

Training  
Institute  
*for*  
Mental  
Health

Chartered by the Board of Regents of the University of the State of New York  
280 Madison Avenue, Suite 708, New York, NY 10016 • 212-627-8181 • [www.timh.org](http://www.timh.org)

# Table of Contents

Foreword .....	3
Board of Trustees, Board of Directors.....	4
Training and Educational Programs.....	5
Individual Training Program.....	5
Eligibility and Application.....	5
Introduction.....	6
Supervision.....	7
Personal Analysis Requirement.....	8
Clinical Experience.....	8
Comprehensive Exam.....	9
Case Presentation.....	9
Certificate.....	9
Awards.....	9
Training Descriptions.....	10
Academic Courses.....	12
Couples Therapy Program .....	14
Group Therapy Programs .....	17
Tuition and Fellowship Plans.....	19
Supervision of the Psychotherapeutic Process.....	21
Department of Continuing Education.....	22
The Psychoanalytic Society of the Training Institute for Mental Health.....	22
The Anna Keefe Women’s Center at the Training Institute for Mental Health.....	23
The Mind Body Center.....	23
The Coalition for Social Justice.....	24
The Sarah A. Meehan Center.....	24
Psychiatric Services.....	25
The Teen Talk Center.....	25
Institute Development Program.....	26
Form for Gifts or Bequests.....	27

# Foreword

The Training Institute for Mental Health was founded in 1961 by four psychoanalysts who believed that all people in psychological pain, regardless of their background and socio-economic status, deserved the opportunity to work with a qualified professional to gain relief from their emotional problems. The two components of this dream were a rigorous Psychoanalytic training program, and a low-fee clinic. Each would support the other: students in training would have the opportunity to gain practical experience working with a caseload of patients, and the patients would have the opportunity to work with a licensed professional at an affordable rate.

They succeeded, and for over fifty years, their vision has been a reality for hundreds of students and thousands of patients.

The Training Institute for Mental Health is chartered by the Board of Regents of the University of the State of New York to offer training in psychoanalysis and psychotherapy. Training is also offered in basic concepts in psychotherapy, group and couples therapy, and in the supervision of the psychotherapeutic process. In addition, continuing education courses are offered to mental health professionals.

In conjunction with its training programs, the Institute operates the Sarah A. Meehan Center (SAMC), which provides highly skilled, moderate-cost psychotherapy to individuals, groups, and couples.

The Training Institute offers consultation services to educational institutions, community agencies, industrial and business organizations. Informational programs on current psychological issues and social change are also sponsored for the general public.

The Training Institute's programs are administered by its Board of Directors as delegated by its Board of Trustees.

Applicants for admission are evaluated without regard to sex, age, race, religion, sexual orientation, gender expression/identification, country of origin, or ethnic background. The administrative policies of the Training Institute and course requirements do not discriminate on the same basis and all students are admitted equally to all its facilities throughout their stay at the Training Institute.

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# Individual Training Program

Director of Training: Karen Senecal Davis LP, NCPsyA

Director of Admissions: Alan Steinberg, PhD

The Training Institute offers three training programs:

A One-Year Program in Basic Concepts in Psychotherapy

A Three-Year Program in Psychoanalytic Psychotherapy

A Four-Year Program in Psychoanalysis

Basic Concepts in Psychotherapy students attend class with students in the first year of the Psychoanalytic Psychotherapy program, but do not receive individual supervision and are not eligible to see patients in the clinic.

## Eligibility and Application

Minimum requirements for enrollment are: (1) to be a candidate for state certification or license in social work, mental health counseling, marriage and family therapy, nursing, psychology or medicine; (2) a minimum of a Master's Degree in the field in which the applicant is a candidate for state certification or license; and (3) clinical experience enabling the student to work with patients and benefit from training. In addition, a minimum of two interviews with members of the Admissions Committee will be required to evaluate the personal qualifications of the candidate.

Applications for admission may be obtained by calling the Training Institute or by accessing them from our website. Application fee is \$50. The Training Institute reserves the right to limit registration, change or drop courses or programs to accomplish its overall goals.

