

## **Attachment 1**

### **THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE** **Advanced Training Program in Psychoanalytic Psychotherapy** **(ATP)**

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The Fellowship year serves also as the first year of the three year ATP sequence. The ATP then builds on the first year fellowship, and, in two additional years, deepens the student's understanding of and competence in the conduct of intensive, long-term psychoanalytic psychotherapy. In addition to a combination of didactic seminars, reading, and seminars on clinical process, the ATP adds two more experiences essential to one's growth as a psychotherapist: personal treatment (either concurrent with one's training, or an experience that preceded joining the ATP) and supervised clinical work. Students are required to conduct twice-weekly psychotherapy with two suitable patients, each treatment continuing for a minimum of two years. Students are able to select their supervisors from a wide list of psychoanalyst members and experienced ATP graduates of BPSI.

The didactic seminars deepen and broaden the exploration of many concepts addressed in the first year fellowship. Courses cover topics such as: Neurosis and Neurotic Character, Child Development and Adult Psychopathology, Borderline Psychopathology and Personality Disorders, Resistance, Character Pathology and Clinical Dilemmas, Transference, Dreams, and Termination. Students also develop their skills in writing about their clinical experience, culminating in the written presentation of a treatment or some other topic of psychoanalytic interest. Support and instruction in clinical writing are woven throughout the curriculum.

Our ATP graduates complete their studies with an extensive, and intensive, experience of psychoanalytic psychotherapy. They appreciate its unique capacities to deepen their patients' understanding of themselves, and to enrich their patients' relationships with others. ATP graduates enjoy full voting rights in BPSI and representation in its governance. There are also opportunities for ATP graduates to teach, to supervise the clinical work of students in training, and to participate actively in the organizational life and leadership of BPSI. Some ATP graduates continue on to yet another level of training at BPSI, to become psychoanalysts. Those who do so generally feel

that their training in the ATP provided a superb foundation for subsequent full psychoanalytic training. All ATP graduates are welcome to continue as active members of the BPSI community, which for many of us serves as a lifelong professional home and a place of enduring friendships and continuous learning.

### Learning Objectives

1. Students will develop a working understanding of the major psychoanalytic theories of mental process, and will apply those theories to clinical psychotherapy material.
2. Students will develop a working understanding of the major psychoanalytic theories of psychotherapeutic technique, and will apply those theories in their clinical practice.
3. Students will develop a working understanding of transference and countertransference, and will become able to describe the complex interplay of the two in psychotherapy.
4. Students will become able to present clinical case material in a seminar setting for critique and analysis, and to then apply the insights gained in their clinical work.
5. Students will develop the ability to listen deeply when colleagues present clinical case material, and will become able to provide useful clinical insights to their colleagues.
6. Students will become able to present clinical case material in the setting of individual clinical supervision, and to then apply the insights gained in their clinical work.
7. Students will become able to formulate clinical work in writing in a clear and theoretically informed manner.

### ***Continuing Education***

**Physicians:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the Boston Psychoanalytic Society and Institute. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians. The American Psychoanalytic Association designates this Live Activity for a maximum of 90 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS:** None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

**Psychologists:** The Boston Psychoanalytic Society and Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Boston Psychoanalytic Society and Institute maintains responsibility for this program and its content. This program fulfills the requirements for 90 hours of CE.

**Social Workers** Please contact the Boston Psychoanalytic Society and Institute's Administrative Office at 617/266-0953 or [office@bostonpsychoanalytic.org](mailto:office@bostonpsychoanalytic.org) for more information.