Welcome to the Cleveland Psychoanalytic Center’s (CPC) Psychoanalytic Training Program. The purpose of this handbook is to familiarize you with details of a psychoanalytic career, from beginning interest to graduation and postgraduate teaching opportunities. We hope the information included here will help prepare you for what to expect from our programs as you progress through training and beyond. We have confidence that these Training Program will provide you with a rich learning experience.

**Beginning Training in the Psychoanalyst Training Program (PTP)**

There are three basic components to the Psychoanalyst Training Program at the Cleveland Psychoanalytic Center. They are:

1) A personal psychoanalysis with a Training and Supervising Psychoanalyst of the candidate’s choosing, at a fee established between the analyst and analysis and;

2) Supervision of three psychoanalytic treatment cases including one of each gender (one can be a child psychoanalysis); and
3) Four years of twice weekly seminars on development, theory, and technique. These are supplemented by clinical case discussions over the entirety of the training experience.

Child and adolescent psychoanalytic training has the same requirements. Combined adult training with child and adolescent training is also available.

All of the three above components are required for participation in training. Ideally, there is considerable overlap in the components for maximal learning effect. We feel that full participation in all three components will lead to a successful training experience and will provide the candidate with the opportunity to develop an understanding of psychoanalysis, to acquire skills as a practicing psychoanalyst, and to grow professionally as a psychoanalyst in the community.

The Education Committee, or EC, provides the backbone of the Training Program. All decisions regarding Candidate education and training are made by the EC. The EC, which meets once a month, is comprised of Training and Supervising Analysts as well as graduate faculty members who are elected by the membership. The members of the EC work together to provide a psychoanalyst training program that meets the standards of the American Psychoanalytic Association (APsaA) and the
Accreditation Council for Psychoanalytic Education, Inc. (ACPEinc), and that meets the expectations of the Cleveland psychoanalytic community.

The Progression Committee, which is a subcommittee of the EC, reviews the progression of candidates throughout their training and makes recommendations to the EC. The Progression Committee, which meets once a month, is comprised of members of the EC. Each candidate’s progression is reviewed twice yearly by the Committee. The candidate can request to be informed of the date of his/her review. Supervisors report orally and in writing to the Committee regarding each candidate’s progress. Course and case seminar instructors also report to the committee by narrative summary and an evaluation form for each course they teach.

Our Psychoanalyst Training Program is a “non-reporting” training program. This means that the candidate’s psychoanalyst is removed from all discussion about the candidate’s work. For instance, the candidate’s analyst does not attend when the candidate is reviewed for progression; the analyst does not report on the candidate’s progress in analysis; the analyst does not see any reports written on the candidate; and the analyst recuses him/herself whenever the candidate comes up in discussion in the EC.
When a person is accepted into the Psychoanalyst Training Program and becomes a candidate, s/he chooses a mentor with whom to get started. There is no fee for this support. Sometimes the mentor becomes a supervisor, in which case a mutually-acceptable fee begins. If the candidate has to wait for a period of time to begin the course work, there are activities in which the candidate can become involved. The mentor can help the candidate evaluate which activities might be best suited for the candidate. Candidates are invited and encouraged to participate in case seminars, seminars with visiting analysts, and workshops. Many workshops and educational programs are offered to the candidate at a reduced cost.

For all candidates, regular attendance at PTP Seminars, Saturday Clinical Case Conferences, Continuous Case Conferences, Friday night Scientific Meetings, Saturday morning Candidate meetings with Visiting Speakers and Visiting Scholar Weekend is expected, with a minimum of at least 75% attendance for each activity. If candidates have religious, health, or other reasons why they cannot attend any of the required activities, they should inform the EC so appropriate accommodations can be made.

As part of the training program we offer a Dean of Candidates, with whom the candidates can think through any problem that might arise. The Dean of Candidates is available to help
candidates work out a plan in which a problem might be dealt with in a professional manner. For example, the Dean and candidate might decide together to have the Dean talk with the EC, they might decide that the candidate should communicate with someone on the EC, or they might feel it would be appropriate for the candidate to seek consultation outside the Center. Presently, the Dean of Candidates is Miss Judith Pitlick, M.A., LPCC, whose office number is 216-932-2422.

**Progression through training for the PTP Candidate**

Once the training analysis and seminars are underway, candidates are encouraged to select a supervisor from the list of adult and/or child Training and Supervising Analysts of the Center. They then can consider how to begin identifying and developing a suitable first supervised psychoanalysis (control case). When a case is ready, the candidate writes a 1-2 pp letter of request for consent to begin analytic work to the EC. The letter should contain a brief formulation of the case. If approved, the candidate may proceed with the case under supervision. This process should take place for each of the required supervised analyses. Advanced candidates, with prior approval of the EC, may consider an unsupervised case while completing their training. Initial candidate supervision is weekly. It can be reduced as the
supervisor and candidate evaluate the candidate’s need for supervision, and come to an agreement on frequency of supervisory meetings.