# Introduction

Students in the one-year Basic Concepts in Psychotherapy program are enrolled in classes and supervision on Thursday evenings from 6-9 PM (specifics are described in another section of this booklet). Basic Concepts students do not, however, see Institute patients nor are they required to be in personal analysis or psychotherapy. These students pay tuition of \$4,000 payable in two installments of \$2,000 in September and January, plus a student fee of \$200. For these students this program may be an excellent way of continuing their professional education, and a way of assessing their interest in further analytic training. Students in the Basic Concepts program may decide to apply for admission into the Psychoanalytic Psychotherapy program by no later than February 1st (See below for more information on the Psychoanalytic Psychotherapy Program). If they are accepted they will have to meet the additional requirements as described below. They will also have the option to begin seeing patients at the SAMC at that time, and can use hours from the clinic to offset their tuition, also as described below.

Students in the first year of the Psychoanalytic Psychotherapy program, in addition to taking academic classes and group supervision on Thursday evenings, will have one hour of individual supervision per week and must be in personal analysis for a minimum of two times per week when they begin seeing patients. In the second and third years, supervision increases to two times per week, once with an Overall Supervisor and once with an Intensive Supervisor. Psychoanalytic Psychotherapy students have the option to see patients at the Sarah A. Meehan Clinic (SAMC). In exchange for nine clinical hours donated to the SAMC, students do not pay for supervision or tuition (Training Institute Fellowship System). These students do pay an annual registration fee of \$200 and pay for their own personal analysis.

Students from the Basic Concepts in Psychotherapy program who are accepted into the Psychoanalytic Psychotherapy program will be given credit for the first year of the three-year program in Psychoanalytic Psychotherapy. The following fall they will begin the second year of training in Psychoanalytic Psychotherapy.

Students who complete all the requirements of the Psychoanalytic Psychotherapy program will graduate at the end of their third year. At that time students who have their LCSW will have their SAMC patients transferred to them as private patients, provided that those patients were seen at the clinic for at least one year. Patients who were seen for less than one year will remain SAMC patients until they have completed a full year as part of the clinic. During this time, they will be seen at the graduate's private office on a fee-for-service basis. Once a full year has passed, these patients will be transferred to the graduate as

private patients.

Students who graduate from the Psychoanalytic Psychotherapy program, but do not have their LCSW, will continue to see their patients as part of the clinic on a fee-for-service basis, until such time as they gain their LCSW and thereby become legally qualified to have their own practice. Once this has been accomplished, the rules outlined above for students with their LCSW will apply. When those conditions are met, the patients will be transferred to the graduate as private patients.

Students without their LCSW who continue to see clinic patients must obtain weekly supervision from a supervisor affiliated with TIMH. They will have the option of joining a group supervision or arranging an individual supervision. These graduated students will pay a continuing education fee of \$160 per month.

Students in the 3rd year of the Psychoanalytic Psychotherapy program must decide by April 15 of their graduation year if they wish to continue into the Psychoanalysis program. A requirement of graduation from the 4-year program is a 50-page case study. Students choose a case committee, which consists of two senior supervisors, who help them with the process of writing the paper and also read it for approval. The paper is to be written on an intensive patient whom the student has been seeing for at least a year 3x weekly. A guide for the case paper is available to candidates.

The Training Institute reserves the right to modify its training programs and policies in accordance with the needs of the Institute and students.

## Supervision:

A minimum of 30 months of supervision (40 sessions per year) as specified is required for graduation in Psychoanalytic Psychotherapy. A minimum of 40 months of supervision as specified is required for graduation in Psychoanalysis. Overall supervision is individual supervision that covers the student's entire caseload. Its purpose is to oversee the student's total clinical performance and the handling of administrative responsibilities. Intensive supervision (analytic control) is individual supervision that is focused on one, or, at most, a few selected cases. The intent of intensive supervision is to learn how to help clients go deeper, and how to work with the core issues that come with this deeper material. First year supervisors are assigned. Thereafter they are selected by the student in accordance with the Training Institute's guidelines.

## Personal Analysis Requirement:

Basic Concepts in Psychotherapy Program (non-matriculated)  
Recommended but not required

Psychoanalytic Psychotherapy Program  
Minimum requirement: 3 years at two sessions per week

Psychoanalysis Program  
Minimum requirement: 2 years at three sessions per week

Personal Analysis must be with an analyst who meets the standards of the Training Institute. Students seeking admission who wish to receive credit for prior analytic treatment will need to verify both the credentials of the analyst and the number and frequency of sessions. The granting of this credit is at the discretion of the Director of Training.

