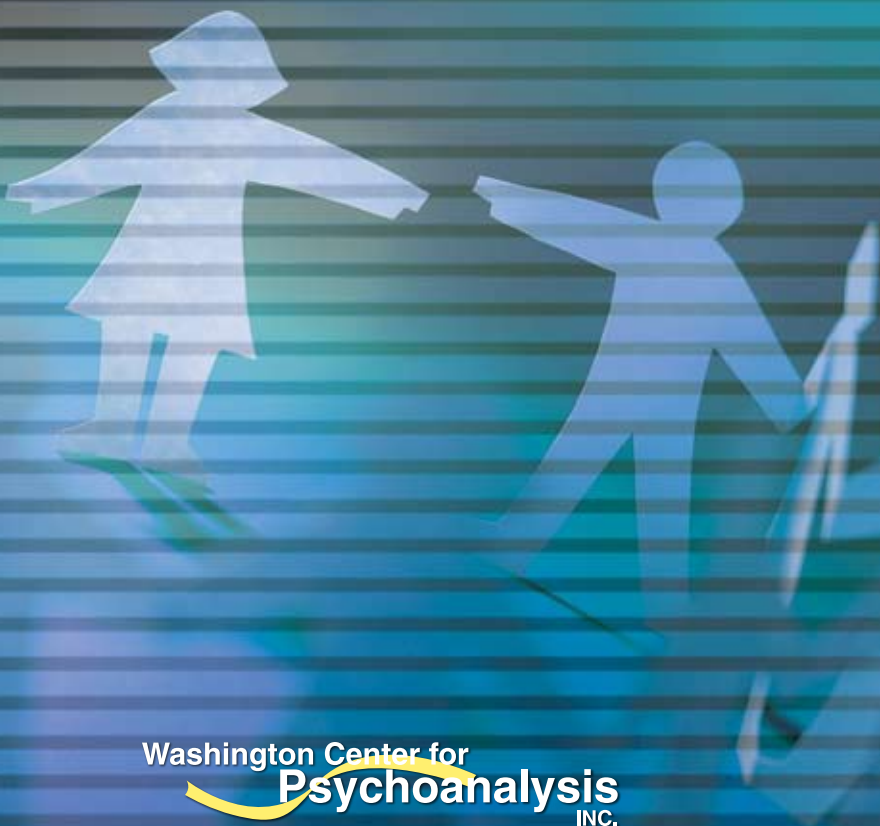


# **Contemporary Psychoanalytic Couple and Family Therapy Training Program**



Washington Center for  
**Psychoanalysis**  
INC.



This integrative two year program is uniquely designed to enhance a clinician's ability to work with couples and families. Focusing on the treatment of relationships creates a training experience precisely situated at the junction of the interpersonal and the intrapsychic. Our program teaches a way to theoretically organize clinical material at its deepest level and gain technical skill in facilitating a couple's or family's insight toward intrapsychic and interpersonal change.

The curriculum is flexibly tailored to the current experience and clinical background of the incoming class. Those individuals with a basic grounding in psychotherapy concepts, as well as several years of work experience in a treatment setting would have solid preparation to best use this educational approach.

## **CURRICULUM GOALS**

At the end of the program, participants will have grown as clinicians in the following ways:

1. They will have gained a greater in-depth grounding in selected classic and contemporary psychoanalytic, object relations, and small group theory. Additional readings will be selected from the growing attachment, neuroscience, and couples research literature informing normal individual and relationship development, psychopathology, and treatment.
2. They will have deepened their skills in therapeutic technique with couples and families. They will have become more proficient at:
  - assessing couples and families and evaluating their process
  - enhancing constructive communication within the family group
  - transforming conflict and blame into reflection and introspection

- developing a therapeutic frame and working alliance
- working with individual and couple resistance to treatment and insight
- using an understanding of transference, countertransference, and unconscious assumptions
- recognizing and managing intrapsychic and interpersonal splitting
- facilitating adaptive affect and behavioral regulation
- using interpretation
- thinking more flexibly about the interface of how the intrapsychic underlies the interpersonal and how the interpersonal is a window into the intrapsychic

3. They will have gained exposure to treatment issues in couples and family therapy related to special topics including sexual dysfunction, affairs, dreams, life transitions, loss and mourning.

