

THE BOSTON PSYCHOANALYTIC SOCIETY AND INSTITUTE

One Year Fellowship in Psychoanalytic Psychotherapy

The fellowship curriculum combines a didactic survey of classic and modern psychoanalytic thought applied to intensive psychotherapy with clinical discussion seminars that apply these concepts to the clinical reality of actual psychotherapy sessions.

The didactic sequence uses readings from primary and secondary sources, lectures and discussion to survey three topics:

- Psychoanalytic theories of the mind (10 weeks) — This sequence highlights the main theories of mental structure and function and how these develop: conflict theory, ego psychology, object relations theory, self psychology, relational theory, and attachment theory. The mental process of defense is viewed from through the lens of the different theories of the mind.
- Psychoanalytic theories of technique (10 weeks) – This section covers the fundamentals of conducting psychoanalytic psychotherapy: assessment; setting the frame for treatment; how to listen; interpretation; and working with transference, counter-transference, and projective identification.
- Theories of therapeutic action (10 weeks) – this component uses reading, discussion, and some videotaped therapy sessions to explore different theories for how psychoanalytic psychotherapy works.
- In companion clinical seminars that take place on the same night as the above course work, students apply the ideas presented in the didactic sequence to their own clinical work. Students are divided into small groups where a safe and engaging environment makes possible intimate sharing of clinical experiences, questions and dilemmas. Senior clinicians serve as discussion leaders. As each group works with several different senior consultants during the year, so students receive exposure to the variety of ways of thinking and working that characterize the diversity of the BPSI community.

Our Fellowship students complete their year of study with a working understanding of the basic principles of psychoanalytic theory and how they can be applied in psychotherapy. Perhaps just as importantly, throughout their year of study they have become part of a thriving psychoanalytic community, where they get to know and learn with many BPSI members and faculty. This exposure provides a sense of what the psychoanalytic world has to offer, what a career as a psychoanalytic psychotherapist can be like, and for many students, it serves as a welcoming introduction to a continuing community of like minded clinicians, friends and mentors.

Learning Objectives

1. Students will be able to describe and compare different models of the mind in psychoanalytic thinking and how to apply these models to their clinical work.
2. Students will be able to present clinical material in a seminar setting for critique and analysis by peers and a senior clinician to demonstrate enhanced presentation and analytic listening skills.
3. Students will be able to identify and discuss conscious and unconscious themes and conflicts in process material and formulate clinical goals.
4. Students will be able to describe different models of therapeutic action, and will be able to apply these models to their clinical work.

For more information on our Fellowship, including an application and admission information, please [click here](#).

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)TM. 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 for more information.