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Keep Up with Us on Social Media!

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- URL: https://www.facebook.com/phillypsychoanalysis/
- Stay updated with news, events, and upcoming courses. Like and follow our page to never miss an update!

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- URL: <u>https://www.linkedin.com/company/philadelphia-school-of-psychoanalysis/</u>
- Connect with us professionally and explore career opportunities within the field of psychoanalysis.

YouTube

- URL: <u>https://www.youtube.com/@philadelphiaschoolofpsycho7294</u>
- Subscribe to our channel for lectures, student projects, and more.

Contact Us:

- Email: info@psptraining.com
- **Phone:** 215-732-8244

Resources

American Board for Accreditation in Psychoanalysis

- URL: <u>https://abapinc.org/#core</u>
- PSP's Psychoanalytic Certification program is accredited by the American Board for Accreditation in Psychoanalysis

National Association for the Advancement of Psychoanalysis

- URL:<u>http://naap.org/</u>
- Become a member of NAAP to obtain your NCPsyA credential and registration number

Psychotherapy Action Network

- URL: <u>www.psian.org</u>
- PsiAN is a global community of mental health professionals and stakeholders dedicated to promoting psychotherapies of insight, depth and relationship.

Resources

Center for Modern Psychoanalytic Studies

- URL: <u>https://www.cmps.edu/Subscription</u>
- The journal of the Center for Modern Psychoanalytic Studies—the first analytic periodical dedicated to extending the theory and practice of psychoanalysis to the full range of emotional disorders. Published continuously since 1976.

Psychoanalytic Electronic Publishing

- URL:<u>https://pep-web.org/search</u>
- PEP-Web allows users to perform detailed searches across a comprehensive archive of psychoanalytic literature, including journals, books, and articles.

The Psychoanalytic Quarterly

- URL:<u>https://www.thepsychoanalyticquarterly.org/</u>
- The oldest free-standing psychoanalytic journal in North America, The Psychoanalytic Quarterly is published every January, April, July, and October

Black Psychoanalysts Speak

- URL: https://www.youtube.com/watch?v=N8-VIi7tb44
- Seeks to fulfill its mission through clinical and scholarly conferences, consultations, mentoring early-career Black psychoanalysts and mental health professionals, and disseminating various materials to reach psychoanalysts, psychotherapists, and concerned individuals.

Conduct Your Own Research

- URL: <u>Applying for a Research Grant from the American Psychoanalytic</u> <u>Foundation</u>
- Open to non-foundation members



The Philadelphia School of Psychoanalysis uses Thinkwave as its learning management system. You will be able to access readings, submit logs, and see your instructor's announcements on the platform. See the dashboard page pictured below.

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To submit a log or other assignment, navigate to assignments located on the dashboard page. If you are interested in a virtual walk through of the platform, please contact our Registration and Admissions Coordinator, Makayla Collins at <u>makayla@psptraining.com</u>

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National Board for Certified Counselors	n/a	nbcc@nbcc.org
Psychotherapy Action Network	Linda Michaels	hello@psian.org

Course Catalog

Psychoanalytic Theory and Historical Development

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

MD1- Human Maturation and Development Conception to 2 years

prerequisite for MD 2

This course explains the constitutional and environmental factors in the first stages of life that contribute to or inhibit maturation. This class provides the student with the opportunity to learn, both intellectually and experientially, about the unfolding lives of human beings. Readings include those derived from the analyses of adults as well as those developed from the direct observation of infants with their mothers. The course emphasizes theories of attachment as they relate to and parallel the development of the therapist-patient relationship and therapeutic interventions. This perspective provides a framework to begin to assess and investigate questions about where a patient might present on an emotional—developmental continuum.

MD2- Human Maturation and Development Conception to 2 years (18 Hours)

The course continues the investigation of the first stages of life and the maturational process. It will explore infant and childhood development and early stages of relationships.

MD3- Human Sexuality and Gender Identity (18 Hours)

This course explores contemporary theories and understanding of sexuality and gender identity since Freud. It will focus on the significance of these aspects of an individual's life and how it informs therapeutic approaches.

MD4- Human Maturation- Oedipal Stage through Latency Stage (18 Hours)

This class will study the literature, ourselves and others in order to understand the predictable progress of maturation; those things that facilitate it and those things that stand in the way. Readings will focus on the process of maturation that occurs for each of us in our own time and way, and the wide range of normalcy and normality.

Modern Analytic Theory and Techniques

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 examines 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, which 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.

Applied Psychoanalysis

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.

Clinical Studies

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 theoretical 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 (18 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.

Electives

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- Maturational 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 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- Supervision of the Supervisor: A Unique Course Based on a Learning Alliance Between the Supervisor and the Supervisee (18 Hours)

This course will provide a foundation in developing self-reflection as a supervisor. The course will begin with an overview of the history of supervision as it developed from a teaching mode to one that uses the relationship between supervisee and supervisor as the main learning tool. Readings and class discussion will focus on the use of emerging feelings in the supervisory triad (supervisor/supervisee/patient) to enhance understanding of the patient, rather than pathologizing the supervisee.

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 the 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 affected 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. Students 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 individuals. Therapeutic approaches and the countertransference of the therapist working with these individuals will be discussed.

