

# ACCREDITATION COUNCIL FOR PSYCHOANALYTIC EDUCATION

## Standards of Psychoanalytic Education

### INTRODUCTION

This document delineates model core standards by which institutes seeking accreditation as a psychoanalytic education and training center will be evaluated.

Psychoanalysis is a specific form of individual psychotherapy that aims to bring unconscious mental elements and processes into awareness in order to expand an individual's self-understanding, enhance adaptation in multiple spheres of functioning, alleviate symptoms of mental disorder, and facilitate character change and emotional growth. Psychoanalytic work is characterized by depth and intensity which are achieved in the context of frequent treatment sessions over a long term.

It is expected that training institutes seeking accreditation will ensure that candidates in training shall have a personal psychoanalytic experience of frequency, depth, intensity and duration adequate to provide a deep psychoanalytic experience and that their treatment of patients under supervision will have similar characteristics. The Accreditation Council for Psychoanalytic Education recognizes that as different psychoanalytic educational traditions have evolved there has been a parallel development of standards regarding how the provision of a deep psychoanalytic experience can best be accomplished. Those standards may be more specific or broader but may not be lower than or in conflict with the core standards delineated in this document.

Institutes that seek accreditation for training in child and adolescent psychoanalysis will be required to meet these and additional standards that are to be delineated in a separate document.

## I. SELECTION OF CANDIDATES FOR PSYCHOANALYTIC TRAINING

Selection of candidates for psychoanalytic education and training involves eligibility and suitability. Institutes will have in place a process by which to evaluate these characteristics.

Applicants will not be excluded on the basis of race, color, ethnicity, religion, age, gender, sexual preference or physical disability. An anti-discrimination clause will be prominently displayed in official publications of the institute.

### A. ELIGIBILITY

Eligibility refers to the requisite educational background and to the mastery of skills required before psychoanalytic education or training can be undertaken.

#### A 1. ELIGIBILITY OF MENTAL HEALTH CARE PROFESSIONALS.

Institutes shall have in place a mechanism for evaluating the eligibility of applicants for psychoanalytic education and training. They shall consider

1. Graduate education. To be eligible to undertake psychoanalytic education, a candidate will possess one of these degrees: Ph.D., Psy.D., D.S.W., M.S.W., M.D., Ed.D., D.O., R.N. (plus a Master's degree with Clinical Specialist certification or Ph.D.) or a comparable mental health degree and education/training leading to licensure or certification for independent practice of a core mental health profession at the highest clinical level. Exceptions may be made on a case-by-case basis for individuals who are in the process of obtaining one of these degrees or who are in postgraduate training programs, with the requirement that they will have the appropriate degree, certification or licensure prior to graduation from the institute. Institutes are responsible for verifying that such individuals participate in the necessary educational and clinical experiences prior to or during their candidacy and that they obtain the required degree, certification or licensure prior to their being approved for autonomous clinical practice. Institutes will verify the credentials of all applicants and candidates.

2. The applicant will have the ability to diagnose mental disorders. S/he will be capable of making a differential diagnosis, biopsychosocial and psychodynamic formulations, and individual treatment plans. S/he will have basic awareness of organic mental pathology and treatments, and will know when and how to use consultants in areas outside of his or her scope of practice.

3. The applicant will have had psychotherapy practice experience. S/he will have had close supervision of individual cases. It is preferable for him or her to have supervised

experience with a broad spectrum of cases including patients who suffer from severe and persistent mental disorders. Some psychotherapy supervision by psychoanalysts is recommended.

4. It is desirable that applicants will have didactic and/or practical experiences that provide a broad understanding of the cultural, economic, ethnic, religious, and racial backgrounds of the rich diversity of patients in the population.

## A 2. ELIGIBILITY OF INDIVIDUALS WHO ARE NOT MENTAL HEALTH CARE PROFESSIONALS.

An institute may elect to accept individuals who are not independent mental health care professionals for psychoanalytic training in certain defined circumstances. The institute shall have in place written criteria of eligibility for limited and full clinical training that it shall apply to all such applicants. It shall also have in place a process for monitoring their clinical performance. Such criteria and the monitoring process must ensure that during the training process and at its conclusion the individuals will meet standards of competence in psychoanalysis equivalent to those met by core mental health professionals at the same level of training

## B. SUITABILITY FOR PSYCHOANALYTIC EDUCATION AND TRAINING

Suitability refers to the personal characteristics of the applicant that are deemed necessary for psychoanalytic education. The applicant will show evidence of integrity of character, maturity of personality, reasonable indication of capacity and motivation for self-reflection, psychological mindedness, clinical aptitude, and appropriate intellectual ability. Institutes will have in place procedures by which they will judge these attributes. Evaluation of these capacities will be carried out through interviews with members of the institute's faculty. Institutes may require additional studies and examinations for all applicants or for those about whom evaluators have specific questions. Applicants may proffer such studies or examinations in support of their application.

