



IMPP Required Courses and Electives- Revised 2026

SUMMARY OF REQUIRED CLOCK HOURS:

Psychoanalytic Theory and Historical Developments-	144 Clock Hours
Human Maturation and Development-	72 Clock Hours
Modern Analytic Theory and Techniques -	144 Clock Hours
Clinical Studies-	73 Clock Hours
Electives-	18 Clock Hours

TOTAL REQUIRED CLOCK HOURS: 451 Clock Hours

PSYCHOANALYTIC THEORY AND HISTORICAL DEVELOPMENTS (144 Clock Hours)

TH1- Basic Writings of Freud (18 Hours)

Freud summarized his thinking about the human mind and the new discipline of psychoanalysis in two sets of "Introductory Lectures" written 15 years apart. In this course, we will make use of these lectures and other seminal papers to explore Freud's basic theories and how they evolved with time and clinical experience.

TH2- Freud's Cases and Technical Papers (18 Hours)

This course will focus on Freud's major case studies and papers on psychoanalytic technique. These works were seminal for generations of practitioners and still provide much for psychotherapists of all orientations to learn from. Particular attention will be given to comparing Freud's practices with Modern Psychoanalytic approaches.

TH3- Essential Papers on Transference (18 Hours)

This course will provide a survey of writings on transference many psychoanalytic educators consider 'essential' for serious students and practitioners of psychoanalysis. These papers will represent a range of theoretical and clinical perspectives and our aim will be to consider their practical applications for our work with clients.

TH4- Essential Papers on Countertransference (18 Hours)

This course will provide a survey of writings on countertransference many psychoanalytic educators consider essential for serious students and practitioners of psychoanalysis. These papers represent a range of theoretical and clinical perspectives and our aim will be to consider their practical applications for our work with clients.

TH5- Essential Papers on Dreams (18 Hours)

This course will survey seminal writings on the role of dreams and primary process thinking in the emotional lives of human beings and its implications for modern psychoanalytic treatment.

TH6- Ego Psychology and Object Relations Theory (18 Hours)

As Freud's thought matured, he placed increasing emphasis on the roles of the ego and its relations with internal and external objects in the emotional life of human beings. It was up to the next generation of analysts, however, to develop these themes in ways that profoundly altered and expanded the psychoanalytic landscape. Thus, this course will focus on the pioneering contributions of Anna Freud, Melanie Klein, Ronald Fairbairn, Donald Winnicott and Harry Guntrip to modern psychoanalytic theory and technique.

TH7- Evolution of Psychoanalytic Technique Part I (18 Hours)

Although Freud was a prolific writer his specific writings on technique were limited to a few "technical papers" that opened the way for creative elaboration, debate and expansion. This course will focus on the evolution of psychoanalytic technique from early days to the beginnings of Modern Analysis.

TH8- Evolution of Psychoanalytic Technique Part II (18 Hours)

This course will focus on the on-going evolution of modern psychoanalytic technique in America from World-War II to the present.

HUMAN MATURATION AND DEVELOPMENT (72 Clock Hours)

MD1- Human Maturation I: The Formation of the Inner World

(prerequisite for MD 2) (18 Hours)

This course examines the earliest phases of psychic development as foundational to lifelong maturation. Beginning with Freud's psychosexual and structural formulations, and extending through the object relations contributions of Klein, Mahler, and Winnicott, the course explores the formation of the inner world, primitive anxieties and defenses, separation-individuation, and the development of self and object constancy. Emphasis is placed on attachment processes, affect regulation, early ego organization, transitional phenomena, and the internalization of relational experience within the infant-caregiver dyad, including the influence of familial and cultural environments. Contemporary perspectives on mentalization and the development of reflective functioning illuminate how early relational attunement shapes the capacity to understand self and other. Clinical work is considered through transference and resistance, highlighting how early structural and relational configurations shape later psychopathology and treatment process.

MD2- Human Maturation II: Identity, Autonomy, and Emerging Intimacy

This course examines the developmental reorganization associated with identity formation and the consolidation of ego capacities. Building upon early structural and attachment foundations, and informed by Ego Psychology and Modern Psychoanalysis, the course draws on Erikson's formulation of identity versus role confusion and Marcia's identity status paradigm to explore processes of identification and introjection, career exploration, peer affiliation, sexuality, and the negotiation of autonomy within familial, cultural, and social contexts. Attention is given to narcissistic vulnerability, affect regulation under developmental stress, and the relational field within which identity consolidates, including the impact of race, gender, class, and cultural belonging. Clinical considerations include transference volatility, identity diffusion, developmental arrest, treatment-destructive resistance, and the role of the analytic relationship in strengthening reflective capacity and ego maturation.

MD3- Human Maturation III: Intimacy, Generativity, and Individuation

This course examines adulthood as a phase of continued structural consolidation and psychological integration. Drawing upon Erikson's psychosocial framework, object relations theory, relational perspectives, Modern Psychoanalysis, and Jung's concept of individuation, the course explores adult partnerships, parenthood, midlife transition, and the evolving balance between autonomy and connection. Consideration is given to how cultural expectations, gender roles, and social structures

shape experiences of love, work, generativity, and identity. Clinical discussions address depression, narcissistic injury, relational crises, and the transformation of attachment patterns and reflective functioning within intimate and professional life.

