

OREGON PSYCHOANALYTIC CENTER

PSYCHOANALYTIC PSYCHOTHERAPY PROGRAM

STUDENT HANDBOOK 2021-23

OREGON PSYCHOANALYTIC CENTER

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WELCOME!

Dear PPP Class of 2023,

On behalf of the PPP Committee, we want to welcome you to the program! We are excited to have you and are delighted that you have decided to continue your training with us. We have spent many months preparing for your matriculation, and we are all looking forward to getting to know you. We expect that this will be an exciting and enriching experience for you, professionally, intellectually and emotionally. It will be hard work, as you immerse yourself in the classes, readings, cases, supervision and your own therapy. We are here to support you in this process, so please call on us as needed.

To help you get started, this handbook will guide you in finding answers to questions you may have about the PPP and OPC in general. You will have a chance to ask questions at the New Student Orientation and may always contact your advisor or anyone on the committee for further clarification.

Until then, happy reading, and once again, welcome to the PPP!

Sincerely,
Rachael Berkeley, LCSW
Chair, PPP Committee

THE PSYCHOANALYTIC PSYCHOTHERAPY PROGRAM

The Psychoanalytic Psychotherapy Program of the Oregon Psychoanalytic Center is a two-year certificate program for psychotherapists designed to expand their psychoanalytic knowledge, increase their self-awareness, and deepen their clinical skills. The program is ideal for psychotherapists who want to enhance their therapeutic knowledge and skills and develop a network of like-minded colleagues.

The program in adult psychoanalytic psychotherapy is open to licensed mental health professionals of all disciplines. It is distinct from training in psychoanalysis in that it focuses solely on the practice of psychotherapy. The program has three elements essential to psychoanalytic psychotherapy training: coursework, supervision, and personal treatment.

Coursework is a series of integrated seminars exploring theory, development, technique, and clinical case conferences. Each week of coursework, there will be one didactic class and one case conference. Class size is limited to foster in-depth discussion.

Clinical supervision of the two training cases enhances the classroom experience and deepens the development of clinical skills. Participants are required to treat one twice-weekly psychoanalytic psychotherapy case for at least twelve months and to treat another case at least weekly for six months, preferably longer. The two supervisors for these cases will be chosen from the Psychoanalytic Psychotherapy Supervising Faculty.

A personal experience of a psychoanalytically informed therapy, either through twice-weekly psychoanalytic psychotherapy or psychoanalysis, is invaluable to clinicians in promoting self-awareness and deepening learning. Recent past or current treatment of at least one year, preferably longer, is a requirement of the program. *We strongly encourage students to be in such treatment during their training in the PPP, as it will greatly enhance your learning.*

DUAL RELATIONSHIPS

There are times when a student's therapist is scheduled to teach a PPP class. The PPP's position is that the decision about whether or not a student is taught by their therapist should be up to the dyad. If a therapist takes on a student who s/he knows may be a now or future PPP student, and s/he is scheduled to teach, this would be something to bring up early in the treatment.

If a PPP student's therapist is scheduled to teach his/her class, the options would be:

1. The teacher could opt not to teach, and if already assigned, could collaborate with the PPP committee in finding a replacement teacher. This usually works best if anticipated far in advance.
2. The teacher and/or student could opt for the student to miss the class taught by the student's therapist and request a tutorial instead. A tutorial would involve a number of individual meetings with a separate teacher, going over the missed curriculum. The student should contact the PPP committee to arrange this tutorial. This option applies to a didactic class only; if the student/therapist opt for the student to miss a case conference, an equivalent experience would be organized at the discretion of the PPP Committee.
3. The teacher and student could opt to be in class together. The teacher would not evaluate the student and the student would not evaluate the teacher.

This policy is not limited to the mixed role of patient and student. It might also pertain to other complex relationships, such as spouses or family of patients or other conflicts.

ADVISEE / ADVISOR ASSIGNMENTS

Caroline Jones Redstone, PMHNP - Scot MacLean, MD

Todd Karakashian, PMHNP - Scot MacLean, MD

Brent Belford, LCSW - Kelly Reams, LCSW

Paula Levinrad, LCSW - Kerry Opdyke, MD

Jon Talebreza-May, PhD - Stacey Gramann, DO

ADVISORS

The committee assigns each student an advisor from the PPP faculty. The advisor acts as an educational mentor and resource for the student. The student arranges a meeting with the advisor at the end of December and May each academic year in order to review all of the student's evaluations, and discuss the student's progress and experience. The advisor does not perform an evaluative function. If the student is experiencing educational concerns or concerns about the program, the student should contact their advisor. If necessary, the advisor can contact the PPP committee to check the current policies and procedures for the program. If the policies and procedures don't answer the concerns, the chairperson(s) of the PPP will consult with the Program Coordinating Committee (which oversees the educational programs for OPC) for further advisement.