An ethics violation disclaimer will be part of the admission procedure. If an applicant has been found by a recognized professional or governmental body to have committed an ethical violation the institute shall be responsible for reviewing the finding and documenting its conclusions and actions. If there is an ethics or malpractice case pending against an applicant the institute may defer its decision on the application until the case is resolved.

## II. PRACTICE

Institutes shall have in place a procedure for informing prospective patients of the candidate's training status prior to the commencement of psychoanalysis and for obtaining their consent to be treated in this circumstance.

Candidates of accredited institutes are not authorized to represent themselves as graduate psychoanalysts or to conduct psychoanalysis without supervision until such authorization is given by their institutes. Permission to undertake autonomous psychoanalytic treatment may be granted in the late stages of training. This authorization to represent oneself as a psychoanalyst may be rescinded by the institute if the candidate fails to remain in good standing. Prospective candidates shall agree to inform their psychoanalytic patients if they withdraw from training or if their status is otherwise changed before graduation.

## III. PSYCHOANALYSIS OF CANDIDATES

It is expected that institutes seeking accreditation will ensure that candidates in training have a personal psychoanalytic experience that is characterized by depth and intensity. It should occur at the frequency and duration that will facilitate the candidate's optimal immersion in a psychoanalytic process.

The psychoanalysis of a candidate is expected to be conducted in person at a frequency of three to five sessions per week, on separate days, for a minimum of forty weeks during a year and for a minimum of three hundred (300) hours. This criterion may be modified to accommodate candidates who are physically handicapped or who live and work at a considerable distance from an appropriate analyst. Such exceptions shall be reviewed by the institute and its decision shall be documented.

The Accreditation Council for Psychoanalytic Education recognizes that different psychoanalytic training traditions have evolved concerning how the provision of a deep psychoanalytic experience can best be accomplished. Examples of acceptable standards are

An institute or group of affiliated institutes may require that the analysis of a candidate be conducted at four or five times per week during the training process.

An institute or group of affiliated institutes may require that the analysis of a candidate be conducted at a frequency of three times per week during the training process.

The Accreditation Council for Psychoanalytic Education expects that the personal analysis of a candidate and those of patients treated by the candidate under supervision will be consistent with the training experience and orientation of the institute; but in no event shall these be at a frequency of fewer than three sessions per week.

#### IV. EDUCATIONAL PHILOSOPHY

Institutes shall demonstrate an open, critical approach to the ever-changing corpus of psychoanalytic scholarship, practice and research. The atmosphere of the institute is to be that of a community of scholars, respectful of the knowledge, experience and opinions of both faculty and candidates. It is expected that each institute will enable its candidates to become knowledgeable about the major historical and contemporary points of view in psychoanalysis. Students and faculty shall be encouraged to seek new knowledge through scholarship and research.

It is expected that each institute or group of affiliated institutes will have a published mission statement. It is expected that each institute will engage in ongoing self-evaluation to assure that it is achieving the goals outlined in its mission statement.

#### V. CURRICULUM

Each institute shall have an established curriculum committee composed of representatives of the faculty and candidates that will plan and continuously review the curriculum and faculty teaching performance.

The core curriculum will emphasize the key elements of the process of psychoanalysis which include (1) bringing unconscious mental elements into awareness, (2) recognizing the importance of developmental, social, cultural, familial, and interpersonal influences in determining symptoms and personality (3) working with transference and counter-transference phenomena and with specific techniques aimed at expanding the analysand's self-understanding, (4) facilitating the process of adaptation in multiple spheres of functioning, (5) alleviating symptoms of mental disorders, and (6) facilitating character change and emotional growth. The didactic curriculum will contain integrated sequences covering the history of psychoanalysis, normative and pathological psychological development, psychoanalytic theory, and psychoanalytic technique from Sigmund Freud to the present. Conferences and continuous case seminars will be offered to broaden the

student's clinical experience and further the integration of theoretical concepts with clinical practice. It is expected that candidates for adult psychoanalytic training will be exposed to the basic principles of child psychoanalysis.

The didactic curriculum shall be presented in no less than 350 hours during a period of three to five years.

## VI. SUPERVISED CLINICAL WORK

Candidates will undertake the supervised psychoanalysis of two to three adult cases. It is expected that these analyses will be characterized by the same frequency and intensity as those of candidates in the institute seeking accreditation (See III above.). It is recommended that, whenever possible, candidates have experience treating patients from diverse populations in supervised psychoanalysis. An institute or group of affiliated institutes may add requirements that candidates have experience treating patients from specific populations, e.g. men and women, in supervised psychoanalysis.

When there are gaps in the candidate's experience of some specific types of patient those may be remedied by obtaining supervision for such cases after graduation.

