

**Australian Psychoanalytical Society Inc**  
(Component Society of the International Psychoanalytical Society)

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**PSYCHOANALYTIC TRAINING PROSPECTUS**

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**Preamble**

Psychoanalysis is the study of human psychological functions. Psychoanalysis aims at the full expression, exploration and understanding of the human mind with particular emphasis on the emotions and unconscious processes.

Psychoanalysis has three elements. It is a systemized body of knowledge about psychological development and functioning. It is a method of treatment that offers the possibility of deeper self-awareness, emotional growth and lasting change. It is also a method of observation and research designed to advance our understanding of the mind.

**The Australian Psychoanalytical Society**

The three Branches of the Australian Society in Adelaide, Melbourne and Sydney have been offering training since the 50's and continue to offer an educational program in accordance with the requirements of the International Psychoanalytic Association.

The Branches teach the theory and practice of psychoanalysis to its candidates and encourages research in this field as well as promoting mental health in the community through supervision, consultations and educational seminars and lectures.

Completion of the training leads to the title Psychoanalyst as recognized by the International Psychoanalytical Association.

**Aims of Psychoanalytic Education**

The primary aim of psychoanalytic education is to develop psychoanalytic competence and a core psychoanalytic identity. A psychoanalytic identity requires intellectual and emotional openness towards understanding the complexity of the human mind including its suffering. Essential to this identity are an attitude of scientific curiosity, a spirit of openness towards new observations, and a wish to acquire a comprehensive understanding of the accumulated body of psychoanalytic knowledge. A psychoanalytic identity also includes a lasting commitment to continuing study and development as a psychoanalyst, to periodic consultation and supervision with colleagues. The psychoanalyst's identity will depend upon developing and maintaining high standards of clinical competence. High ethical standards and a commitment to patient care are priorities for the analyst.

**Personal Analysis**

Education in psychoanalysis begins with the personal experience of psychoanalytic treatment received by the candidate. Such an experience aims to enable the candidate to appreciate the extent to which psychoanalysis offers an opportunity for self-awareness and lasting change. The personal analysis also aims to help candidates recognize the importance of self-awareness in concurrent psychoanalytic clinical work with their own patients. A personal psychoanalytic

experience also enhances the work of those graduates who follow career paths in allied fields, research, psychotherapy, administration, education, or other areas where psychoanalytic methods of investigation and understanding can be applied.

### **Theoretical and Clinical Training**

Education in psychoanalysis also aims to provide the theoretical background and clinical skills necessary for the effective use of a psychoanalytic process in the treatment of emotional dysfunction. This education includes gaining an appreciation of the technical features of the psychoanalytic setting, the nature and commitment of psychoanalyst and analysand, and the nature of the psychoanalytic stance and attitude that contributes to the success of the psychoanalytic process. The psychoanalytic work optimally requires of the psychoanalyst, characteristics which include knowledge, imagination, creativity and integrity. Psychoanalytic education also aims to impress upon the candidate the absolute indispensability of a guarantee of privacy, confidentiality and ethical behaviour.

### **Selection**

A fundamental requirement for psychoanalytic education and clinical training is an established identity as a professional whose conduct assures a firm and enduring commitment to responsibility and ethical patient care.

Psychoanalytic education begins with the selection process and therefore requires much care and thought. Selection is based on an applicant's suitability, eligibility and readiness. It is the official position of the Branches that an applicant is never excluded on the basis of age, sexual orientation, religious affiliation, racial or ethnic background.

### **Suitability**

A selection of an applicant for psychoanalytic education and clinical training involves an assessment of suitability, the possession of certain character traits and ethical values necessary for every psychoanalyst, i.e. evidence of integrity, inherent honesty, maturity, flexibility and strength of character, as well as, to a reasonable extent, the capacity for self-observation, self-mentoring and the ability to maintain proper interpersonal boundaries.

### **Eligibility**

The selection of an applicant is also based on eligibility and readiness. Prior academic training includes a university degree or its equivalent, acceptable to the Australian Psychoanalytic Society. Prior clinical training, clinical experience, aptitude and potential for psychoanalytic competence will also be considered.

## **THE TRAINING PROGRAM**

Psychoanalytic education involves the study of theoretical and clinical principles, and aims towards scholarly achievement, personal growth and the development of psychoanalytic clinical expertise. This training is based on a tripartite model with three complementary learning experiences: a personal analysis, theoretical and clinical seminars, and supervised psychoanalytic work.

## **1. Personal Training Psychoanalysis**

A personal psychoanalysis during the course of the training program aims to assist the candidate to achieve a high degree of character, stability, openness, flexibility and maturity. It is essential that the candidate develops the capacities for self-observation, self-reflection and ultimately ongoing self-analysis which are necessary for the capacity to maintain a basic psychoanalytic stance. These qualities are necessary if the future psychoanalyst is to be sufficiently free of those psychological vulnerabilities and character traits that may interfere with psychoanalytic work. The personal analysis should result in direct appreciation of the power and nature of conscious and unconscious processes, including conflicts, affects, defenses and their interrelationship. It should also result in conviction as to the therapeutic value of the analysis of transference and the value of gaining understanding of the role of childhood experiences, memories and fantasies.

