

TRAINING AND/OR DEGREE CRITERIA AND PROGRAM CREDENTIALING

Psychoanalysis (or **Freudian psychology**) is a body of ideas developed by [Austrian](#) physician [Sigmund Freud](#) and continued by others. It is primarily devoted to the study of human psychological functioning and behavior, although it can also be applied to societies.

Psychoanalysis has three applications:

1. a method of investigation of the mind and the way one thinks;
2. a systematized set of theories about human behavior;
3. a method of treatment of [psychological](#) or [emotional](#) illness.^[1]

Under the broad umbrella of what is psychoanalysis, there are at least 22 theoretical orientations regarding the underlying theory of understanding of human mentation and human development. The various approaches in treatment called "psychoanalytic" vary as much as the theories do. The term also refers to a method of studying [child development](#).

Freudian psychoanalysis refers to a specific type of treatment in which the "analysand" (analytic patient) verbalizes thoughts, including [free associations](#), [fantasies](#), and [dreams](#), from which the analyst formulates the [unconscious](#) conflicts causing the patient's symptoms and character problems, and interprets them for the patient to create insight for resolution of the problems.

The specifics of the analyst's interventions typically include confronting and clarifying the patient's pathological [defenses](#), wishes and [guilt](#). Through the analysis of conflicts, including those contributing to [resistance](#) and those involving [transference](#) onto the analyst of distorted reactions, psychoanalytic treatment can clarify how patients unconsciously are their own worst enemies: how unconscious, symbolic reactions that have been stimulated by experience are causing symptoms.

EDUCATIONAL GOALS

Promotes psychoanalytic competence

Fosters education in psychoanalysis which includes a highly personal experience of psychoanalytic treatment for the candidate.

Promotes education that assists a candidate's acquisition of the theoretical and clinical skills necessary for using the principles of psychoanalysis in the treatment of mental and emotional dysfunction.

Results in the competency to independently conduct psychoanalysis.

Involves the substantial implementation and utilization of clinical practice and supervision.

Eligibility Requirements

Consideration of aptitude, education, clinical training, potential growth.

Applicants who are Doctors of Medicine or of Osteopathic Medicine, Mental health professionals who have completed a doctoral level degree from an accredited mental health clinical program, who are licensed in the jurisdiction in which they practice, or practice in a jurisdiction in which their practices are not regulated by licensure, Mental health professionals who have graduated from an accredited mental health degree program with a clinical master's degree are automatically eligible for admission.

Competence in psychoanalytic training and practice cannot be predicted by educational background alone. Other mental health training, religious training, personal experience, or clinical experience should be considered.

Education and experience should involve immersion in a highly-structured, organized, and didactic curriculum. This should include psychodynamic seminars and supervised clinical training experiences.

Didactic Education:

The didactic curriculum of prior education should include:

- a. Human development leading to recognition of the psychological and socio-cultural factors in all phases of human development
- b. Psychopathology
- c. Psychological theory: behavioral, cognitive, and learning theories.
- d. Psychology and psychoanalysis as used in the Bible.
- e. Interviewing techniques, history taking, information gathering, and report writing.
- f. At least 60 hours participation in psychology and psychoanalytic courses and clinical seminars
- h. The principles of clinical and professional ethical conduct.

Clinical Experience:

- a. A minimum of 2000 hours or the equivalent of one and one half years full-time mental-health supervised clinical experience.
- b. A minimum of 60 hours of individual supervision or four units CPE.
- c. Personal analysis (as administered by the specific psychoanalytic program)
- d. The candidate should have a minimum of a total of 150 hours of supervision in child and adolescent psychoanalysis.

Training Curriculum

2-4 years (or 60 credit hours) training (including completion of training seminars)

Training in telephonic and/or internet based psychoanalysis. This must include ethical implications of its use and employment.

1. Psychoanalytic Treatment Situation and Technique
2. Psychoanalytic Theory
3. Psychopathology
4. Development
5. Pastoral Applications of Psychotherapy and Psychoanalysis
6. Electives

Summary

The training program (2-4 years or 36 credit hours in duration) in psychoanalysis should include:

Individual analysis – including personal experience and analysis

Supervised clinical practice – by a trained psychoanalyst

Presentations and seminars

Group dynamics and case study – resulting in a formal thesis or presentation

Although C.G. Jung was not Christian, in fact he believed religion to be myth; course work will examine Jungian psychotherapy including clinical, interpersonal, and archetypal approaches, and a broad understanding of the human condition. The program may be completed at the students own pace and may include a blend of residential and distance learning courses. Students should consult their advisor for specific course information.

The degree program in psychoanalysis should be divided into phases:

Phase I

C.J. Jung's writings and archetypal approaches

Jungian analytical theory including dreams, myths and religion.

Level I psychoanalytic courses (institutionally specific)

Clinical methodology

Ethics

Phase II

Case study and presentation

Jungian-influenced literature

Supervised clinical practice

Thesis

For American students, the planned course of study should be designed to fulfill requirements for licensure in either New York or New Jersey. For UK students the planned course of study should be designed to satisfy requirements established by the British Psychoanalytical Society.