All supervision will be conducted by supervisory psychoanalysts who have been formally recognized as such by the institute (see X). One or more cases will be supervised for at least two years, and one case for at least one year. Supervision will consist of a minimum 150-200 hours. It is expected that one case will be supervised through termination; this may occur before or after graduation. It is recommended that, when possible, candidates receive supervision from supervisors of different theoretical orientations and of both sexes and that a candidate's personal psychoanalyst not be his or her supervisor. It is generally expected that the candidate will be in psychoanalysis during a significant period of supervisory work. It is expected that the candidate will receive supervision during the major phases of a psychoanalysis and demonstrate a capacity to establish, facilitate, terminate and understand a psychoanalytic process.

## VII. EVALUATION

The institute will be responsible for evaluating the candidate's mastery of the educational experience at each successive phase of education and as a whole. A candidate progress committee or equivalent body will monitor the progression of each candidate. It shall have

procedures in place for ongoing evaluation of the candidate's clinical work. Coordination of reports of supervisors and observation of the candidate's presentation of psychoanalytic cases is an essential element in this process.

## VIII. RECORDS

Suitable records will be kept of the candidate's educational course and progress and appropriate provisions made to ensure necessary confidentiality. Records are to be maintained in conformity with applicable local, state and federal laws.

## IX. ETHICS

It is expected that the ethical standards appropriate for psychoanalysts will be prominently and continuously emphasized in the educational program. There shall be a course or seminar on psychoanalytic ethics for candidates. Institutes will have in place a process for receiving and acting upon allegations of ethical violations by faculty and students.

## X. FACULTY DEVELOPMENT

Each institute shall ensure that opportunities to attain teaching faculty status, to psychoanalyze candidates and to supervise will be based solely on merit. Institutes shall not engage in discrimination based on an individual's professional affiliation or specific demographics during faculty development or appointment processes.

Institute leaders shall work cooperatively with recent graduates to assure that their graduates and junior faculty are provided opportunities and support to prepare themselves for promotion to higher positions within the institute. These may include teaching within the institute and in other appropriate programs and psychotherapy supervision for mental health professionals. Institutes shall have a mechanism in place to provide evaluation and feedback of such experiences. In addition, seminars or study groups that provide instruction on teaching methods and further opportunities for peer review of ongoing clinical work (e.g., through study groups) and other encouragement of scholarly and research activity are desirable.

Each institute shall develop and document procedures and criteria that it will use for the selection and retention of supervisory psychoanalysts and psychoanalysts of candidates.

The institute seeking accreditation shall apply its criteria uniformly within each category to all who seek or are invited to be appointed to such positions.

It is expected that psychoanalysts of candidates will

1. Be certified by their relevant board where that is available or demonstrate equivalent clinical expertise through a process independent of the institute.
2. Have significant clinical experience in the practice of psychoanalysis. An institute or group of affiliated institutes may set specific criteria for evaluating clinical experience and in all instances it shall require five years of postgraduate practice of psychoanalysis.

Examples of acceptable criteria are:

An institute or group of affiliated institutes may require a psychoanalyst of candidates to have five years post-graduate experience conducting psychoanalysis, to include all phases of psychoanalysis.

An institute or group of affiliated institutes may require a psychoanalyst of candidates to have five consecutive years of post-graduate clinical experience with a minimum of 20 hours of analytic work per week and with cases conducted at four or five times per week.

An institute or group of affiliated institutes may require a psychoanalyst of candidates to have a minimum of five years experience of unsupervised psychoanalytic treatment of at least four adult patients who are not psychotic and who are seen 4-5 times per week on separate days.

An institute or group of affiliated institutes may require a psychoanalyst of candidates to have practiced psychoanalysis autonomously for seven years beyond graduation and to have been a supervising psychoanalyst for at least two years, and give preference to individuals who devote the major part of their professional time to dynamic psychotherapy and psychoanalysis.

3. Have a demonstrated commitment to psychoanalytic practice, training, education and scholarship. Each institute shall document the criteria by which it will judge such commitment.
4. Maintain ethical standards.

An Institute or group of affiliated institutes will have the option of recognizing only its or their own members to serve as supervisors or as psychoanalysts of its candidates or of

allowing candidates to work with psychoanalysts from other institutes that are accredited by the Accreditation Council for Psychoanalytic Education.

## XI. SITE VISITS

Regular site visits for initial accreditation and re-accreditation will be conducted to assure that institutes achieve and maintain core standards. Site visits will be conducted in a manner that (a) stimulates the institute's self-study and self-scrutiny through a consultative, collegial process aimed at helping the institutes achieve and maintain core standards and (b) provides consultation to enhance the educational programs of participating institutes.

There are to be no disruptions in candidates' analyses, courses or supervision as institutes work toward achieving these accreditation requirements.

Site visits by this Board may be coordinated with those of a component organization. Each group separately will report and implement its findings and recommendations.

Ratified by:

American Academy of Psychoanalysis, 07 December 2000

National Membership Committee on Psychoanalysis in Clinical Social Work,  
12 January 2001

Division of Psychoanalysis, American Psychological Association, 27 January 2001

American Psychoanalytic Association, 03 May 2001

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