The candidate’s supervised analytic work of each case is presented once a year to the candidate group and a seminar leader assigned by the EC. Write-ups for these conferences are the subject of work in the PTP writing course, coordinated carefully to anticipate the scheduled presentation. Candidates are consulted about their individual schedules, so that the final schedule (distributed at the beginning of the academic year) is convenient for them. All reports and written material for classes, seminars, and presentations must be submitted two weeks ahead of time to the Administrative Coordinator of the Center, and in compliance with the format requested by the instructor, supervisor, or seminar leader.

It is a matter of principle that absolutely no clinical material (letters or case reports) should be sent electronically for reasons of confidentiality.

Feedback from the Progression Committee to the candidate is variable. Some, but not all, supervisors choose to share their written report ahead of time with candidates. After the meeting, supervisors share a general sense of the meeting with the
candidate. If there are any concerns regarding the candidate’s progression, these concerns will be addressed by one or more of the candidate’s supervisors directly with the candidate. The goal is always to support progressive development of a sound psychoanalytic identity.

Progression toward graduation for the PTP Candidates

Each candidate is evaluated for graduation by the Progression Committee to determine the candidate’s readiness to conduct a psychoanalytic treatment independently. This standard is compatible with the standards of the American Psychoanalytic Association and the Accreditation Council for Psychoanalytic Education, Inc.

The Progression Committee considers several areas when evaluating the candidate for graduation. Some of these areas are: evaluation and formulation of a psychoanalytic understanding of each patient; capacity to establish a therapeutic relationship; ability to make timely interpretations that deepen the treatment; recognition of, and useful responses to transference, countertransference, resistance, enactments, etc.; and understanding of theory and concepts and their application to clinical work.
To be considered for graduation, the candidate and each of his/her supervisors discuss their mutual assessment of the candidate's readiness for graduation. The candidate may then submit a written request to the EC stating his/her wish to graduate. Graduation is discussed first in the Progression Committee and then is reviewed by the EC. The candidate is informed of graduation by the Chair or Secretary of the EC.

Prior to graduation from the Center all fees from training must be paid in full.

Upon graduation the candidate is not required to complete any previously scheduled presentations, but is welcome to present if s/he wishes to do so. The candidate is not required to continue supervision or consultation for any cases. The candidate is advised to inform supervisors or consultants of his/her wish to terminate the supervision or consultation. It is recommended that graduates consider consultation in anticipation of the termination of one supervised case.
Transition to graduate analyst

Upon graduation we offer and encourage an interview with a member of the EC to review the educational experience. We also encourage each graduate to continue to be an active member in the psychoanalytic community in Cleveland and beyond.

Following graduation from the Psychoanalyst Training Program, a graduate analyst is encouraged to:

- Become an Active Member of the Cleveland Psychoanalytic Center,

- Join the Center’s Faculty and begin teaching or co-teaching seminars,

- Join a study group as a way to continue one’s own psychoanalytic education through discussions with colleagues,

- Contribute one’s expertise to the Center’s committees,

- Become an Active Member of the American Psychoanalytic Association, which will be notified of the graduate’s status at the Center,
- Become Certified by the American Psychoanalytic Association in adult and/or child and adolescent psychoanalytic practice,

- Following certification, take steps toward becoming a Training and Supervising Analyst.

Certification

Certification is a post-graduate credential offered by the American Psychoanalytic Association (APsaA). For Cleveland trainees, there are two ways to become certified:

1. The first method, following graduation from the Program, involves submitting two formal case reports of psychoanalytic work to the Certification Committee of APSA, one of a man, one of a woman, one of whom has terminated. Additionally, there is an in-person interview with two Certification committee members at one of the national meetings, in January or June. This interview will review the write-ups and consider additional detailed notes from a third case. There is a similar process for certification in child and adolescent analysis, which is sometimes pursued simultaneously but can be obtained alone.
2. The second method is “Pre-graduation Certification.” An advanced candidate submits write-ups of two cases in mid-phase (can be of the same gender) and brings in process notes to an interview at a national meeting. If successfully completed, the applicant is awarded Part I Certification. Upon graduation, and having a terminated case, the applicant can apply for Part II of certification. This entails presenting that one terminated case. This method allows for certification soon after graduation and capitalizes on the writing courses available in the PTP curriculum.