4. They will have strengthened the capacity for containing and processing intensity within in the therapeutic hour. The externalized interpersonal drama of couple and family therapy sessions develops new skills in recognizing unconscious and projective process. Additionally, this enhanced ability greatly benefits and deepens the work in individual psychotherapy.

## ELIGIBILITY

The Program is open to psychiatrists, psychologists, social workers, psychiatric nurses, pastoral counselors and other mental health professionals with formal training experience in psychotherapy.

We encourage the experience of personal psychotherapy or psychoanalysis as this facilitates development as clinicians, but it is not required for eligibility in our program.

## SCHEDULE



Classes meet weekly at the Washington Center for Psychoanalysis, 4545 42nd Street NW, #209, Washington, DC 20016, during September through May on Tuesdays from 4:30 to 9:30 p.m. This includes time periods for the reading seminar and live clinical interview section. Individual supervision is separately arranged between the supervisor and student on a weekly basis for a minimum of 30 supervision hours each year. For interested students, an additional optional continuous case discussion group can be arranged to facilitate an enhanced learning immersion.

The program is divided into four segments during each school year:

1. Weekly Reading Seminar.
2. Weekly Individual Supervision.
3. Weekly observation of live or taped faculty interviews followed by a group discussion period.
4. Review of educational experience and class process meetings several times per year.

## ANNUAL TUITION

**Tuition is \$2055.** Fees for individual supervision are set at a rate of 15% below the supervisors current practice fee.

## ACCREDITATION

Learning Objectives: 1. Students will develop competence in conducting psychoanalytic couple and family psychotherapy. 2. Students will gain expertise in the application of psychoanalytic couple and family theory to clinical practice.

### Continuing Education

This activity has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The American Psychoanalytic Association and the Washington Center for Psychoanalysis, Inc. The American Psychoanalytic Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity. The American Psychoanalytic Association designates this educational activity for a maximum of 50 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the educational activity. Disclosure information is on record indicating that participating faculty members have no significant financial relationships to disclose.

The Washington Center for Psychoanalysis, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. The Washington Center for Psychoanalysis, Inc. maintains responsibility for the program and its content and offers a maximum of 50 credit hours for this activity.

The programs of the Washington Center for Psychoanalysis, Inc. meet the criteria for continuing education as defined by the Maryland Board of Social Work Examiners, District of Columbia and Virginia Boards of Social Work, and the American Board of Examiners in Clinical Social Work. The Washington Center for Psychoanalysis, Inc. designates this program as a continuing education activity for social work for a maximum of 50 credit hours.

## FOR FURTHER INFORMATION:

Contact Linda Grey, MSN at 703.533.1359.

## FACULTY

Linda Grey, MSN, Chair  
John Zinner, M.D., Vice-Chair

|                                |                             |
|--------------------------------|-----------------------------|
| Sharon Alperovitz, MSW         | Allison Hahn, Psy.D.        |
| Deborah Blessing, MSW          | Patricia Hartman, MSW       |
| Constance Teel-Brown, MSW      | Cornelia Lischewski, Psy.D. |
| Toni Cortellessa, MSW          | Joyce Lowenstein, Ph.D.     |
| Ann Devaney, MSW               | Kristina MacGaffin, MSW     |
| Ben Ellis, MSW                 | Cheri Marmarosh, Ph.D.      |
| Carolyn Bartick-Ericson, Ph.D. | Sylvia Stevens, APRN MS BC  |
| Lee Futrovsky, Ph.D.           | Robert Winer, M.D.          |

# APPLICATION



Please submit the application fee of \$100, along with a CV and a personal statement describing your interest in this program. Please provide two reference letters along with your application.

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Name

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Address

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Business Phone

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Home Phone

\_\_\_\_\_

Cell Phone

\_\_\_\_\_

E-Mail Address

Please make check payable to  
The Washington Center for Psychoanalysis  
and send this portion with payment to:  
4545 42nd St. NW, #209  
Washington, DC 20016

Or apply on line at [www.washpsa.org](http://www.washpsa.org).



