

What is Psychoanalysis?

When people ask what psychoanalysis is, they usually want to know about treatment. As a therapy, psychoanalysis is based on the observation that individuals are often unaware of many of the factors that determine their emotions and behavior. These unconscious factors may create unhappiness, sometimes in the form of recognizable symptoms and at other times as troubling personality traits, difficulties in relationships, or disturbances in mood and self-esteem. Psychoanalytic treatment demonstrates how these unconscious factors affect current relationships and patterns of behavior, traces them back to their origins, shows how they have changed and developed over time, and helps the individual better deal with the realities of adult life.

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Analysis is an intimate partnership in the course of which the patient becomes aware of the underlying sources of his or her difficulties, not simply intellectually, but emotionally – by re-experiencing them with the analyst. Typically, the patient comes four or five times a week, lies on a couch, and attempts to say everything that comes to mind. These conditions create the analytic setting, which permits the emergence of aspects of the mind not accessible to other methods of observation. As the patient speaks, hints of the unconscious sources of current difficulties gradually begin to appear – in certain repetitive patterns of behavior, in the subjects which the patient finds hard to talk about, in the ways the patient relates to the analyst. The analyst helps elucidate these for the patient, who refines, corrects, rejects, and adds further thoughts and feelings. Patient and analyst join in efforts not only to modify crippling life patterns and remove incapacitating symptoms, but also to expand the freedom to work and to love. Eventually the patient’s life – his or her behavior, relationships, sense of self – changes in deep and abiding ways.

Affiliations



Mission Statement

Denver Institute for Psychoanalysis is organized for the purpose of providing psychoanalytic education for qualified applicants, to advance scholarship and research in the science of psychoanalysis, and to encourage application of psychoanalytic knowledge to relevant fields of study and practice.

Contact Us

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ADULT PSYCHOANALYTIC TRAINING PROGRAM



 Denver
Institute for
Psychoanalysis



Adult Psychoanalytic Training

A patient who chooses to pursue psychoanalysis is taking on an intensive exploration of personality traits, unconscious motivations and patterns of relating to others in an effort to master emotional problems and impediments to psychic growth.

The training of the analyst who conducts this treatment must also be intensive and thorough. Psychoanalytic education is based on a tri-part model with three complimentary learning experiences: 1) a personal analysis, 2) theoretical and clinical seminars, and 3) supervised psychoanalytic work. This experience is broadened and conceptualized through seminars and supervised clinical work. The goal of the educational program is the development of those clinical skills necessary for analytic effectiveness. The program also seeks to promote psychoanalytic scholarship and research.

Application

Applications can be downloaded from our website. Prospective students are encouraged to apply as soon as possible since class size is limited. Applications are due on January 15th of the year class begins. Classes begin every two years, in even numbered years.

Three Learning Experiences

Personal Analysis

The candidate's personal analysis forms the core of the educational experience around which supervised analytic work is built. Conducted by faculty, the aim of this analysis is to resolve and master neurotic personality problems, free the candidate from unconscious attitudes that might interfere with psychoanalytic competence, and provide first-hand experience of unconscious forces and resistance.

Theoretical and Clinical Seminars (Coursework)

This four year curriculum for candidates offers study of four basic educational tracks: Development, Theory, Technique and Case Conference. During this time, the candidate's knowledge of these areas grows progressively richer and broadens their exposure to a wide variety of cases.

Supervised Psychoanalytic Work

The analysis of patients under supervision is an essential part of psychoanalytic education. Each student will have two supervised cases starting early on in their training. Supervisors evaluate the candidate's progress annually and share their observations.

Eligibility

Applicants who hold the following degrees and post-graduate clinical training are eligible for training:

- A) Doctors of Medicine or of Osteopathic Medicine who have graduated from an accredited medical school or osteopathic school; and have completed or are near completion of a psychiatry residency program.
- B) Mental health professionals who have completed a doctoral level degree from an accredited mental health program and a minimum of 3,000 hours or two years full time mental health clinical experience post-graduation, including in-patient and/or emergency care experience
- C) Mental health professionals who have graduated from an accredited masters program which is generally recognized as the highest clinical degree in the field (currently a masters degree in social work, psychiatric nursing, or marriage and family counseling), and have completed at least two additional post- masters degree years of didactic and clinical training including 3000 hours of clinical immersion, 60 post-masters hours of psychodynamic psychotherapy supervision and 60 post-masters hours of psychodynamically oriented coursework and clinical seminars, or a two year organized post-masters psychodynamic psychotherapy program including supervised clinical experience. They must be licensed in the jurisdiction in which they practice, or practice in a jurisdiction in which their practices are exempt from or not regulated by licensure.
- D) Other persons who qualify under applicable law for admission to a member institute that is authorized within its jurisdiction to offer a training program leading to licensure in psychoanalysis.

All applicants for clinical training must (i) have a license recognized by the jurisdiction of their institute that permits the clinical practice of psychoanalysis; or (ii) be in training in a jurisdiction in which the clinical practice of psychoanalysis is exempt from or not regulated by licensure; or (iii) with respect to institutes that are authorized by their jurisdictions to offer training leading to the licensure of graduates in the clinical practice of psychoanalysis, be eligible within that jurisdiction to provide clinical services as part of their institute training.

Selection is based on an applicant's eligibility, suitability, and readiness.

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Visit us on the web:

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