

History and Mission

The Psychoanalytic Clinic and the Psychotherapy Referral Service are components of the Washington Center for Psychoanalysis, which is a non profit organization founded in 1930 under the auspices of the International Psychoanalytic Association and later the American Psychoanalytic Association. In 1952 the Washington Psychoanalytic Institute was created and currently provides psychoanalytic training for psychiatrists, psychologists, social workers and psychiatric nurses.

In 1985 a psychoanalytic psychotherapy training program was established. Modern Perspectives on Psychotherapy is a three year graduate training program open to mental health professionals.

Sigmund Freud (1856-1939) founded the psychoanalytic school of psychology, based on his theory that unconscious motives determine behavior.

The Psychoanalytic Clinic has been in existence for 60 years and provides affordable evaluation, consultation and referral services for psychoanalysis and psychotherapy to the greater Washington/Baltimore community.

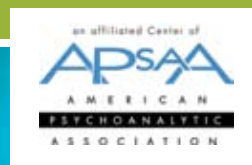
The Psychoanalytic Clinic of the Washington Center for Psychoanalysis is committed to:

- Making high quality treatment affordable
- Safeguarding confidentiality
- Providing mental health services to culturally diverse populations
- Contributing to the Center's educational programs on mental health for the greater Washington community

For information regarding additional activities and post graduate classes at the Washington Center for Psychoanalysis call 202.237.1854 or email: center@washpsa.org

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and Psychotherapy
Referral Service

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What Is Psychoanalysis?

Psychoanalytic treatment is a collaborative endeavor between patient and analyst. As a form of treatment, psychoanalysis is based on the theory that individuals are often unaware of many factors that determine their emotions and actions. This lack of recognition can lead to unhappiness, sometimes in the form of recognizable symptoms and other times as troubling personality problems, difficulties in work or in relationships, or concerns with self esteem including depression and anxiety.

Typically the patient and analyst meet four to five times each week in a quiet and safe setting to learn how these unconscious factors affect their current relationships and patterns of behavior. Through the analytic process the individual is helped to deal better with the realities of adult life.

What is Psychoanalytic Psychotherapy?

Psychoanalytic psychotherapy utilizes the principles of psychoanalysis, is a more focused and circumscribed treatment and is usually two or more sessions weekly. As with psychoanalysis, psychoanalytic psychotherapy is often indicated for people with considerable strengths, emotional resources and motivation for change.

Psychoanalytic psychotherapy strives to increase self awareness and enhance the individual's ability to apply this awareness to daily life.

Who Should Consider Psychoanalysis or Psychoanalytic Psychotherapy?

Work with a therapist may help one understand and resolve some of the following problems:

- Relationship difficulties
- Self esteem concerns
- Depression and anxiety
- Unresolved grief and loss
- Sexual anxieties
- Developmental problems in children and adolescents

Psychoanalysts and Psychoanalytic Psychotherapists:

- Are highly trained licensed mental health professionals
- Undergo advanced post-graduate training with extensive clinical supervision
- Come from a variety of professional backgrounds (social workers, psychologists, psychiatrists, psychiatric nurses) before undergoing advanced training in psychoanalysis or psychoanalytic psychotherapy

Our Psychoanalytic Clinic and Psychotherapy Referral Service

The Washington Psychoanalytic Clinic has been providing psychoanalysis for adults, adolescents and children in the Washington area for over sixty years. In addition, psychoanalytic psychotherapy for adults, adolescents and children is offered through the Psychotherapy Referral Service. Referral for medication, couples therapy, family therapy and supportive therapy is also available.

Location and Fees

The psychoanalytic clinic is composed of individual private practices. Treatment is conducted in therapist's offices located throughout the Washington Metropolitan Area. We offer a sliding fee scale treatment based on the individuals ability to pay.

Evaluation:

You and the clinician with whom you consult will discuss a fee for the evaluation session. There is no standard fee. Every effort is made to have an evaluation at a fee level which is realistic and reasonable for both the patient and the clinician.

Treatment:

The treatment fee will be determined at a rate that is mutually acceptable to both parties. Individuals with limited means may arrange a sliding fee. All clinicians are licensed, practicing mental health professionals who are either graduates of one of the Washington Psychoanalytic Center's programs or currently engaged in post graduate training in psychoanalysis or psychoanalytic psychotherapy.

TO MAKE AN APPOINTMENT:

Please call and leave a confidential message on our voice mail: 202.337.1617. You will be contacted promptly to arrange a consultation appointment. After one or more sessions, the therapist will talk with you about what type of treatment will be most helpful. You will have an opportunity to discuss and ask questions about the recommendation. The evaluation process involves talking about yourself and the problems and concerns that led you to seek assistance.