## Clinical Experience:

There is no clinical experience requirement for students in the Basic Concepts in Psychotherapy program although they should be seeing patients in another setting in order to make optimal use of group supervision.

The clinical experience requirement for fellowship students in the Psychoanalytic Psychotherapy program is nine patient hours per week, which may begin as early as September of their first year. As many patients as possible should be seen twice a week during training. The clinical experience requirement for fellowship students in the Psychoanalysis program is also nine patient hours per week with as many patients as possible being seen three times or more per week.

Any fellowship student must make nine patient hours per week available to the SAMC during training. Psychoanalytic Psychotherapy students must see at least one patient 2x per week for at least one year. Psychoanalysis students must see at least one patient 3x per week for at least one year.



## Comprehensive Exam:

There is a comprehensive exam and 15-page paper at the end of the third year of the three-year Psychoanalytic Psychotherapy Training program. Successful completion of this exam is a requirement for the certificate in Psychoanalytic Psychotherapy.

## Case Presentation:

There is a final case presentation required in the Psychoanalysis program. More information is available in the Case Presentation guideline.

## Certificates:

Students successfully completing the Basic Concepts in Psychotherapy program will receive a Letter of Completion from the Training Institute.

Students successfully completing the requirements of the Psychoanalytic Psychotherapy program will receive a Certificate in Psychoanalytic Psychotherapy.

Students successfully completing the requirements of the Psychoanalysis program will receive a Certificate in Psychoanalysis.

Requirements for both the Psychoanalytic Psychotherapy and Psychoanalysis programs include personal analysis, supervision, academic coursework, accurate and timely paperwork, clinical experience, and comprehensive exam or case presentation. Students must also be licensed in their respective fields. In addition to the requirements listed above, students must demonstrate that they possess both the personal and professional integrity to practice as independent practitioners.

## Awards

Clinical Services Award - The Training Institute for Mental Health Clinical Services Award is given to members of the faculty and staff for an outstanding theoretical or clinical contribution.

Joel Beck Memorial Award - This award has been established to commemorate Joel Beck who was a beloved, dedicated, Training Analyst, Senior Supervisor and Faculty Member at the Training Institute. The award is presented in recognition of outstanding excellence in a case presentation.

Louis Moreault Memorial Award - This award was established to honor the memory of Dr. Moreault, a founder of the Training Institute and its first Director of Training. It is awarded to staff members in recognition of ten years of dedicated service to the Training Institute.

Francis J. Peropat Memorial Award - This award, for outstanding and meritorious service to the Training Institute, was established to honor the memory of Dr. Peropat, a founder of the Training Institute and its Executive Director for 40 years.

## Training Descriptions

### The Psychoanalytic Theory of Personality

The psychoanalytic theory of personality classes sequence presents an encompassing, detailed picture of the emerging human personality. They offer a rich and broadly based view of the factors that affect the gradually emerging uniqueness of the individual through each phase of development. Sigmund Freud's creative insights into the psychosexual development of the child will be presented as a primary source of psychosexual development, but subsequent psychoanalytic, ego, object relations, self psychology and relational theorists and their unique insights will be considered throughout training. The goal of studying personality development is to provide the student with a firm understanding of the theories of personality with illustrations of how this applies to our therapeutic work. With ongoing changes in our culture and in our society, the courses are most focused on the problems we are likely to encounter in our psychotherapeutic work. Student participation through questions, personal observations and presentations is encouraged throughout the sequence.

### The Psychoanalytic Process

Courses in psychoanalytic process extend throughout the years of training. These courses deal with the practical issues of how the psychoanalyst works; how the psychoanalyst does psychoanalysis and psychoanalytic psychotherapy on a day-to-day basis. The course of treatment is studied from beginning to end.

