

Studies in Psychotherapy Program 2024-25

Studies in Psychotherapy Program (SPP) is a two-year program to increase the knowledge and enhance the skills of participants. Geared towards early to mid-career therapists who are interested in psychodynamic theory and technique. Some participants are considering a psychoanalytic training and would like to see if this path suits them. Some people are looking to build on their range of clinical thought available to them as therapists. And some are curious about the ideas in psychodynamics, their development, and their relevance to the world at large. Whatever your goals, we welcome you to the Western New England Society and Institute for Psychoanalysis.

The program is built on a traditional immersive model of analytic learning which incorporates classroom learning, supervision and one's own treatment. In this tripartite approach, you are a patient, therapist and student all at once in all three settings and provides a transformative, iterative learning experience.

Courses

Three trimesters of eight weeks each.

Course Dates 2024-25

- Fall: October 1, 8, 15, 22, 29 and November 5, 12, 19
- Winter: January 7, 14, 21, 28 and February 4, 11, 19, 25
- Spring: March 25, April 8, 15, 22, 29 and May 6, 13

2025-26 dates will be set in Spring 2025. Syllabi are distributed two weeks prior to classes. An electronic copy of the readings is usually sent out prior to class.

Curriculum

First Year:

- Psychodynamics I and Case Based Psychodynamic Formulation
- Psychodynamics II and Case Conference I
- Object Relations and Case Conference II

Second Year:

- Child and Adolescent Development and Case Conference III
- Elective and Case Conference IV
- Relational Psychodynamics and Ethics & Termination

The expectation is that every participant engages fully in the classroom portion of the curriculum. This means reading thoughtfully and curiously with attention to what engages you, what mystifies you and what riles you. We hope that you will come to class with questions and comments.

For Case Conferences the class will be divided into two sections which will be stable across each year, however may change between the years. While you are welcome to express preference for a group or a

leader, groups will be selected by the SPP advisory committee. Assignment to a group is made thoughtfully with attention to the needs of all learners. Every SPP student will present a case for 3-4 consecutive weeks over the course of two years.

Supervision

We require that each participant present an ongoing case treated with attention to psychodynamic theory and technique and receive individual supervision. For Yale Psychiatry residents your participation in the Long Term Care Clinic will provide both the case and supervision necessary to fulfill this requirement. For community mental health providers and trainees in other programs, supervisors come from the Western New England Psychoanalytic Society Membership which is found at the end of this document and includes members of the SPP advisory committee and instructors in the program.

Fees for supervision are negotiated independently with your supervisor at the start of supervision. The expectation is that you meet weekly throughout two]-year program, ideally presenting close process notes. If contracting privately for supervision becomes prohibitive, please be in touch with Dr. Tobin or Dr. Myer for assistance.

Treatment

It is recommended that you have an experience in a psychodynamic treatment as part of your overall learning. Ideally this would mean a treatment (either therapy or psychoanalysis) contemporaneous with your classroom work. The goal is to learn about your own mind and unconscious processes. This contemporaneous experience both yields personal dividends and augments your learning “from the other side” of the treatment dyad. Members of the advisory committee are available to discuss and make recommendations for possible treaters with attention to demographics, location and payment source.

Progression

Each student will be evaluated formally by the SPP advisory board at both mid and end of year. Progression is based on attendance and participation. At the end of each term, students are encouraged to give formal written feedback which will be collated and disseminated to each class leader for their continued development. Students are encouraged, but not required to participate for the full two-year program. If students leave the area after one year, a remote option for the second year will be considered.

Tuition

Tuition is \$1800 per year which can be paid in full or in three installments of \$600 at the start of each term. Ideally this is done online through the WNEIPS website (westernnewengland.org) from the “Make A Payment” link, on the Members tab. A check or cash is also accepted. Tuition is paid directly the WNEIPS and used to cover general operating costs, cost of the program and supervisory stipends. Participants in teaching and on the supervisory board are volunteers. If tuition causes a financial hardship, please contact Jennifer Myer, MD or Brian Tobin, MD to discuss the possibility of an abatement.

SPP Advisory Board:

Bonnie Becker, PhD (brbckr@optonline.net)
Chris Leveille, PsyD (cleveielle@charter.net)
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Additional Faculty:

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