MD4- Human Maturation IV: Aging, Loss, and the Work of Integration

This course examines later-life development as a phase of psychological integration and consolidation. Grounded in Erikson's formulation of integrity versus despair and informed by contemporary psychoanalytic, relational, and attachment perspectives, the course explores identity coherence, generativity and legacy, dependency and autonomy, mourning and loss, and the reworking of earlier conflicts in the context of aging. Attention is given to shifts in affect regulation, evolving attachment dynamics, the persistence of unconscious anxieties, and the ways cultural narratives about aging influence psychic experience. Clinical reflection includes the analyst's countertransference to aging and decline, as well as the diversity of later-life trajectories across social and cultural contexts.

MODERN ANALYTIC THEORY AND TECHNIQUES (144 Clock Hours)

TX1- Introduction to Theory and Techniques Part I (18 Hours)

This course provides an overview of modern psychoanalytic theory and practice. Emphasis is placed on helping therapists recognize, verbalize and tolerate the patient's anxieties, fears and characterological defenses in order to create and maintain a therapeutic relationship. Particular attention is paid to resolving treatment destructive resistances, establishing a treatment contract, developing the transference and utilizing joining techniques in specific patient-therapist interactions.

TX2- Advanced Theory and Techniques (18 Hours)

Students who are entering their third year as a matriculated student may take this course. This course builds on the therapeutic object relationship along with a review of the importance of the analytic triad of neutrality, abstinence and anonymity. We will discuss contrary views within the modern psychoanalytic frame. We will also explore treatment options when treating the "difficult" patient. We will continue to build upon the concepts of transference and resistance, resistance to transference, narcissistic transference, countertransference.

TX3- Assessment and Diagnosis Advanced Course -Part 1 (18 Hours)

The psychoanalytic practitioner is faced with communicating with the non-psychoanalytic community using the language of medicine and psychiatry while practicing from a psychoanalytic point of view. This course provides a review of assessment techniques and content along with discussions of the common DSM-5 diagnostic criteria which identifies psychopathology. Psychoanalytic theory and perspectives are incorporated as we compare and contrast mainstream psychiatry with psychoanalytic thought. Emphasis is placed on the tools of listening, observing and exploring the patient's story.

TX4- Training and Preparation of the Modern Analyst-Beginning Practice (18 Hours)

This course exams the beginning process of beginning to work with a client. Some of the areas that will be studied are: the initial contact the first session, money issues, the therapy contract, the therapeutic frame, what the therapist discloses.

TX5- Identifying and Resolving Resistances (18 Hours)

This course begins with an overview of key concepts and techniques of Modern Psychoanalysis. It focuses on the identification of resistances and their resolution through the use of joins, mirroring, object-oriented questions, commands and other non-interpretive procedures.

TX6- Interpretation in Modern Psychoanalytic Treatment (18 Hours)

This course will compare the use of interpretation as used in the classical mode of psychoanalysis and that used by the modern psychoanalyst. This course focuses on the multi-layered approach to interpretation and the timing of these interventions, that is helpful when working with pre-oedipal clients.

TX7- Ethics of Modern Psychoanalytic Practice-Principles and Challenges (18 Hours)

This course will address the complicated ethical challenges of psychoanalytic practice today. In addition to central ethical principles and standards, this course will focus on difficult countertransference and other ethical dilemmas that create moral hazards and stress for therapists.

TX8- Culture and Diversity in Psychoanalysis (18 Hours)

This course studies the social and cultural effects on the growth and emotional maturation of individuals. A study of how culture impacts an individual's experiences of their identity, gender, and relationships will be examined. The course will also focus on the importance of understanding culture diversity in treatment settings.

CLINICAL STUDIES (73 Clock Hours)

CS1- Case Presentation Workshop I (18 Hours)

This course offers a unique opportunity for students to incorporate didactic and experiential learning into practical application in the psychoanalytic treatment of patients. Concomitant with coursework, and as students' psychoanalytic caseload grows, they will develop skills in gathering patient history, assessing and diagnosing, exploring resistances, identifying defense structures, developmental undercurrents, and understanding the patient-therapist dynamics. Students will be asked to write about some of the aspects of their case and engage in class discussion.

CS2- Case Presentation Workshop II (18 Hours)

This course is an extension of case presentation workshop I, and is focused on enhancing the skills developed previously.

CS3- Psychopathology (18 Hours)

This course will introduce basic psychopathologies and explore the etiology of these emotional illnesses through the perspective of psychoanalytic and other theoretic orientations.

CS4- Psychopharmacology (18 Hours)

This course will help the mental health professional to become more familiar with basic concepts in psychopharmacology. The therapist will become familiar with how different medications work and more aware of their helpful and undesirable effects for their clients.

