

Psychoanalytic Psychotherapy Program 2026-2028

FAQ

1. *Why should I study Psychoanalytic Psychotherapy?*

Psychoanalysis is our most comprehensive and wide-ranging theory of human motivation. The psychoanalytic approach provides the most deeply transformational form of psychotherapy. We look forward to helping you begin a fascinating lifelong journey.

2. *How does the admissions process unfold after we submit our applications?*

Once we receive your application letter and your supporting materials, we will set up an interview. Once we have interviewed all applicants and made our selection, we will notify you. We hope to have that process completed by June 1.

3. *Does the Center have a specific theoretical orientation?*

Our faculty are trained in the body of knowledge developed from Freud onward. The curriculum is designed to introduce you to these developments and to the techniques that derive from them.

4. *How does this course of study differ from analytic training?*

In several ways, but it may be important for you to know that many analytic programs will not accept applicants who do not have training in psychoanalytic psychotherapy. Both forms of training follow the tripartite Eitongon model of didactics, supervision (consultation), and personal analysis/therapy. However, psychoanalytic psychotherapy programs typically involve a two-year didactic introduction to fundamental concepts and technique, undergirded by theory, while analytic programs typically involve 4-5 years of didactics. Psychotherapy programs typically require a 1-3 times/week personal *therapy* with an APsA-trained analyst, while analytic programs require personal *analysis* with an APsA *training analyst* at 3-5 times/week frequency. The number and frequency of sessions with cases that count toward graduation as well as the number of consultation sessions and the length of time required to be in consultation also differs greatly. Obviously, the didactics courses in analytic training are able to delve more deeply and more complexly into psychoanalytic thinking and practice, and exposure to different cases and immersion in consultative discussion is also a distinguishing feature of analytic trainings as compared to psychotherapy.

5. *Is this psychotherapy program a stand-alone program or can it be combined with an analytic program? When will NOBPC be offering an analytic training program?*

This program is a stand-alone program. It cannot be used as a way to “skip” over the beginning years of an analytic didactic program. While some analytic programs fold in a psychotherapy program at the beginning of analytic training, in most of those cases, previous psychodynamic training does not count and the full curriculum must be taken. Please note that a psychoanalytic psychotherapy program is not sufficient for you to become an analyst. You are not permitted to represent yourself as an analyst or as offering analysis once you have completed a psychotherapy training program. That said, you will be eligible to become a student member of APsA (reduced rate), and once you graduate, you will be eligible to become a psychoanalytic psychotherapy member of APsA, also at reduced rate: your training at an APsA institute is the certification for that membership.

We are just concluding the didactic portion of our psychoanalytic training program, with advanced candidates who will remain in consultation (and likely their personal analyses) until graduation. The earliest we can envision offering another analytic program would be fall of 2028.

6. *What is the format of this program and when will it be held?*

This program is designed to accommodate in-person and online participants using new online meetings technology (OWL). We have chosen this technology because it creates a more inclusive learning environment than other online platforms like Zoom. It is difficult to describe how this works unless you are in the room, but if you go to <https://owllabs.com/live-demo>, you can register to try it out for free.

The classes meet every Wednesday during the semester; classes will probably start at 6 p.m. Central Time. We hold classes from September through April: the schedule is posted online at nobpc.org

7. *Please explain how our control cases, consultation, and personal therapies get underway.*

We will send you a list of APsA-trained analysts who are available to offer personal therapy as well as a list of APsA-trained analysts who are available to offer consultation. Let’s start with the analysts for your personal work. You must start your personal therapy before classes begin. The minimum frequency for your therapy is once a week, but we strongly encourage you to attend at least two times a week. You should know the only reason we would contact your personal therapist is to confirm the frequency at which you are meeting and whether there have been any interruptions in the treatment. We do not ask for any other information.

We will also send you a list of APsA-trained consultants. You will select your first consultant before classes start so that you can begin working with that consultant on a case before the end of the first month of the program. In the spring of your first year, you will select a second consultant and discuss your available cases with that person in order to start a second case by April 1, 2027. You may work remotely with a consultant, and again, we can assist you if those on the list are not available for some reason. You will meet with each

consultant once per week until you fulfill the consultation requirement of 75 hours for your first case and 45 hours for your second. You must also meet one or both of your cases at a twice weekly frequency for at least 60 consultation sessions.

For those of you with your own practices or access to patients, you will discuss your current cases with your consultant in order to select a good case for your training. If you do not have a practice, we will do our best to help you find a suitable case. The Center offers a referral service that is thorough and thoughtful, which usually works well for our trainees. It is important that you have chosen a consultant before choosing to work with a referred patient.

8. *How will we be assessed?*

Every six months, you will submit a case report to your consultant and to NOBPCenter@gmail.com. Your consultant will provide a report to the Progress Committee on your progress in treating your patient, and faculty will report on your progress in your classes. We will assign an advisor for you who will follow you throughout the program and convey to you the recommendations from the Progress Committee. The advisor will also convey any questions or concerns you have to the appropriate committee or person, so that you have a consistent channel for communication. At the same time, however, you should feel free to contact nobpcenter@gmail.com with questions and comments at any time, and those will be forwarded on your behalf. Faculty members will also welcome any questions and comments from you concerning the classes.

9. *What type of reading materials will be required?*

We will supply you with the articles and book chapters you need during the semesters. You will have access to pep-Web, the online archive of psychoanalytic publications, and some of your materials will be located there. In the summer prior to the start of classes each year (2026 and 2027), you will have assigned readings as well. The courses are not based on a textbook.

10. *Are there opportunities for case presentations, research, and publishing?*

Psychotherapy fellows will be presenting case material in case conferences throughout their training, organized by individual faculty members. Fellows are also encouraged to present their cases to the membership and at conferences, such as APsA and IPA. You are also encouraged to present papers at those conferences as well as at NOBPC. Presentations made at APsA may be solicited for publication in APsA publication venues. APsA also offers opportunities to participate in research efforts. You are joining a rich environment for psychoanalytic thinking.