These classes begin with the initial session, engaging the patient, developing a working alliance, dealing with early resistances and avoiding premature termination. The course sequence moves then to the middle

phase of treatment, examining the patient's resistances and transferences, the resolution of which is central to any psychoanalytic treatment. The analyst's internal responses to the patient in his/her countertransference will then be studied. These ongoing and continuous responses are seen as a possible obstacle to understanding the patient and also as the analyst's most valuable tool. These classes proceed through the treatment process and termination.

The entire treatment process, from beginning to end, will be presented from a conceptual and historical perspective in conjunction with a practical component wherein all concepts will be illustrated with an abundance of clinical material.

## Psychoanalytic Diagnosis and Psychopathology

These classes extend over the first two years of training with a course in fundamental concepts in psychoanalytic assessment and a course in diagnosis and psychopathology.

These courses focus on the basic theoretical and clinical components of personality structure and psychopathology. Analytic theory is used both to explain the dynamics of clinical syndromes and to clarify the observable clinical models of neurosis, psychosis and character disorders. The relationship between psychopathology and treatment planning will be discussed. Case material will be presented by the instructors and class participants to illustrate the descriptive elements in diagnostic statements and relate them, wherever possible, to psychoanalytic theory. The contributions of Object-Relations Theory, Self Psychology, Relational Psychology, and other major schools of psychoanalytic thought will be considered in understanding psychopathology.

## The Psychoanalytic Theory of Dreams

Dreams, "The Royal Road to the Unconscious," significantly broaden the analyst's understanding of patients' thoughts and feelings, the roots of patients' behavior and adaptations, the sources of their psychological and psychosomatic symptoms and the internal meaning and latent content of their psychic life. Dreams are a central phenomenon in the art and science of psychoanalysis. Dream interpretation is an essential tool of psychoanalysis and psychoanalytic psychotherapy.

Dream classes focus on the process of dream formation, dream work and the dream as a creative, adaptive and organizing production. The class looks at the history of the psychoanalytic dream theory from Freud's Interpretation of Dreams to more contemporary organizing models of dreams. Special focus will be placed

on the clinical use of dreams in the various stages of analytic treatment. The meaning of dreams and their sources, dream work and symbolism, feelings in dreams, dreams and resistances will also be considered. How to “listen” to the dream as a reflection of the person’s libidinal level, ego processes and self and object structures will be an area of special focus.

## Academic Courses

# First Year of Psychoanalytic Psychotherapy program and Basic Concepts in Psychotherapy Program

Thursdays 36 Sessions

Academic Courses 6:00-7:25 P.M.

Orientation and Suicide Assessment  
Early Phase of Analytic Therapy: Basic Concepts  
Psychodynamic Assessment in Psychotherapy: An Introduction  
Working with Victims of Abuse  
Drive Theory

Clinical Case Seminar 7:30-9:00 P.M.

# Second Year of Psychoanalytic Psychotherapy Program

Mondays 36 Sessions

Academic Courses 6:00-7:25 P.M.

Ego Psychology  
Object Relations  
Social Identities and Psychoanalytic Practice  
Transference and Resistance  
Theory & Therapy of Psychological Trauma

Clinical Case Seminar 7:30-9:00 P.M.

## Third Year of Psychoanalytic Psychotherapy Program

Wednesdays 36 Sessions

Academic Courses 6:00-7:25 P.M.

Psychoanalytic Theory of Dreams

Countertransference

Introduction to Self-Psychology and Attachment Theory

Introduction to Relational Psychoanalysis

Clinical Case Seminar 7:30-9:00 P.M.

## Psychoanalysis Program

Mondays 36 Sessions

Academic Courses 6:00-7:25 P.M.

Borderline Conditions in the Adult Years

Relational Psychoanalysis: Theory and Technique

Masochism/Narcissism

Lacanian Psychoanalysis

Clinical Case Seminar 7:30-9:00 P.M.

# Couples Therapy Program

Director: Delverlon Hall, EdD, LCSW

## Overview

The Couples Therapy Department offers training in various modalities to professionals in the fields of mental health. The Couples program normally takes two years and leads to a certificate in Couples Therapy.

In addition, there is training available in the Process of Supervision of Couples to qualified professionals. Such training normally takes two years and leads to a certificate and appointment as a Supervisor.

Our Couples courses emphasize the unique qualities of each couple situation, along with generic understanding of psychodynamics, inter-subjective, and systemic principles and techniques applicable to couple treatment.

