

## 2021-2026 Psychoanalytic Psychotherapy Training Curriculum

This curriculum conforms to American Psychoanalytic Association requirements for class hours. The schedule provides five years of courses, three trimesters per year, 20 ninety-minute classes per trimester. The first two years are intended to serve as a complete Psychotherapy training that is also important for Psychoanalytic students, with the last three years shaped for Psychoanalytic students. The curriculum is set up to include the following major units:

1. Basic Concepts—6 courses: The Unconscious; Trauma; Conflict and Defense; Transference and Countertransference; Dreams; and (Re)Constructions. These foundational courses are in the first two years.
2. Development through the entire life span—6 courses: Infancy and Attachment; Toddlerhood and Separation/Individuation; Oedipus and Latency; Adolescence; Adulthood; and Old Age and Death. These foundational courses are in the first two years.
3. Personality Structure and Style—2 courses: Levels of Functioning; and Symptoms and Character. These foundational courses are in the first two years.
4. Technique—6 courses: The Frame; Initial Sessions; Relationship and Interpretation; Introduction to Child Treatment—Play; Termination; and Couples Treatment. The first four are scheduled in the first two years. Termination is in Year 4 and Couples in Year Five as a special extension of psychoanalytic thinking.
5. Continuous Case begins in Year 2 and increases in frequency in Year 3. Continuous Case is most helpful after basic ideas have been taught, and is richest after students have cases in psychoanalysis to present. There will nevertheless be plenty of opportunity to discuss therapy cases in the first two years, especially in the Technique classes.
6. Theory—10 courses that address the primary psychoanalytic theoretical approaches. These explore the field more deeply and are therefore especially meaningful to psychoanalysts and so begin in Year Three: Freud 1; Freud 2; Klein; Winnicott and the British Middle School; The Hungarians: Ferenczi and Balint; Self Psychology; Modern Conflict Theory; Relational Psychoanalysis; Bion; and Lacan and the French.
7. Core ethics and diversity, equity, and inclusion issues will be considered throughout training, with three classes centered on these topics taught in the first two years: Ethics; Understanding Genders; and Race: Projection and Othering.
8. Special topics beginning in Year 3: Psychoanalysis as Science: Research; Psychoanalysis as Art: Hermeneutics; Writing and Case Formulation 1; Writing and Case Formulation 2; Applied Psychoanalysis 1: Psychoanalysis and the Arts; Applied Psychoanalysis 2: Psychoanalysis and Society.

	Course Title	Number of 90 min. classes
<b>FIRST YEAR</b>		
Trimester 1	Basic Concepts 1: The Unconscious	6
	Technique 1: The Frame	4
	Development 1: Infancy and Attachment	5
	Personality Structure and Style 1: Levels of Functioning	5
Trimester 2	Basic Concepts 2: Trauma	6
	Technique 2: Initial Sessions	4
	Development 2: Toddlerhood and Separation/Individuation	5
	Personality Structure and Style 2: Symptoms and Character Style	5
Trimester 3	Basic Concepts 3: Conflict and Defense	5
	Technique 3: Relationship and Interpretation	5
	Development 3: Oedipus and Latency	7
	Ethics	3
<b>SECOND YEAR</b>		
Trimester 1	Basic Concepts 4: Transference and Countertransference	5
	Continuous Case	5
	Development 4: Adolescence	5
	Understanding Genders	5
Trimester 2	Basic Concepts 5: Dreams	5
	Continuous Case	5
	Development 5: Adulthood	5
	Race: Projection and "Othering"	5
Trimester 3	Basic Concepts 6: (Re)Constructions	5
	Continuous Case	5
	Development 6: Old Age and Death	5
	Technique 4: Introduction to Child Treatment--Play	5

<b>THIRD YEAR</b>		
Trimester 1	Theory 1: Freud 1:Origins of Psychoanalysis through “On Narcissism” (1886-1914)	7
	Psychoanalysis as Science: Research	3
	Continuous Case	10
Trimester 2	Theory 2: Freud 2: Later Freud	7
	Psychoanalysis as Art: Hermeneutics	3
	Continuous Case	10
Trimester 3	Theory 3: Klein	5
	Theory 4: The Hungarians: Ferenczi and Balint	5
	Continuous Case	10
<b>Fourth Year</b>		
Trimester 1	Theory 5: Winnicott and the British Middle School	5
	Technique 5: Termination	5
	Continuous Case	10
Trimester 2	Theory 6: Self Psychology	5
	Continuous Case	10
	Writing and Case Formulation 1	5
Trimester 3	Theory 7: Modern Conflict Theory	5
	Continuous Case	10
	Writing and Case Formulation 2	5
<b>Fifth Year</b>		
Trimester 1	Theory 8: Relational Psychoanalysis	5
	Continuous Case	10
	Technique 6: Couples Treatment	5
Trimester 2	Theory 9: Bion	5
	Continuous Case	10
	Applied Psychoanalysis 1: Psychoanalysis of the Arts	5
Trimester 3	Theory 10: Lacan and the French	5
	Continuous Case	10
	Applied Psychoanalysis 2: Psychoanalysis of Society	5