analysis takes place, the patient works with these insights, going over them again and again with the analyst, and experiencing them in daily life and in dreams. Through this process the patient’s life his or her behavior, relationships, sense of self – can change in deep and abiding ways. In the long run, patient and analyst join in efforts, not only to ease cramped life patterns and remove symptoms, but also to expand the freedom to work and to love. In order to reach these goals, a good deal of time is required. Both psychoanalyst and patient should be committed to undertaking a treatment that will usually last three years or longer.

Who Treats Patients Through the Boston Psychoanalytic Institute?

Patients are treated in psychoanalysis under the auspices of the Boston Psychoanalytic Institute by candidates in training who must meet high ethical, psychological, and professional standards. The candidates are men and women with advanced degrees who have demonstrated clinical ability. All candidates receive six to ten years of psychoanalytic training. The training consists of three parts: candidates undergo a personal analysis; they attend classes in psychoanalytic theory and technique; and they undertake the psychoanalysis of patients under supervision of experienced analysts.

How Does One Enter Psychoanalysis Through the Boston Psychoanalytic Institute?

The process is initiated by calling to request an interview with a representative of the Consultation Committee. This interview is a consultation as to whether psychoanalysis the most appropriate treatment. The person best able to use psychoanalysis is a fairly sturdy individual, although he or she may feel far from sturdy at the time of seeking treatment. Indeed, this person may have already achieved some important satisfactions – in work, with friends, or through special interests and hobbies, but nonetheless is unable to enjoy life fully. Whatever the problems a person brings to the psychoanalyst, it can be properly understood only within the context of that person's strengths and life situation. Hence, there is a need for a thorough evaluation to determine who is likely to benefit from psychoanalysis and try to determine the potential usefulness of psychoanalytic treatment for the particular applicant.

If the BPSI Consultation Committee recommends analysis, the applicant should request an application from the Boston Psychoanalytic Society and Institute Administrative Office. A report of medical history and physical examination are required and should be submitted with the application. This material is reviewed by the BPSI Consultation Committee which is responsible for responding to all applications. If the applicant has been in psychotherapy, the Committee may request permission to consult with previous therapists.

An applicant for whom psychoanalysis is not recommended is offered help in securing treatment which the Committee feels would be more beneficial at that time.

Fees and Placement

A non-refundable application fee of \$30 is required. Undertaking a psychoanalysis even at a reduced fee, involves a large investment of time and money. The Boston Psychoanalytic Institute offers psychoanalysis to individuals who would not be able to afford private treatment. Every effort is made to place applicants who are accepted for psychoanalysis, regardless of their income. The fee is privately negotiated between the patient and the psychoanalyst.

We are indebted to the American Psychoanalytic Association for permission to use excerpts from their brochure, "About Psychoanalysis."