

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 deepen clinicians' understanding of psychoanalytic ideas and to enhance their skills.

Curriculum

Courses will be held on Thursday evenings for two semesters, beginning September 6th through December 20th and January 3rd through May 2nd, from 6:30 to 9:30 PM.

The first-year curriculum offers a broad, experience-near introduction to psychoanalytic thinking, both theory and pragmatics. It is designed to be helpful to those learning how to apply psychoanalytic principles in their practice, as well as to those who already have some experience, but who are looking for a comprehensive and structured training. Course work includes:

- An introduction to the dynamic unconscious and how we access the unconscious in therapy and in the therapy relationship.
- 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 dreams, defenses, unconscious fantasy, repetition, and enactment.
- Psychoanalytic theories of development from childhood through adulthood, including the development of gender and sexual identity.

In the first year, two courses will be presented each evening. After a few weeks of introductory classes, the coursework will consist of a didactic class followed by a continuous case conference.

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

In the case conference, faculty and trainees 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 psychotherapeutic principles and 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-per-week” sessions, initial supervision will include “case development” — consultation on cases to determine suitability for “twice-per week” work, and to focus on transitioning 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 with and some degree 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. Wavers may be available for those who have already completed intensive psychotherapy or psychoanalysis and for those already in treatments with analysts or psychoanalytic psychotherapists who are not BPI faculty.

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 \$1200 (\$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 independently with one’s therapist.

Application

For any questions about the program, please contact our administrator, Cathy Cardaropoli: berkshirepsychoanalytic@gmail.com or Benjamin Addleson, Director of Admissions: baddleson@yahoo.com, 413-358-5936.