Special aspects of the program include exposure to leading practitioners and the opportunity to do individual tutorial work with a faculty member. There are special one and two day workshops and seminars throughout the year sponsored by the Couples program to enhance awareness of special topics.

The curriculum consists of seminars, courses, supervision, tutorials and workshops, any of which may be taken individually and credited toward the number of "course units" required for certification.

The Training Institute's Couples Program also offers a clinical fellowship to students. The fellowship requires that the student devote four hours per week to the treatment of Sarah A. Meehan Center patients. This can take any of the following forms; four couples patients per week, three couples and one individual patient, two couples and two individual patients, or one couple and three individual patients.

Fellowship students pay a yearly student fee of \$200, but do not pay tuition or supervisory fees once fellowship requirements have been met. A prorated tuition may be implemented if fellowship hours have not been met.

Application for admission to the Couples Therapy Program may be obtained by contacting the Training Institute or by visiting [www.timh.org](http://www.timh.org).

# Couples Therapy Courses

## *Introduction to Theory and Practice Couples Work*

Fundamental concept of object and subject choice from Freud through Klein, Winnicott, Kohut, Mitchell and inter-subjective theorists. Understanding the “historical couple,” the “current couple” and the “future couple.” Use of dreams in couples work. Dealing with narcissistic issues in couples. Assessment of the relative strength of the couple. Intervention techniques to help create a self-reflective environment. Systemic issues in working with couples.

## *Seminar in Couples Therapy I*

Initial treatment consideration. Importance of establishing a low anxiety-tension “absorbent” setting. Attachment and involvement in relationships. Brok’s concept of transformational vs. transitional relationships. Concepts of intimacy and the work of Jessica Benjamin on recognition. Vicissitudes of projective identification in couples therapy. Dynamics and treatment of infidelity. The Brok Couple Compatibility Scale.

## *Seminar in Couples Therapy II*

This course focuses on treatment planning, intervention techniques and approaches to assessing and possibly enabling compatibility in couples. Topics include: the relational mystique and involvement. The other as an object of desire and/or subject of interest. Assessing involvement capacity in couple interaction. Coping strategies in couple relations. Can working at a relationship really help? Witnessing strategies in couples work. Development of mutual “self-reflective capacity.”

## *Systemic and Psychodynamic Approaches to Couples Work: An Integration*

Approaches to integrating and selecting intervention strategies and session organization in terms of analytic and systemic principles. Use of illustrative video, plus application and theory.

*Couple Evaluation: Hypothesis Development and Treatment Planning in Couples Therapy* Use of genograms, couple history and systemic/dynamic techniques to develop a couple treatment plan.

## *Sexual Abuse Treatment and Couples Therapy*

Categories of abuse, assessment of sexual abusers, risk assessment issues, prevention of the “cycle” of abuse, legal issues in reporting, assessment of sexual victims (trauma, dissociation, borderline pathology). Couple therapy where one member is a victim of childhood sexual abuse or a perpetrator. Couples therapy where one member exhibits paraphilic behavior, exhibitionism, voyeurism and sexual addiction.

### *Self-Psychology and Couples Work*

The contribution of Kohut and his followers as applied to couple treatment. The use of “experience near” intervention strategies.

### *Intersubjective Approaches to Couples Work*

The importance of working with mutual vulnerabilities in the couple and the recognition and dealing with “vulnerable moments” in the couple process. The work of M. Livingston as applied to this area.

### *Clinical Case Consultation with Couples I - IV*

Group supervision, case presentation of couples seen by candidates.

### *Selected Issues in Couples Therapy*

Communication between couples, mixed marriage and cultural issues. Privacy vs. secrecy concerns, sexual problems, etc. The construction of intimacy and play states in couples.

### *Supervision of Couples Therapy and Counseling I - IV*

Individual supervision of couple cases.

### *Readings and Tutorial in Couples Therapy*

Arranged individually.

### *Personal Group Therapy*

Group experience for candidates arranged individually

### *One-Day Workshop in Couples Therapy*

Given on selected Saturdays or Sundays twice per year.



