

SPSI

Seattle
Psychoanalytic
Society & Institute

CERTIFICATE
IN
ADVANCED
PSYCHOTHERAPY

**A Two Year
Program**

4020 East Madison, Suite 230
Seattle, WA 98112

Certificate in Advanced Psychotherapy Program

The Seattle Psychoanalytic Society and Institute is pleased to offer a two year certificate course in advanced psychotherapy. The philosophical underpinning of program is the belief in the intersubjective, relational, and co-

constructed nature of human growth; the importance of the interaction between people and their environment. The organizing principle for the program is its focus on the *process* of psychoanalytic psychotherapy. To this end all courses, whether they are theory, development, or technique will ground themselves in the clinical process. The program will strive to make the relationship between provider and provided, teacher and student the emotional center of therapy and learning. Providing meaningful psychotherapy involves considerable self knowledge, sturdiness, and learning. The Certificate in Advanced Psychotherapy Program (CAPP) prepares clinicians to meet the challenges of being the best possible clinician. The program suggests that participants be in their own therapy and supervision. Instructors utilize the richness and diversity of contemporary psychoanalytic perspectives in teaching the theory and practice of psychotherapy. The program draws on the contributions of the major schools of psychoanalysis in the belief that in-depth and varied understandings of unconscious phenomenon and their surfacing in the therapeutic encounter promotes healing.

Overview

The academic year is divided into two 16-week semesters scheduled to begin in September, 2010. Within each of these two semesters, courses will be usually 8 sessions, but may be broken into smaller segments. There will be two didactic seminars each Monday evening (from 6:30-7:45 and 8:00-9:15p.m.) and bi-weekly case conferences every other Thursday from 6:30-8:00p.m. All classes are held at SPSI. The classes and case conferences provide a supportive environment in which to learn and grow as a therapist while allowing the student to form a peer group of potentially lifelong professional relationships.

Personal Psychotherapy

Perhaps the deepest and most profound learning and experiencing occurs through having one's own personal therapy, preferably analysis. Experiencing transference, countertransference, the dance between the two, the forces of the unconscious, modes of protection, therapeutic play, etc. is different than reading about these phenomena. Being "held" therapeutically; working through blind spots, dumb spots, and soft spots; having the experience of getting through ruptures and repairs, or at least getting through to the other side; working through conflicts; and going through termination; all hopefully are an unparalleled growth experience. The program recommends but does not require students have a personal experience of psychoanalytic therapy or psychoanalysis concurrently with the doing the program. If a student is not in therapy, should the program deem a therapeutic experience important, we may recommend and/or perhaps require some therapy.

Supervision

The program recommends though does not require that each participant have weekly supervision on their psychotherapy cases. Time, locations, and fees of supervision will be individually arranged. A number of faculty have agreed to see CAPP students at a reduced supervisory fee. The program will assist students in making arrangements for reduced fee supervision if requested.

Course Description

First Year

One sequence of classes will cover the theoretical models of the different schools of psychoanalysis including ego psychology, object relations, self psychology, and relational psychoanalysis, with an integration of theory and process.

A second sequence of classes will focus on the clinical situation and technique. Topics will include establishing safety, creating an atmosphere which optimizes free association, play, psychoanalytic listening, understanding and handling ways individuals protect and defend themselves, working through, transference, countertransference, and the dialectic between the two, the phases of treatment, etc. A third sequence will focus on development, especially infancy, pre-oedipal years, and oedipal years.

A biweekly Clinical Case Conference will continue through both years.

Second Year

One sequence will continue to focus on the technique with a comparative and contemporary perspective. Topics covered with include dreams, enactments, trauma, etc.

A second sequence of classes will focus on individuals suffering with problems of self esteem, anxiety, obsessive-compulsive difficulties, masochism, dissociative and borderline phenomena, psychosomatic difficulties, and addictions.

A third sequence will continue to focus on development, especially latency and adolescence, as well as contemporary perspectives on gender and sexuality.

The biweekly Clinical Case Conference continues. In recognition that students may have different interests and needs different tracks are available.

Tracks

One track is clinical only. Students participate in classes but do not obtain analytic supervision. A second track is clinical plus supervision. We strongly urge students to follow at least two cases seen twice a week under supervision. A third track involves writing a paper which will be presented at a local conference in addition to seeing two cases under supervision.

Faculty

CAPP faculty includes the entire SPSI faculty. CAPP graduates are also eligible to teach in the CAPP program. Other individuals from other institutes and places of psychoanalytic learning are also invited to teach.

Relationship with the SPSI Community and the American Psychoanalytic Association

CAPP students and graduates are an important and integral part of the SPSI community. CAPP students may use the SPSI library. They receive student discounts at Institute educational events. Our hope is that CAPP graduates continued to be involved as Associate Members of SPSI in any number of capacities, including teaching, committee membership, study groups, and participation in the various scientific programs that SPSI offers. We also hope that CAPP students and graduates begin to form a student-graduate organization which establishes its own programs, symposia, etc. CAPP students and graduates who continue as Associate Members of SPSI participate in the PEP-WEB archive program. Both are listed in the Roster. We are exploring the possibilities of having CAPP students and graduates having access to PEP-Web. CAPP students and graduates are eligible for affiliation with the American Psychoanalytic Association [APsaA] through the psychotherapist Associate Category. A Certificate of Completion will be awarded upon completion of the program. CAPP students join the SPSI clinical and academic associates in a graduation party.

Continuing Education Credits

CME

This Activity has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the Seattle Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity. The American Psychoanalytic Association designates this continuing medical education activity for a maximum of 104 credit hours each academic year in Category I of the Physician's Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

CPE

This Activity meets the requirements of WA 308-122-520 (Definition of Category of Creditable CPE)

CEU

This Activity has been approved for the 104 credit hours each academic year by the NASW Washington State Chapter. Certified Social Workers and Mental Health Counselors are eligible. Provider number is #1975-144.

Application Process

Please complete the written application form. Upon receipt of the application form and accompanying documents we will contact applicants to arrange for two interviews. The interviews are an opportunity to know more about you and your thoughts about further training and also for you to talk with us. We may like to have you present some of your clinical work. To this end applicants may want to bring a sample of process material.

Applications will be accepted throughout the year and reviewed in the order they are received. We would appreciate your trying to get your application in by April of the year the classes begin. Classes are begun every second year on the even years. Tuition of \$2400 per year for the two year course will be payable in two \$1,200 installments due 20 days before the beginning of each semester. Refund is negotiable up to one week prior to the start of the semester.

Further information regarding the Certificate in Advanced Psychotherapy Program and an application can be obtained at www.spsi.org or by calling SPSI at (206) 328-5315.