GRADUATION REQUIREMENTS

Psychoanalytic Treatment

A personal experience of a twice-weekly psychoanalytic treatment is required. This requirement can be met by recent treatment (in the last 3 years), or by current twice-weekly psychoanalytic psychotherapy, or psychoanalysis of at least one year, preferably longer. Therapy is kept confidential, with no formal reporting to the PPP, beyond the student's advisor noting that the requirement has been or is being met. The logistical details (negotiating fees, scheduling) are arranged by the student and therapist.

Classes

Classes will be held by Zoom (until further notice) on Tuesday evenings, 6:00 - 9:15pm, September to June. Courses are taught by psychoanalysts and psychoanalytic psychotherapists who are members of the PPP faculty and OPC. Courses include tracks on psychoanalytic theory, development, psychopathology, technique, and clinical process. Course descriptions are available on the OPC website. Successful completion of the two-year course curriculum is required for graduation.

The didactic class is held first from 6:00 - 7:30 pm, and the case conference is second from 7:45 - 9:15 pm. Occasionally, special circumstances arise that require the teachers to change this order, but otherwise, every effort is made to maintain this academic frame.

Attendance

Students must attend 80% of the classes of each course and complete course evaluations in order to pass the class. Attendance and make-up work for didactic and case conferences are handled differently if a student does not meet the 80% attendance requirement. For didactic courses, the student will be expected to contact their instructors for make-up work. The type of make-up work is up to the teacher, but has, in the past, included summary papers of articles or 1-2 page written applications of theory to a particular clinical situation or vignette. We ask that classes not be tape or video recorded to protect the confidentiality of clinical material or situations.

For attendance purposes in case conferences, all of the case conference classes over the course of the academic year will be counted as one class requiring a minimum of 80% attendance. If a student's attendance falls below the 80% level, he or she will be required to participate in additional case conferences proportional to the percentage of sessions missed. Students with questions about this may consult the chart below to determine the course of action required. It is important for teachers to keep track of each student's attendance and to include it in their evaluation at the end of the course.

% Classes Attended	Make-up Classes Required
80%	None
70 - 79%	1 additional case conference seminar of comparable length
60 - 69%.	2 additional case conference seminars of comparable length
Below 60%	To be addressed by the committee

Evaluations

Students are required to evaluate each course and instructor after it ends. The instructors will evaluate students’ progress, based on their participation in class, at the end of each term. These written evaluations will be kept in the student’s files at the OPC office. Students have access to their files.

Training Cases (2)

Psychoanalytic psychotherapy training cases may be started as soon as the student has chosen a faculty supervisor and has a patient that is approved by that supervisor as appropriate to fulfill the training requirements of the program. It is not necessary to have a case when starting the program, but if someone has already identified a case with a supervisor, *patient and supervision hours counting toward graduation will not start until after the first classes have started in September.*

By the end of the first year, the student should have a supervisor even if the student doesn’t have a case. In order to graduate, students need to treat two psychoanalytic psychotherapy cases with supervision over the course of their training throughout their duration in the PPP. The two training cases and supervisions may occur concurrently or sequentially.

The first case is treated twice weekly for at least 12 consecutive months and supervised weekly for a minimum of 45 supervision hours during that year. This case will be written up when the student is nearing completion of this requirement or after this requirement has been satisfied, and no earlier than the second year of training.

The second case needs to be a psychoanalytic psychotherapy treatment of at least once a week for a minimum of six months. The student must select a different supervisor for this case to get different perspectives. In order to count toward graduation, the supervision for this second (once-weekly) case must occur for a minimum of six months that the case is going, at a minimum frequency of every other week, and have a minimum number of 15 supervision sessions over the course of the six months.

Supervision (2)

Students select two different supervisors from the PPP faculty. The practical issues (fee, schedule, etc.) are negotiated between student and supervisor. Supervisors evaluate students in writing at the end of December and May each year. Supervisors will share and discuss their evaluations with the student. Evaluations are kept in the student's file at the OPC office. Students have access to their files.

When a supervisor has been selected, the student is responsible for completing two supervision forms, one for each clinical case. Students will have their supervisors sign off on these forms before turning them into the OPC office. Administration files these forms in the OPC office. A minimum total of 60 hours of case supervision is required for graduation (at least 45 hours for the twice-weekly case and at least 15 hours for the once-weekly case). Supervisors are expected to contact the PPP Committee Chair if a supervisee leaves supervision prior to completion of their supervision requirements.

