

# PSYCHOANALYTIC EDUCATION PROGRAM

## About the Program

The Psychoanalytic Education Program is a multifaceted course of study intended to expand and refine the capacity of mental health professionals to understand and work with patients in depth. The program also offers valuable tools for scholars and researchers who wish to increase their effectiveness in their own fields.

Psychotherapists who undertake psychoanalytic training dramatically increase their ability to recognize and work with unconscious intrapsychic and interactional phenomena, as well as the capacity to use their own humanity as an instrument to promote the therapeutic process.

Psychoanalytic training is comprised of three interrelated processes: (1) a personal analysis with a training analyst; (2) clinical experience, consisting of supervised analyses and case presentations; and (3) theoretical and clinical course work. The goal of psychoanalytic training is to integrate these three processes so as to foster the student's psychological understanding and clinical effectiveness, as well as his or her mastery of the theories and techniques of psychoanalysis.

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*"My training experience at the Chicago Institute has been so enriching, intellectually, clinically, and personally. I feel I have greatly expanded my understanding of psychodynamic theory, models of the mind, and therapeutic action..."*

*- Dale Gody, PhD  
2014 Graduate*

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### PERSONAL ANALYSIS

The personal analysis is the foundation upon which psychoanalytic knowledge and understanding is built. It is conducted, at a frequency of at least four times a week, by a "training analyst." Training analysts are appointed by the American Psychoanalytic Association, based on their expertise and immersion in psychoanalytic work, for the express purpose of analyzing and supervising candidates (students) in psychoanalytic training. Understanding of one's unconscious is essential if one is to delve into the unconscious of another and thus conduct productive therapeutic work. The training analysis and life-long self-analysis are the means for achieving and maintaining this depth of understanding of oneself and others.

### CLINICAL EXPERIENCE

Applicants for psychoanalytic training are expected to have a minimum of two years of

full-time clinical experience and a working knowledge of diagnostics, psychopathology, psychodynamics, and developmental theory. To foster the development of clinical skills, the curriculum is designed to integrate theoretical course work with direct practice. Candidates begin to analyze their first case after the conclusion of an introductory quarter of basic concepts, theory of technique, and seminar demonstrations that focus on the initial phase of analysis.

Candidates in the Adult Psychoanalytic Training Program must analyze a minimum of three cases under supervision. Each supervised case is seen four to five times weekly and, to qualify for credit, each must be carried for at least 200 hours and show evidence of a psychoanalytic process. Supervision of each of the first two cases begins at a frequency of one hour per week, decreasing to less frequent consultation as the candidate's ability to analyze increases.

A minimum of 175 hours of supervision is required, with at least 50 hours on each of two cases.

### COURSES

Psychoanalysis is a rich, complex, and evolving field. The Institute for Psychoanalysis attracts candidates with a variety of backgrounds and interests in psychoanalysis as a clinical and intellectual pursuit. The curriculum of the Adult Psychoanalytic Training Program provides candidates with a thorough familiarity with psychoanalytic theories of motivation, development, and technique. The goal of psychoanalytic education is to facilitate lively, active, and creative discussion among candidates and faculty about the history, conduct, and controversies of psychoanalysis.

## Application & Further Information

For general inquires, please contact:

**Alison Chandler, MA, MS**  
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312-922-7474

If you are interested in applying to the Psychoanalytic Education Program, or would like to discuss your options further, please contact:

**Neal Spira, MD**  
Dean and Director of the Psychoanalytic Education Program  
[nspira@chicagoanalysis.org](mailto:nspira@chicagoanalysis.org)

**Caryle Perlman, MS**  
Admissions Chair  
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Applications and eligibility requirements can be found online at [www.chicagoanalysis.org](http://www.chicagoanalysis.org) under Professional Training.

## Contact Us

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**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and Chicago Institute for Psychoanalysis. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of 15\* AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

**Psychologists:** The Chicago Institute for Psychoanalysis is approved by the American Psychological Association to sponsor continuing education for psychologists. The Chicago Institute for Psychoanalysis maintains responsibility for this program and its content.

**Social Workers:** The Chicago Institute for Psychoanalysis is approved as a continuing education sponsor for social workers by the Department of Professional Regulations of the State of Illinois. The Institute designates this continuing education activity as earning a maximum of 15 hours\* of Continuing Education for Social Workers.

**Professional Counselors:** The Chicago Institute for Psychoanalysis is approved as a continuing education sponsor for Professional Counselors and Clinical Professional Counselors by the Department of Professional Regulations of the State of Illinois. The Institute designates this continuing educational activity as earning a maximum of 15 hours\* Continuing Education credit.

**Marriage and Family Therapists:** The Chicago Institute for Psychoanalysis is approved as a continuing education sponsor for Marriage and Family Therapists by the Department of Professional Regulations of the State of Illinois. The Institute designates this continuing educational activity as earning a maximum of 15 hours\* Continuing Education credit.

\*Hours are per activity

### *Notice of Non-Discriminatory Policy as to Students*

*The Institute for Psychoanalysis admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities at the Institute. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational or admission policies.*