

## **Appendix Eligibility and Readiness for Psychoanalytic Training**

At BPSI we welcome applications for training from all mental health disciplines. We offer a wide range of educational programs which are often pathways into analytic training and work with interested clinicians to match them with the program that best fits their professional needs, developmental trajectory, and interests at a given time. Psychoanalytic training is one trajectory available to licensed mental health professionals with an established base of knowledge and experience within the field.

Prior to psychoanalytic training, applicants should possess the clinical immersion and didactic and personal treatment experience described below. If applying for joint training in adult and child psychoanalysis, this should include at least one year of training specific to child and adolescent mental health from a recognized treatment center.

We understand there are different educational pathways in the mental health field, and your training and experience may differ from the criteria listed below. The Admissions Chairs and the Training Outreach Chair are available to discuss your didactic and clinical immersion, your individual interests and professional trajectory, and your readiness for psychoanalytic training. Their contact information can be found below.

### **Clinical Immersion**

1. A minimum of 3000 hours or the equivalent of two years full-time mental-health clinical experience under weekly individual supervision. If applying for joint training in adult and child psychoanalysis, this should include experience with children, adolescents and adults. Although this experience may be gained primarily from out-patient care situations, it should ideally include at least some experience with other settings such as inpatient and emergency care settings that offer exposure to the full range of mental disorders, and should include experience with psychodiagnostic assessment and differential diagnosis.
2. A minimum of 60 hours of individual supervision in the practice of psychodynamic psychotherapy such that you have begun to develop the capacity to establish a clinical process with patients, basic to future psychoanalytic clinical competence.

### **Didactic Experience**

Should generally include the following:

1. Human Development across the lifespan from infancy into adulthood.
2. Psychopathology – allowing for a theoretical and clinical understanding of mental disorders including neurotic, characterological, psychotic, affective, anxiety, attentional and learning disorders as well as disorders related to substance abuse and those at the medical-psychiatric interface.

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3. At least 60 hours participation in psychodynamically oriented courses and clinical seminars from which you have gained understanding of basic psychoanalytic concepts as well as the basics of a psychotherapeutic clinical process.
4. Therapeutic approaches to mental disorders that would enable a theoretical and clinical understanding of the different indications for psychopharmacology, supportive, psycho-dynamic and other psychotherapeutic treatments.
5. Interviewing techniques, history taking, information gathering and report writing.
6. Techniques of psychotherapy including a theoretical understanding and clinical experience with a range of psychotherapeutic techniques.
7. The principles of clinical and professional ethical conduct.

**Personal Treatment Experience**

Applicants are strongly encouraged to have experience in their own personal treatment, in psychoanalysis or intensive psychoanalytic psychotherapy.

Thank you for your interest in psychoanalytic training at BPSI. Please know that applicants are evaluated on the basis of their education, interest and experience relevant to the field, psychological aptitude, and certain personality factors. These include personal integrity, maturity and an abiding interest in the vicissitudes of human experience and psychological growth; a capacity for psychological understanding and sensitivity; the ability to listen and communicate empathically; the desire to make observations non-judgmentally in an inherently subjective field; and a tolerance for complexity, ambiguity and frustration. Psychoanalytic training is directed toward helping the psychoanalytic Candidate further develop and integrate these characteristics.

**Contact Information:**

Susan Austrian, MD, Co-Chair Admissions Committee (Adult Psychoanalytic Training Program): [SEAustrian@rcn.com](mailto:SEAustrian@rcn.com) or 617-278-9410.

Ellen Blumenthal, MD, Co-Chair Admissions Committee (Joint Adult, Child & Adolescent Psychoanalytic Training Program) [eb@blumenthalmd.com](mailto:eb@blumenthalmd.com) or 617-566-1707.

Janet Noonan, LICSW, Chair of the Training Outreach Committee: [janetnoonan@verizon.net](mailto:janetnoonan@verizon.net) or 617-571-6765.

For administrative questions please contact Karen Smolens, Senior Administrator for Admissions in the BPSI office at [ksmolens@bps.org](mailto:ksmolens@bps.org) or 617-266-0953 x103.

This is to acknowledge that I have read the “Appendix on Readiness and Eligibility for Psychoanalytic Training” and confirm that I meet these criteria.

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Signature

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Date

11/27/2018