# Group Therapy Program

Director of Group Therapy: George L. Lynn, PsyD, ABPP

## Overview

The Group Therapy Department offers training in various modalities to professionals in the fields of mental health. The Group program normally takes two years and leads to a certificate in Group Therapy.

In addition, there is training available in the Process of Supervision Group therapy to qualified professionals. Such training normally takes two years and leads to a certificate and appointment as a Supervisor.

Our Group courses emphasize the significance of a psychodynamic understanding of group interaction, the importance of appropriate individual diagnosis for successful group treatment, the use of the therapist's self, the value of combined therapy and the selective use of group modalities tailored to specific treatment situations.

Special aspects of the program include exposure to leading practitioners and the opportunity to do individual tutorial work with a faculty member.

The curriculum consists of seminars, courses, supervision, tutorials and workshops, any of which may be taken individually and credited toward the number of "course units" required for certification. Courses may be available at alternative times during the week in Manhattan.

Application for admission to the Group Therapy Program may be obtained by contacting the Training Institute or by visiting [www.timh.org](http://www.timh.org).

## Group Therapy Courses

The Group Therapy Training Program has two training tracks:

Track I: A two-year comprehensive program involving seminars, supervision, personal group therapy, and leading group therapy.

Track II: A segmental program wherein a trainee may choose only one component thereby allowing

maximum flexibility over an extended period of time.

A significant feature of the Group program is that the seminars and supervision are offered on weekday evenings, and/or on weekday or Saturday mornings, so that it does not interfere with a trainee's employment during the daytime. All other aspects of the Group program are individually arranged as to time, day, and place. A certificate is awarded upon completion.

The Program also offers a special two part series on Working with Diversity and Multicultural Issues in Group. There will be a Friday evening workshop during the Fall and Spring from 6 p.m. to 9 p.m.

The Program is led by experienced group therapists drawn from the Training Institute's advanced faculty who will be teaching and supervising at the Training Institute or their private offices.

# Tuition, Fees, Fellowship

There is a \$50 application fee for all programs.

## Psychoanalytic Psychotherapy and Psychoanalysis Training Programs

### Fellowship Program

The Training Institute offers a clinical fellowship to students enrolled in the Psychoanalytic Psychotherapy program.

Fellowship students pay a yearly student fee of \$200, but do not pay tuition or supervisory fees.

The fellowship requires that the student devote nine hours per week to the treatment of Sarah A. Meehan Center patients.

The clinical fellowship will be renewed annually for students in good standing.

Students who successfully complete the Certificate in Psychoanalytic Psychotherapy will continue working with their patients according to the guidelines outlined in the Institute Manual.

Non-fellowship students in the Psychoanalytic Psychotherapy and/or Psychoanalysis program will not be assigned patients, but instead will be required to maintain a private practice in psychoanalytic psychotherapy, or work in a clinical setting which is the equivalent qualitatively and quantitatively of the fellowship student's experience. The private practice and or clinical setting of each student applying to the non-fellowship program will be evaluated individually.

The non-fellowship student is required to pay a yearly student fee of \$200, and an all inclusive tuition fee, which covers required supervision and course work.

# Non-Fellowship Student Fees

## Psychoanalytic Psychotherapy & Psychoanalysis Program:

First year: \$5,200

Second, Third, and Fourth Years: \$6,500 per year

Student Fee: \$200 per year all years

Graduation Fee: \$25 for each program

Post-Graduation Supervision: \$320 per month for supervision

Tuition may be paid in monthly installments (September 1 - June 1). Post-Fellowship or Non-Fellowship students who have completed their coursework but have not graduated are required to pay a Maintenance of Matriculation Fee of \$300 per year. The cost of personal analysis is the responsibility of the student.

## Basic Concepts in Psychotherapy Program

Tuition: \$4,000 in two installments of \$2,000 in October and January.

Student Fee: \$200

## Couples Therapy Program

Tuition: \$4,500 per year or \$1,500 per trimester

Supervision: \$40 per session

Student Fee: \$200 per year

Graduation Fee: \$25

## Group Therapy Program

Track I: \$3,600 per year (over three trimesters)

Track II: \$600 per class (theory or supervision) per trimester

Fees for group supervision are paid separately and are arranged through the director of the department. The cost of personal group analysis is not covered by the above fees and is paid directly by the student to his/her group analyst.