Program Descriptions

Certificate in Modern Psychoanalysis

Psychoanalytic Theory and Historical Developments	Human Maturation and Development	Modern Analytic Theory and Techniques	Clinical Studies
TH1- Basic Writings of Freud	MD1- Human Maturation and Development Conception to 2 years	TX1- Introduction to Theory and Techniques Part I	CS1- Case Presentation Workshop I
TH2- Freud's Cases and Technical Papers	MD2- Human Maturation and Development Conception to 2 years	TX2- Advanced Theory and Techniques	CS2- Case Presentation Workshop II
TH3- Essential Papers on Transference	MD3- Human Sexuality and Gender Identity	TX3- Assessment and Diagnosis Advanced Course -Part 1	CS3- Psychopathology
TH4- Essential Papers on Countertransference	MD4- Human Maturation- Oedipal Stage through Latency Stage	TX4- Training and Preparation of the Modern Analyst-Beginning Practice	CS4- Psychopharmacology
TH5- Essential Papers on Dreams		TX5- Identifying and Resolving Resistances	CS5- Final Case Development Seminar Tutorial
TH6- Ego Psychology and Object Relations Theory		TX6- Interpretation in Modern Psychoanalytic Treatment	
TH7- Evolution of Psychoanalytic Technique Part I		TX7- Ethics of Modern Psychoanalytic Practice-Principles and Challenges	

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TH8- Evolution of		TX8- Culture and				
Psychoanalytic		Diversity in				
Technique Part II		Psychoanalysis				
Free Elective						
E1- Clinical Perspectives on Freud's Social Thought and Activism	E2- Maturational Processes Throughout the Lifespan	E3- Maturation-Modern Psychoanalysis and Families with Exceptional Children	E4- Modern Psychoanalytic Supervision			
E5- Women in Psychoanalysis	E6- Modern Analytic Approaches to Group Treatment	E7- Neuroscience and Psychoanalysis	E8- Clinical Research			
E9- Depression	E10- Borderline and Narcissistic Disorders					
TOTAL COURSEWORK HOURS= 450						
Clinical Hour Requirement						
Personal Training Analysis (With an approved Certified Psychoanalyst)	Individual Psychoanalytic Supervision (Minimum of 3 approved psychoanalytic supervisors)	Supervised Clinical Experience With a Variety of Patients	Optional: Group Supervision *250 hours can count towards the 1000 hours of supervised clinical experience			
300 Hours	200 Hours	1000 Hours	*250			
TOTAL HOURS REQUIRED: 1,500						

Applied Psychoanalysis	Theory Courses	Practicum Requirements
<u>AP1</u> - Psychoanalytic Approaches to Organizations, Leadership and Organizational Consultancy	TX1 - Introduction to Modern Psychoanalytic Theory and Technique - Part 1	P1 - 18 Hours of approved supervised peer group case consultation
<u>AP2</u> - Leadership and Crisis-Modern Psychoanalytic Perspectives and Approaches	TH1 - Basic Writings of Freud	P2 - 18 Hours individual case supervision by an approved supervisor
<u>AP3</u> - Consulting and Facilitation Skills for Modern Psychoanalytic Consulting, Training, and Leadership with Groups and Organizations - Part 1	TH6 - Ego Psychology and Object Relations	P3 - Capstone case report and professional development plan
<u>AP4</u> - Consulting and Facilitation Skills for Modern Psychoanalytic Consulting, Training, and Leadership with Groups and Organizations - Part 2 - Advanced	TH7 - The Evolution of Psychoanalytic Technique from Freud and Ferenczi to Spotnitz	

Certificate in Organizational Dynamics, Leadership and Consulting

Elective Courses				
E1- The Coaching Relationship: Modern Psychoanalytic Perspectives and Practice	E1 - Modern Psychoanalytic Coaching for Executive and Team Leadership	E1 - Clinical Perspectives on Freud's Social Thought and Activism		

Program Learning Objectives for the ODLC Certificate:

Theory

- Provide an overview of the psychoanalytic study of organizations through classic texts and case examples
- Learn about consulting interventions by reading case studies
- Understand MA principles that relate to org culture change
- Become familiar with common requests for consultation
- Learn about the demands "adaptive stress" and "crisis" on organizational leaders
- Learn about the "primary and secondary impact" of "adaptive stress" and the self-care needs among leaders and OD practitioners

Application

- Apply "process consultation" methods and psychoanalytic concepts to standard consulting methodology
- Connect theory to practice using case consultation
- Apply key MA techniques in org settings
- Countertransference considerations

Professional Identity Development

• Help participants connect courses content with own career aspirations and pathways

PSP Academic Studies Program

The PSP Academic Studies Program was designed for those interested in psychoanalytic enrichment, and requires the student to take 8 courses over a two-year period. Although training analysis is not a requirement of the program, students are encouraged to engage in training analysis to enhance the student's learning experience.

Over the two year period the student would choose two courses from each of the following curriculum categories (see PSP Required Courses):

- Psychoanalytic Theory and Historical Developments
- Human Maturation and Development
- Modern Analytic Theory and Techniques
- Clinical Studies

Credits accrued in the Academic Studies Program can be applied to the Certification in Psychoanalysis program if the student decides to apply to matriculate in the Psychoanalytic Certification Program only if they hold a Masters degree when beginning the program.

Because the Academic Studies Program is not clinically focused or nationally accredited it is open to people at different stages of education and a variety of interests.

Although it is strongly encouraged, there are no requirements of a training analysis in the Academic Studies Program. And since it does not provide clinical instruction, there are no supervision requirements.

Continuing Education & Distance Learning

The Philadelphia School of Psychoanalysis can accommodate working professionals who wish to fulfill their Continuing Education Requirements. Courses are offered on weeknights as well as Saturday mornings. PSP courses provide a deep understanding of complex mental health issues and the human condition in an interactive environment. Students learn about the historical roots of psychoanalysis as well as how modern psychoanalysis offers relevant insight and assistance to people from all walks of life.

Forms

- PSP Code of Conduct 2023
- Certification Program Requirements
- ProgramRequirementsTracking
- Final Certification Documentation
- PSP Case Presentation Outline
- PSP Matriculation Agreement
- Leave of Absence Agreement