



Berkshire Psychoanalytic Institute *Psychoanalytic Psychotherapy Training Program*

The Berkshire Psychoanalytic Institute is offering a two-year psychoanalytic psychotherapy training program. The program combines coursework on the theory and practice of psychoanalytic psychotherapy, continuous case conferences, supervision, mentorship, and personal psychotherapy or psychoanalysis. This combined educational and experiential structure is designed to help clinicians deepen their understanding of psychoanalytic theory and practice and enhance their skills in conducting intensive, psychoanalytic psychotherapy.

Curriculum

Courses are held on Thursday evenings for 16 weeks in each fall and spring semester, from 6:30 to 9:30 in the evening. Fall classes are scheduled to begin on September 17th. In the first semester, two courses will be presented the first two evenings. Beginning the third week and continuing through the second semester, one course will be taught in the first part of the evening, followed by the continuous case seminar. **Because of uncertainty regarding risk of infection from COVID-19, all classes currently are anticipated to be teleconference for the coming academic year.**

The first-year curriculum offers a broad, experience-near introduction to psychoanalytic psychotherapy theory and practice. It is designed to be helpful to those beginning to learn how to employ psychoanalytic principles in their practice, as well as to those who already have experience with psychoanalytic theory and practice, but are looking for a more comprehensive, structured training. Course work involves an integrative approach to psychoanalytic theories and contemporary psychoanalytic psychotherapy practice, including:

- An introduction to the dynamic unconscious and how we access the unconscious in therapy and in the therapy relationship.
- An introduction to multiple psychoanalytic theories and what each has to say about therapeutic change.

- How to make sense of and work therapeutically with intense feelings in the room, both in the patient and in the therapist, including work with trauma and difficult personality issues.
- The structure and trajectory of psychoanalytic psychotherapy, from the first session through termination, including how to set the frame of therapy and how to work with defenses, unconscious fantasy, repetition, and enactment.
- Psychoanalytic theories of development from childhood through adulthood, including the development of gender and sexual identity.

The second-year curriculum will be designed in conjunction with input from trainees and tailored to the learning needs of the class.

Continuous Case Conference

During the third week of classes, the second half of Thursday evenings will shift from a didactic course to a continuous case conference. In the case conference, trainees (and sometimes faculty) will present an ongoing case. The focus of the conference will not be on supervision per se, but on using examples of ongoing therapy to highlight and clarify principles of theory and technique discussed in the first half of the evening, in order to facilitate an experience-near integration of psychoanalytic psychotherapy practice.

Supervision

Each trainee will have one hour of supervision per week on an intensive psychoanalytic psychotherapy case (a client making use of two or more psychotherapy sessions per week) from BPI faculty. For those who lack experience treating individuals in twice weekly sessions, initial supervision will include “case development” — consultation on cases to determine suitability for twice-per week work and training on how to transition such cases into intensive psychoanalytic psychotherapy. Once a first case is well underway, supervision on a second case with a different supervisor is recommended, but not required. Trainees will have a minimum of 30 supervision sessions per year, but it is expected that supervision will be weekly and ongoing (through the summer) aside from expected supervisor and supervisee time away.

Personal Psychotherapy or Psychoanalysis

Thorough familiarity and some level of freedom from our own unconscious conflicts are central to our capacity to deepen clients’ awareness of their own unconscious conflicts and to facilitate working through emotionally charged enactments. As such, one’s personal psychoanalysis or psychotherapy is a required aspect of the training program. It is highly recommended that one’s personal treatment occur at a frequency of two or more sessions per week. Waivers may be available for those who have already completed intensive psychotherapy or psychoanalysis.

Eligibility, Fees, CEUs

Those licensed or board certified to independently practice social work, psychiatry, mental health counseling, psychology, and marriage and family therapy are eligible to apply to the program. Additionally, professors of philosophy, literature, and other academic fields who are looking for deeper training in psychoanalytic theory and practice are encouraged to apply. For such “scholar trainees,” a greater frequency of mentorship meetings may be offered in place of supervision meetings.

Program fees are as follows:

- A matriculation fee of \$600 per semester includes courses, case conference, mentorship meetings, BPI membership, access to BPI educational meetings and 64 continuing education hours per year (MDs may be required to pay an additional fee for CEUs).
- Supervision fees are \$75 per supervision meeting.
- Fees for personal psychoanalytic psychotherapy or psychoanalysis are to be arranged with your therapist.

Application

Please find the application [**here**](#) on the Berkshire Psychoanalytic Institute website, or go to:

<http://www.berkshire-psychoanalytic.org/training-and-education/application/>

Questions

For any questions about the program, you may contact our administrator, Cathy Cardaropoli: berkshirepsychoanalytic@gmail.com or Anne Wild-Rocheleau, Ph.D, our director of admissions: anne.rocheleau@gmail.com