# Supervision of the Psychotherapeutic Process

Director: George L. Lynn, PsyD, ABPP

The Institute offers a one-year in-service training program in the supervision of the psychotherapeutic process. This program or its equivalent is required of all newly appointed supervisors at the Training Institute.

## Purpose:

To provide specific training in supervision. The training one receives in becoming a psychoanalyst does not address the teaching function specific to supervision. As a supervisor, one's responsibility becomes the growth and development of the therapist in training.

## Program Requirements:

(1) Candidates accepted to the program will supervise at least one candidate in the Psychoanalytic Psychotherapy program.

(2) Supervisory Seminar: Participation on Tuesday mornings, 11:30 a.m. to 12:30 p.m. from October through May for one year. Focus: Readings on the principles and techniques of supervision will be understood in terms of their practical application to one's actual work with supervisees. Areas of focus will include the teaching function, teaching techniques, management of supervisees' transferences to the supervisor, dealing with administrative issues and contributing to the supervisees' growth through the resolution of countertransference problems.

(3) Supervisors' Meetings: Attendance at meetings where the progress of candidates is discussed. There are approximately twelve meetings per year, which are held on Tuesday mornings, 11:00-12:00 p.m.

(4) A final paper, which focuses on a particular area of interest related to the supervisory process.

The goal of these requirements is to provide the opportunity for the integration of theory and practice. The Institute hopes to promote the development of the supervisory style and the development of practical teaching techniques. A certificate in Supervision of the Psychotherapeutic Process will be awarded to students who satisfactorily complete the program.

# Department of Continuing Education

Director: TBD

The Department of Continuing Education offers a variety of one-day workshops and on-going courses to physicians, psychologists, social workers, psychiatric nurses, LMHCs, and rehabilitation counselors, teachers, clergy and related professionals. The workshop faculty is drawn from a variety of specializations and reflect differing schools of treatment.

Workshops are designed to explore various treatment modalities and therapeutic techniques and to assist the practitioners' efforts to keep current with new developments in the field of mental health. Past workshops have included; The New Evil: Understanding the Emergence of Modern Violent Crime, Understanding the Impact of Race and Racism in Therapeutic Settings: Building Toward an Anti-Oppressive Practice, Looking for Affect Regulation and Attachment in All the Wrong Places: Using Affect and Attachment Theory to Address Out of Control Sexual Behaviors, Psychopharmacology, Working with the Difficult Patient, Clinical and Theoretical Perspectives in the Treatment of Depression, Treatment Issues in Psychotherapy with the Elderly, and Treatment of the Borderline Personality.

Advertisements of workshops are sent to our mailing list.

## The Psychoanalytic Society

Joan Erdheim, PhD, President

Heather deCastro, LCSW

The Psychoanalytic Society was established in 1992 to meet the needs of the Training Institute's graduates and faculty. The actual practice of psychoanalytic psychotherapy can be a lonely pursuit, especially after the socializing aspect of analytic training. The Society affords practicing psychoanalytic therapists the opportunity to renew or deepen their affiliation with the Training Institute's professional community. Theoretical, clinical and practical issues are addressed in a variety of formats and settings.

Since its inception, the Society has provided programs on managed care, couples therapy, psychoanalytic approaches to eating disorders, treatment of alcoholism, sociocultural factors in psychoanalytic psychotherapy, and a visit and discussion of the Freud exhibit at the Jewish Museum. The Society has

sponsored presentations by the most distinguished of psychoanalysts; i.e Harold Blum, MD, Salman Akhtar, MD, Arnold Rothstein, MD, Joseph Reppen, PhD, Danielle Knafo, PhD, on current, creative, and provocative theoretical and clinical topics.

Other society events, activities, and accomplishments have included social dinners at neighborhood restaurants, supervisory study groups, and the publication of a membership directory, which included the listing of specialties, faxes and email addresses.

Annual membership dues are \$65, with a student membership rate of \$45. All advanced students are welcome to join.

