



Guidelines for psychoanalytic training

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1. The psychoanalytic training shall enable the candidate to understand the unconscious dynamics of the client/patient, train in necessary intervention skills and integrate the theory and the practice through the training analysis.

2. The training consists of
theoretical studies
training analysis
practice and supervision
placement in a mental health setting

2.a. Theoretical studies

Theory should be drawn from modalities of psychotherapy that are psychoanalytic in nature.

Theory moduls should include:

- theories and research underpinning psychoanalysis
- the schools/history of psychoanalysis
- relevant theories of change
- theories of psychopathology
- psychosocial issues in relation to psychoanalysis

The theoretical training consists of at least 500 hours.

2.b. Training analysis

The goal of training analysis for the trainee is working through of inner conflicts and experience of the psychoanalytic process, focused on transference and resistance.

The duration of the training analysis is at least 300 sessions.

2.c. Practice and supervision

The candidate has to treat clients/patients for at least 600 hours in different settings: first interview, crisis intervention, short-term psychotherapy and long-term psychotherapy. The cases have to be supervised by at least two different supervisors. The hours of supervision shall not be less than 200 hours.

2.d. Placement in a mental health setting

The trainee must have professional experience with severe emotional disorders and mental illnesses within a mental health or psychiatric setting according to the regulations of the National Awarding Organisation.