

Psychoanalytic Center of the Carolinas
Policy for Training and Supervising Analyst Appointment
Developmental Pathway and Local Standards
6/10/24

Introduction

This document describes the developmental pathway for graduate analyst faculty to become a Training and/or Supervising Analyst (TA/SA). Training Analysts are people designated to conduct the analysis of matriculated students who have undertaken training to be psychoanalysts (candidates). Supervising Analysts are those who supervise the psychoanalysis treatments conducted by those students. Typically, faculty apply for both designations, but at times might apply for one or the other.

Developmental Experiences from Graduation to TA/SA Appointment

All graduate analysts are encouraged to receive individual case consultation and to present in-depth case material in group consultation. They are also encouraged to continue pursuing professional developmental experiences such as studying theory and technique individually and in groups, attending psychoanalytic conferences, teaching through the TEC, giving scholarly presentations, publishing their writing, and participating in the life of the PCC.

New graduates are encouraged to select a mentor analyst with whom to periodically discuss their development. Some graduates might find it useful to write reflections on their case consultation, reading, teaching, and other aspects of their development.

We recognize that practicing independently is an important part of the development of a new analyst. We also recognize that regardless of one's level of experience, in-depth reflection upon one's work, either in the presence of an individual consultant or a group of peers, is important for growth and good practice.

Eligibility to Become a TA/SA

To become a Training Analyst (TA) and/or Supervising Analyst (SA), analysts will meet the following requirements:

- A. Good ethical standing: Applicants for TA/SAs will sign a statement attesting to good ethical standing.
- B. Graduate in adult psychoanalysis from an APsA- or IPA-affiliated institute, or substantial equivalent: (Child SAs may have graduated in child analysis only.)
- C. Five years or more post-graduation.
- D. Immersion/analytic case experience: APsA allows local programs to set the standard for immersion. Our program requires TA/SA applicants to have experience treating analytic patients at a frequency of 3-5 times per week for the *equivalent of ten analytic years, post-graduation*. An “analytic year” is here defined as one analytic patient in analysis 3-5 times per week for a year. (The requirement of ten analytic years might be met by a combination of cases running concurrently or sequentially after graduation— for example, one case for two years, one case for three years, and one case for five years— adding up to ten analytic years of treatment.) While cases that started before graduation may be used to meet this requirement, a minimum of two cases must have started after graduation or shortly before graduation. A minimum of one case, before or after graduation, must have been through a termination process.
- E. Developmental Activities: Our program has elected to adopt a developmental model in which analysts at all phases engage in activities to foster their own professional development (through case consultation, study, scholarly activities), as well as the development of others (through teaching, supervising, mentoring and organizational service and leadership). The practice of *presenting and reflecting* on clinical work is highly valued in our developmental model. Analysts at all levels of development should make liberal and regular use of Case Consultation, individually and in groups, particularly when they struggle with difficult situations as therapists and supervisors. Applicants for TA/SA will list their developmental activities in their application. Appointed TA/SAs will attest annually to their developmental activities. (See Annual Attestations Form for Training and Supervising Analysts.)

F. Case Presentation: APsA requires applicants for TA/SA to engage in experiences which allow them to reflect on their work with others by presenting in-depth analytic case material and formulating relevant theoretical ideas. APsA does not require that the quality of the analyst's work be evaluated or specify the form of case presentation.

G. Evaluation Requirement

To meet APsA's Case Presentation requirement, our program elected to include an evaluative component in our developmental model, which may be met *in one of two ways*:

- 1) The aspiring TA/SA may become certified by the American Board of Psychoanalysis or hold a specialty certification in Psychoanalysis and Psychodynamic Psychology from the American Board of Professional Psychology. We recognize that this process includes a substantial amount of reflection and consultation as well as an evaluative component.
OR
- 2) The aspiring TA/SA may engage in 50 hours of Case Consultation, as follows. Case Consultation may be done individually with an analyst who is either internal or external to our program; up to 15 of these 50 hours may be met in case presentation to a group of analysts (such as a case study group or CAPS). The applicant's capacity to reflect on their work and formulate relevant theoretical ideas will be *evaluated* by two TAs, external to our program, for at least 15 of these 50 required hours of Case Consultation. (For example, the aspiring TA might see one external consultant for 5 sessions and the other for ten sessions or some other combination adding up to at least 15 hours.) External consultants for the purposes of evaluation must be TAs from any APsA- or IPA-affiliated training program. The applicant and consultant will periodically use our form for assessing analytic competence and to discuss the strengths and weaknesses in the applicant's work. (See Assessment of TA Applicant's Clinical Work form.) When the applicant feels ready to apply for TA/SA status, the final assessments of two external TA consultants will be shared with the program. This approach allows the applicant to develop as long as needed, until he/she/they and the consultant evaluate the applicant's clinical presentation as satisfactory (overall score of 2 for "well qualified" or 3 for "highly qualified").

H. To be a TA/SA, an analyst must be a dues-paying member of the PCC. TA/SAs are encouraged to be members of the American Psychoanalytic Association.

I. TA/SAs must, without exception, meet the requirements for liability insurance and licensure set forth in the Policy on Faculty and Student Licensing and Liability Insurance, May 2022.

Special Circumstances

An analyst who is already a TA/SA with another APsA- or IPA-approved institute, and is prepared to join the PCC, will be exempted from the case presentation requirement. For these applicants, a meeting with two TA/SAs will be arranged to get to know the applicant, his/her work and analytic approach, and to discuss issues specific to the development of candidates. The two TA/SAs will then report on their meetings to the TA committee which will make a recommendation to the Psychoanalysis Committee as noted below.

Waivers for Ongoing Analyses

Our program allows waivers for candidates to remain in ongoing analyses with analysts who are not TA/SAs. (See Procedure for Application for a TA Waiver.) The purpose of granting a waiver is to protect the integrity of an ongoing treatment. The waiver is granted to the candidate, but the analyst must qualify. To qualify for a waiver, the analyst must be at least five-years post-graduation, be in good ethical standing, and meet the requirement for immersion/case experience. Analysts whose candidates receive waivers will be invited, but not required, to participate in TA/SA developmental activities. They may decide eventually to use their analytic case experience and developmental experiences, such as engaging in case consultation, to become a TA/SA. Waivered analysts will be asked to *identify* an experienced analyst, *external to our program*, with whom they may consult about treatment of their candidate on an as-needed basis. Candidates who apply for TA waivers must have been in analysis for at least one year prior to matriculation.

Flexibility

Since each analyst being considered for TA/SA appointment will present a unique set of circumstances, these requirements will be applied with judgment and some measure of flexibility by the TA/SA committee.

Application Process

Applicants for TA/SA will write a letter detailing how they fulfill the above requirements and submit it to the Chair of the Training Analyst (TA) Committee. The consultants will submit the most recent assessments of the applicant (if applicable) or the applicant will present evidence of achieving certification.

Once the TA Committee is satisfied that all criteria have been met by the TA/SA applicant, the committee will make their recommendations to the Psychoanalysis Committee (PC) for the applicant to be accepted. The Chair of the PC will then notify the applicant of their acceptance. If there are concerns about the applicant's merit, members of the TA committee will meet with the applicant in order to address these concerns.