## The Anna Keefe Women's Center

Director: TBD

Founded in 2005 by the late Dr. Anna Keefe and Dr. Wilma Cohen-Lewis, the Anna Keefe Women's Center was created in response to an ongoing need to address issues specific to the modern woman. The mission of the Center is to understand women from a relational developmental, cultural and psychoanalytic perspective. The goal is to treat women specifically and to provide public education on a variety of women's issues from adolescence through adulthood, motherhood, mid-life and beyond. This work is accomplished through counseling, workshops, seminars and symposiums.

## The Mind Body Center

Director: TBD

The Mind Body Center at the Training Institute for Mental Health is dedicated to providing programs and resources that bridge eastern and western philosophies for an integrated approach to mental and physical health.

More and more studies are showing the benefits of incorporating mindfulness practices in the treatment of anxiety and depression. Practicing meditation, yoga, and/or qi gong (for example) may seem like a divergence from psychoanalysis, yet there are parallels between these seemingly different frameworks. The Mind Body Center provides a safe "holding environment" (à la object relations theorist D.W. Winnicott) for developing access to greater ease, nurturing, and wellness within the self.

# The Coalition for Social Justice

The Coalition for Social Justice at TIMH is a committee of both staff and candidates who are committed to inviting, holding and expanding the conversations and considerations of how injustice impacts our community and psychoanalytic work. We aim to provide opportunities to educate and explore how our commitment to social justice, anti-racism, and diversity is of vital importance in the field of mental health.

## Sarah A. Meehan Center

Director of Clinical Services: Phuong Bui, LCSW & Susan Convery, LMSW

Director of Internship: Rebecca Liebman-Smith, LCSW

The Training Institute for Mental Health maintains the Sarah A. Meehan Center, which provides consultation, referral, and treatment services at a moderate fee. Treatment services available include Psychoanalysis, Individual Psychotherapy, Group Therapy, and Couples Therapy.

Psychiatric evaluations are available. All treatment services are provided by highly qualified, supervised professional staff. In addition, the Sarah A. Meehan Center is used for training and research.

### Application Procedure

A telephone call or online inquiry will initiate any of the services offered by the Sarah A. Meehan Center. Persons seeking treatment can generally be seen within a week, provided availability. After this first visit, a clinical assessment is made which may include a psychiatric consultation. Careful and selective patient-therapist assignments are then made.

For further information, or to apply for treatment services, please call 212-627-8181 or visit our website at [www.timh.org](http://www.timh.org).



# Psychiatric Services

Psychiatric Consultant: Stanley Portnow, MD

Psychiatric consultants are regularly used to give special attention to intake evaluations within the diagnostic process and treatment planning to ascertain what psychiatric methods are most appropriate in the treatment of certain syndromes. Psychiatric consultation is also used, when indicated, throughout treatment when medication may be used as a supportive treatment method.

# Teen Talk Center

Director: Leah Kramnick, LCSW

The Teen Talk Center serves as a referral source for a youth-serving nonprofit agency that provides academic support and mentoring opportunities to high-achieving New York City youth from disadvantaged backgrounds. Teen Talk Center clinicians provide individual and collateral family psychotherapy to these middle, high school, and college students at the Training Institute.

# Institute Development Program

Contact: John McCaffrey, MA

The focus of this program is to increase and maintain public awareness of the Training Institute's services and its participation in the community. It exists to explore community resources, find and thereby provide consistent funding for the Training Institute's programs and clinical services. By increasing the public knowledge of the Training Institute's mission and letting the community know how it serves the community needs, the development program engenders greater interest in the use and support of the Training Institute.

As a New York State chartered, fully tax-exempt educational institution, the Training Institute offers individuals and corporations an opportunity to contribute to the Training Institute's mission and receive appropriate tax advantages.

The development program is designed to cooperate with all the other programs of the Training Institute to arrange and plan for two kinds of events: (1) those which bring the Training Institute and the community together and (2) those whose aim is to increase funding.

# Form for Gifts or Bequests

The Training Institute depends on grants and donations from individuals and foundations to supplement its income. Gifts and bequests of any size are needed for facilities, research and community services. The following form can be used for gifts or bequests.

Gift or Bequest to the  
Training Institute for Mental Health

I give and/or bequeath to the Training Institute for Mental Health, a New York membership nonprofit corporation tax exempt under IRS Code 501(c) (3), the sum of \$\_\_\_\_\_ for its general purposes.