Accepted candidates make their own arrangements with an approved training psychoanalyst of the Australian Psychoanalytical Society. The personal training analysis will take place a minimum of four times a week throughout a substantial part of the training. The fee is by private arrangement with the Training Psychoanalyst. The candidate will be required to have entered into a personal psychoanalysis at least six months prior to the commencement of the program.

This experience of psychoanalysis forms the core of the educational experience around which the supervised case-work is built. The work of the curriculum helps to organize and conceptualize these experiences and by case discussions, broaden the candidate's exposure to a wider variety of cases.

## **2. Theoretical and Clinical Seminars**

### **Theoretical**

The course is part-time and is organized so that candidates are able to continue working during the training. To foster the development of clinical skills, the curriculum is designed to integrate theoretical course work with direct practice. Theoretical and clinical seminars take place over a period of four years. The first year includes Infant Observation for which the candidate makes weekly home visits to observe a mother and baby; candidates also participate in weekly seminars to discuss their observations.

In the second, third and fourth year until qualification candidates attend one theoretical seminar and one clinical seminar per week. As well, the candidates of the three different Branches of the Society meet interstate three times per year to share their clinical and theoretical experiences. The program provides an overview of the main models of psychoanalytic thought and the ways they formulate notions of health and psychopathology. It also covers the relations between theory and practice. Clinical theories or theories of technique are critically discussed by investigating questions such as: what constitutes psychoanalytic methods and attitudes; what clinical frameworks enable a psychoanalytic investigation about how psychoanalysts and analysands participate in the psychoanalytic encounter.

### **Electives**

Electives reflect the particular strengths of a faculty and the particular needs and interests of candidates. The Branches may include time set aside for each candidate to select an elective, which will be supervised by a teacher who is competent in that field.

## **Clinical**

Weekly clinical seminars take place from the end of the first year of the training until the conclusion of the training. Here the candidates present their clinical material and discuss their psychoanalytic work with fellow candidates and a senior clinician.

### **3. Supervised Psychoanalysis**

Candidates will be required to treat two patients under supervision. The first case is to be supervised weekly for two years. It is recommended that the second case also be supervised for two years; however, if after one year the analysis is thought by the Supervisor to be proceeding satisfactorily, application may be made to the local Progress Committee for consideration that the training requirement for this case has been satisfied. Sometimes a third patient is recommended and it is recommended that one case of each gender be seen.

### **4. Child and Adolescent Training**

Qualified psychoanalysts and Candidates are free to apply to the Branch for training in the psychoanalysis of children and adolescents. The training has its own theoretical and clinical seminars; the core of this training is the treatment of two children (aged 2-5 and 6-12) and one adolescent (aged 13-17) under supervision of a senior child psychoanalyst.

### **5. Fees**

Candidates will be required to pay an annual training fee to cover training expenses other than for personal analysis and supervision. The Branches subsidize the training program hence tuition fees for the course are kept nominal.

Fees for personal psychoanalysis and supervision are a matter of arrangement between the candidate and the psychoanalyst of choice.

### **6. The Training Agreement**

At the commencement of training, candidates are required to read and sign an agreement to be bound by the Code of Ethics, Rules of Association, By-laws and Procedures of the Society. It is also required that all candidates take up professional indemnity insurance, evidence of which needs to be sighted by a member of the Branch Executive. The training agreement also states that continuance in the training is conditional on the candidate's progress and the Society reserves the right to suspend or terminate the candidate's training at any time.

### **7. Candidate Organization**

There is a candidate organization, which facilitates communication between the candidates and the Australian Psychoanalytic Society. Candidates may also join the International Psychoanalytic Student Association, which is affiliated with the International Psychoanalytical Association.

## **QUALIFICATION AND MEMBERSHIP OF THE AUSTRALIAN PSYCHOANALYTIC SOCIETY**

On satisfactory completion of the training program, the newly qualified psychoanalyst is entitled to apply for Associate Membership of the Australian Psychoanalytical Society.

When the candidate qualifies as an Associate Membership of the Australian Society full membership of the International Psychoanalytical Association is granted automatically.

Associate members become full members of the Australian Society by presenting a clinical paper to an especially selected group of senior clinicians.

## **APPLICATION PROCEDURE**

**The Branches welcome all enquiries and applications for the training program.**

Prospective applicants who require further information or guidance before applying, can contact the Chair of the Admission/Selection sub-committees in either Sydney Melbourne or Adelaide who will arrange an informal and confidential meeting.

All prospective applicants who fulfill the prerequisites or who wish to discuss their situation are offered a preliminary interview. Following this interview, those who meet the required criteria are invited to complete an application form and to give the names of four referees. Applicants then have two or three personal selection interviews and the Admission/Selection sub-committee evaluates the application.

If applicants are unsuccessful, reapplication may be made in not less than a year. Three applications in all can be made.

All enquiries and applications may be made through the Chair of the Admission/Selection sub-committee either by email, phone or in writing. The Society website is [www.psychanalysis.asn.au](http://www.psychanalysis.asn.au) and further details of contact details of psychoanalysts in each Branch of the Society may be found there.

Updated April 2016