The Education Committee of the Cleveland Psychoanalytic Center strongly encourages candidates and graduates to pursue certification. It constitutes a rigorous peer review of clinical work. It provides a credential that is a source of distinction. It satisfies one requirement for further advancement in the field as a Training and Supervising Analyst. Other requirements include a rigorous local review of a graduate analyst’s practice and an intensive study of a case with an outside analyst from another institute.
The Early Admission Program (EA)

The Early Admission Program is for students interested in becoming psychoanalysts but are not yet eligible for or ready to commit to the PTP. Upon acceptance, Early Admission students will choose a mentor from the CPC Faculty who will work with them to choose how to best participate in the Program. The following opportunities are available to the student, based on his/her level of training and clinical experience:

- Supervision of psychotherapy cases by Supervising Analysts.

- Personal psychotherapy or psychoanalysis with a Training Analyst (those already engaged in a personal psychoanalysis with a waiver-eligible non-TA prior to admission may continue with that analyst).

- Participation in PTP seminars. When students matriculate to the PTP, they are potentially eligible to receive credit toward completion of PTP seminar requirements for courses already taken. However, the EC may place limits on the courses for which a student may receive PTP credit, and there may be situations in which students are asked by the EC to repeat
courses already taken. This may occur, for example, if
course evaluations indicate that students did not master the
material, if the Progression Committee deems it necessary
to address gaps in the candidate’s knowledge, if courses
were not taken in an appropriate order, or if necessary, to
provide a tripartite experience. Candidates will not be
charged if asked to repeat a course they have already paid
to attend. These decisions will be made by the EC on a
case-by-case basis. Students should consult with their
mentor and the EC when planning their course of study.

- Attendance is strongly encouraged at Candidate Saturday
  Clinical Case Conferences, Saturday Conferences with
  Visiting Analysts, and the Visiting Scholar Weekend.

- Membership in the CPC is strongly encouraged.

Early Admission students may not begin psychoanalytic control
cases or attend Candidate Continuous Case Conferences.

Progression for Early Admissions students:

**The Progression Subcommittee will review each student’s
progress twice yearly.
**When a student feels ready, s/he may apply to formally matriculate into the PTP and become officially a candidate in psychoanalytic training.

Admissions into the EA program are now handled by Laura Steinberg, M.D., EC secretary. When the student feels ready to begin full training, their request will be handled by the Admissions Subcommittee of the EC with input from the Progression Committee. Details may be obtained from the chair of the Admissions subcommittee, currently Vera Camden, Ph.D.
ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Psychoanalytic Association and the Cleveland Psychoanalytic Center. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychoanalytic Association designates this Live Activity for a maximum of _____ AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

IMPORTANT DISCLOSURE INFORMATION FOR ALL LEARNERS: None of the planners and presenters of this CME program have any relevant financial relationships to disclose.

The State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board has designated The Cleveland Psychoanalytic Center as Approved Provider RCS109510. This event provides one credit per hour of Continuing Professional Education to counselors and social workers only.

The Cleveland Psychoanalytic Center is approved by the Ohio Psychological Association-MCE Program to offer continuing education for psychologists. The Cleveland Psychoanalytic Center as Approved Provider 14PO-341019020, maintains responsibility for the program. This event provides one credit per hour of Continuing Professional Education to psychologists.
The Education Committee  
September, 2015

Richard Lightbody, MD, Chair
Laura Steinberg, MD, Secretary
Devra Adelstein, LISW-S
Vera Camden, PhD
Norman Clemens, MD
Javier Galvez, MD
Ingrid Geerken, PhD
Beatrice Griffin, LISW, MSW, BCD
Anna Janicki, MD
Kay Q. McKenzie, MD
Joanne Nagele, MA, LPCC-S
Judith L. Pitlick, MA, LPCC
Luis Ramirez, MD
Janet Sharp, MA, LPCC-S
Barbara Streeter, LPCC-S
Sara Tucker, MD
Carl Tuss, LISW, LPCC, LICDC
Training and/or Supervising Analysts

Devra Adelstein, LISW-S: Child SA
Vera Camden, PhD: Adult TSA
Norman Clemens, MD: Adult TSA (Supervision only)
Scott Dowling, MD: Emeritus Adult/Child TSA (Supervision only)
Murray Goldstone, MD: Emeritus Adult TSA (Supervision only)
Beatrice Griffin, LISW, MSW, BCD: Child SA
Ruth Hall, MA: Child SA
Anna Janicki, MD: Adult TSA
Richard Lightbody, MD: Adult TSA
Patricia Martin, MD: Emeritus Adult TSA (No Analysis or Supervision)
Kay Q. McKenzie, MD: Adult TSA
Joanne Nagele, MA, LPCC-S: Adult/Child TSA
Judith L. Pitlick, MA, LPCC: Child SA
Arthur Rosenbaum, MD: Adult/Child TSA
Barbara Streeter, LPCC-S: Child SA
Sara Tucker, MD: Emeritus Adult TSA (Supervision only)
Carl Tuss, LISW, LPCC, LICDC: Child SA
Lorraine Weisman, LPCC-S: Child SA

TSA=Training and Supervising Analyst
SA=Supervising Analyst