CS5- Final Case Development Seminar Tutorial (1 Hour)

Students in the Certificate program will work individually with an advisor in writing and completing their final case presentation and research, once the Chairperson of their Certification Committee has accepted their proposal.

APPLIED PSYCHOANALYSIS (Modern Psychoanalysis & Organizational Life Series)

AP1- Psychoanalytic Approaches to Organizations, Leadership, and Organizational Consultancy (18 Hours)

Building on an overview of the psychodynamics of organizations and leadership, this course will focus on helping organizations, leaders, and consultants face some of the big challenges of our times like:

dealing with momentous change, agile strategic planning, conflict management and creating adaptive collaborative leadership culture.

AP2- Leadership and Crisis: Modern Psychoanalytic Perspectives (18 Hours)

One of the critical tasks of leadership is helping people and organizations deal with the emotional demands of meeting significant adaptive challenges especially in times of crisis. This course will focus on the psychodynamics of crisis and adaptive stress as well as effective leadership and modern psychoanalytic strategies for dealing with them. The course is for people who are or aspiring to be in varied leadership roles. It is also for clinicians who are or considering working with leaders and organizations as therapists, coaches and/or consultants.

AP3: Fundamental Consulting and Facilitation Skills for Modern Psychoanalytic Consulting, Training, and Leadership with Groups and Organizations (18 Hours)

This course will focus on fundamental Modern Psychoanalytic consulting and facilitation skills for organizational consultants, trainers, leaders and aspirants in a wide range of settings. During this course in addition to assigned readings, and instructor in-put, participants will develop a proposal and design for a consulting, training, workshop and/or facilitative intervention or event related to the needs of an organization with which they are or aspire to work.

AP4: Consulting and Facilitation Skills for Modern Psychoanalytic Consulting, Training, and Leadership with Groups and Organizations II

This course will focus on advanced level applications of psychoanalytic consulting and facilitation skills for organizational leaders, consultants and trainers in diverse settings. During this course in addition to assigned readings and instructor in-put, participants will present cases and dilemmas from their own organizational and leadership development work for group study and discussion.

ELECTIVES (18 Clock Hours)

E1- Clinical Perspectives on Freud's Social Thought and Activism (18 Hours)

The early psychoanalytic movement was deeply humanitarian and progressive in spirit. Freud and his early followers viewed psychoanalysis as a method of treatment and a meta-psychological theory with broad implications for the alleviation of human suffering and the improvement/welfare of society. This course will review and consider the contemporary relevance of this history especially for Modern Psychoanalysts.

E2- Maturation Processes Throughout the Lifespan (18 Hours) This is a survey course that encompasses the maturational process from birth to death. The effects of cultural, familial, environmental and biological factors will be studied, and their influence on the physical and emotional development of an individual.

E3- Maturation-Modern Psychoanalysis and Families with Exceptional Children (18 Hours)

This class studies how parents with offspring who differ from them-in ability, disability, sexual orientation or other radical ways-approach parenting. How those various approaches are experienced by the children, and parents, and the implications are for the Modern Analyst are studied. Andrew Solomon's book, Far from the Tree, will be used for the course. It explores the parent and child challenges presented by having children who are "different."

E4- Modern Psychoanalytic Supervision (18 Hours)

This class is held for certified individuals or licensed professionals who like to utilize the orientation of Modern Psychoanalysis as an approach to supervision.

E5- Psychoanalytic Approaches to Organizations, Leadership, and Organizational Consultancy (18 Hours)

Building on an overview of the psychodynamics of organizations and leadership, this course will focus on helping organizations, leaders, and consultants face some of the big challenges of our times like: dealing with momentous change, agile strategic planning, conflict management and creating adaptive collaborative leadership culture.

E6- Modern Analytic Approaches to Group Treatment (18 Hours)

This course studies the unique setting of group work, developing the group contract, group resistances and acting out, management of group interactions, and the overall stages of an ongoing group. The learning of working group process is applicable to the modern psychoanalytic treatment of families, and couples.

E7- Neuroscience and Psychoanalysis (18 Hours)

This class will present the overall structures of the brain, recent research in understanding those areas of the brain, and how they are effected by genetic, and environmental circumstances and the consequential effect on human behavior. This investigation is helpful to the therapists' understanding and approach to working with their clients.

E8- Clinical Research (18 Hours)

In this course the process of scientific investigation will be examined. Methodology and design of the research inquiry will be discussed. Special focus will be directed towards ethical research practices. Student will learn about the variety of avenues available for finding research material, and how to critically assess this information.

E9- Depression (18 Hours)

This course will review the theories and research on depression from Freud to the present. Environmental and genetic factors that trigger depression will be discussed. The many ways in which depression finds expression, and the modern analytic approach to helping to resolve this condition will be presented.

E10- Borderline and Narcissistic Disorders (18 Hours)

The research and theories will be reviewed in the causes and treatment for borderline and narcissistic individual. Therapeutic approaches and the countertransferences of the therapist working with these individuals will be discussed.