The twice-weekly case will be written up as a case report no earlier than the second year of training. The case need not be terminated at the time of the report. Reports can vary in length, between 10-20 double-spaced pages, and should include vignettes, formulations, theory, predominant defenses, transferences, countertransferences, and major shifts in the work together. The student will work with their supervisor for their twice-weekly case on the paper. If the student and supervisor for the twice-weekly case are no longer working together, the student must schedule at least one more meeting (preferably more, but this is up to the supervisor) to get help and feedback with their paper.

The student will submit at least one draft to the supervisor for edits, and then will turn in a final draft to the supervisor by April 1. The supervisor evaluates it, and once approved, signs off on it. **The student then delivers a hard copy of the Final Case Report, with the cover page signed by the supervisor, to the PPP Administrator who will disperse it to the Committee members for final reviews.** In order to be considered for graduation in the same year, the Final Case Report and signed cover page must be received by the PPP Committee no later than May 1 of the year the student is graduating. It is expected that the final paper is adequately proofread, edited, and spell-checked prior to turning it into the Committee.

Advanced PPP Students

Students who wish to graduate but have not completed all graduation requirements in two years will become Advanced PPP Students. Advanced PPP students will continue to work with their supervisors on completing the requirements for graduation from the program including their final papers, maintain ongoing contact with their advisors, have ongoing progression review by the PPP Committee, and are required to attend the monthly Advanced PPP Student Seminar, offered Monthly (September-May) and facilitated by a PPP faculty member. The annual tuition for Advanced PPP Students is \$675 and covers administrative costs and malpractice insurance for OPC student training. 12 CE's are offered for the Advanced PPP Student Seminar, and 80% attendance at the seminar is required in order to obtain this credit. The tuition is paid by July 1 for the full upcoming academic year, regardless of when the student ends up completing requirements for graduation. When the Advanced PPP Student completes their requirements for graduation, they then have the option to continue to attend the Advanced PPP Student Seminar or not for the remainder of the academic year, and should communicate their decision to the Advanced PPP Student Seminar teacher as well as to their advisor. Advanced PPP Student status is granted for a maximum of 5 years.

OTHER PROGRAM INFORMATION

Progression

The PPP committee determines the overall progress of each student's academic and supervised clinical work on the basis of combined written evaluations of performance from supervisors and instructors. These evaluations occur at the end of December and May of each academic year. A record of the student's progress is kept on file in the office of the Center.

A student's psychotherapy is kept entirely out of the progression review, except to note that the overall psychotherapy requirement has been met. The advisor will be responsible for noting that the requirement has been met.

Graduation

Certificates of completion will be awarded when the above requirements have been satisfied. This certificate, along with relevant experience, allows graduates to apply to the PPP faculty and to be considered for teaching and supervision opportunities.

Leave of Absence

A student may request a leave of absence. The request should be made in writing to the PPP committee for review and final decision. If the leave is granted, the student will be responsible for an administrative fee of \$250 per year. A leave of absence is granted for a maximum of two years.

Grievances and Formal Complaints

If a student or applicant has a grievance or formal complaint, it is submitted in writing to the chair of PPP. If more consultation is needed for decision-making, the PPP committee reviews the complaint. If further decision-making is necessary, the complaint is discussed in the Program Coordinating Committee (PCC) for an opinion. As a last resort if the issue has not been resolved, the complaint is sent to the Executive Committee of the OPC for final disposition.

PPP TUITION AND FEES

Application fee.....	\$50 (non-refundable)
Tuition.....	\$3,055/year
Tuition, Advanced.....	\$675/year
Leave of absence fee.....	\$250 / year, maximum of 2 years
PEP-Web.....	\$85 / year
Late fee.....	\$100

Tuition is due at the beginning of the fiscal year, July 15. With special permission from the Institute Administrator students may pay one-half of the tuition July 1, and the remainder by December 31. Tuition entitles the student to membership in OPC and a 50% discount for other continuing education programs. A late fee of \$100.00 will be charged for all late tuition payments. In general, the Center does not refund fees after a student has begun classes. If an accepted student decides not to enroll two weeks or more prior to the start of classes, fees will be refunded, less administrative costs of \$100. Tuition and fees are subject to review and change.

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CONTINUING MEDICAL EDUCATION CREDITS

Non-Discrimination Policy
OPC maintains a non-discriminatory policy with regard to race, color, religion, national origin, sex, gender, age, disability, sexual orientation, or marital or parental status in admissions, employment, and access to programs.

Accreditation & National Affiliation
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and Oregon 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 88.5 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.

Of note to psychoanalytic psychotherapists: APsA offers an associate category of membership that includes discounted conference fees and inclusion in a national directory of psychotherapists. For more information, log onto the APsA website at www.apsa.org and look under the "Training & Education: Psychodynamic Psychotherapy" tab.