

THE PERSONAL ANALYSIS

After the Education Committee has informed the applicant of his acceptance, the accepted candidate may then select his training analyst from the list of training analysts of the Institute. Arrangements as to time and fee for the personal analysis are made individually between the candidate and the training analyst.

The most important element of the training program is the personal analysis of the candidate. In our experience, we have found that no one can adequately understand emotionally disturbed people who has not himself experienced and struggled with his own inner problems. It is the aim of the training analysis to help the candidate arrive at his optimum emotional maturity by the personal experience of psychoanalysis.

The duration of the training analysis is left to the decision of the training analyst, depending upon the needs and progress of the candidate; usually several years will be required. If the training analysis has gone on for more than 1000 hours and there is still considerable doubt about the candidate's suitability to become a psychoanalyst, the training analyst will inform the candidate that he should seek further analysis with another training analyst. The second training analyst shall report back to the Education Committee within a period of six months.

If a training analyst considers the candidate he is analyzing unsuited for further training, the candidate has the right to request a personal analysis with another training analyst. A failure in the second training analysis will be considered decisive.

The candidate shall report in writing to the Chairman of the Education Committee the beginning and ending of his personal analysis.

I. TRAINING ANALYSTS

A. Procedure for Selecting Training Analysts

(a) In accordance with the standards of the American Psychoanalytic Association, in order to be eligible for appointment as Training Analyst, an analyst must have been a graduate of a recognized Institute for at least five years.

(1) Exception: If a member of the Los Angeles Psychoanalytic Society shows unusually high qualifications of therapeutic skill, scientific achievement and personal integrity, and if such a member is not a graduate of an approved and recognized Institute of the American Psychoanalytic Association, the Education Committee may request the Board on Professional Standards to make an exception and grant the right to appoint him a Training Analyst.

(b) In addition, the prospective Training Analyst must satisfy the Education Committee of the Los Angeles Institute for Psychoanalysis that he is of good character, free from disabling neurosis and has shown a consistent interest in the scientific goals and ideals of psychoanalysis.

(c) The Education Committee would consider it highly desirable that a prospective Training Analyst should have some additional analysis after graduation, and preferably with an analyst other than the original Training Analyst.

(d) When an analyst has met the requirements of (a) and (b), the Education Committee may then invite him to apply for appointment as Training Analyst.

(e) The prospective Training Analyst will then be asked to select a psychoanalytic case from his current active practice and to have his work supervised by two supervising analysts of the Los Angeles Institute in joint supervisory session. The Education Committee will select the supervisors for the cases to be supervised. When the supervising analysts feel satisfied that they have obtained sufficient information about the ability of the applicant to perform psychoanalysis, they will then report this opinion of the analyst's work to the Education Committee.

I. TRAINING ANALYSTS

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(b) The prospective Training Analyst must satisfy the Education Committee of the Los Angeles Institute for Psychoanalysis that he has maintained a consistent interest in the scientific goals and ideals of psychoanalysis, that he has achieved a high degree of therapeutic skill, that he has taught on the Faculty of the Institute, and, in addition, that he is of good character and free from disabling neurosis.

(c) The Education Committee would consider it highly desirable that a prospective Training Analyst should have some additional analysis after graduation, and preferably with an analyst other than the original Training Analyst.

(d) When an analyst has met the requirements of (a) and (b), the Education Committee may then invite him to apply for appointment as Training Analyst.

(e) The prospective Training Analyst will then be asked to select a psychoanalytic case from his current active practice and to have his work supervised by two supervising analysts of the Los Angeles Institute in joint supervisory session. The Education Committee will select the supervisors for the cases to be supervised. The supervising analyst will report back to the Education Committee within a three months period their evaluation of the applicant's ability to perform psychoanalysis.

A. Procedure for Selecting Training Analysts (continued)

(f) If there is uncertainty about the readiness of the prospective Training Analyst's capacity to perform therapeutic psychoanalysis, the Education Committee may pursue the following additional procedure:

(1) The Education Committee may request that the Training Analyst/applicant present a case to the entire Education Committee for a number of hours.

(g) The Education Committee will consider all the information on the therapeutic skill and scientific work of the Training Analyst/applicant and vote by secret ballot on his suitability for appointment as Training Analyst. A three-fourths vote of all Training Analysts present is necessary for appointment.

(h) The initial appointment to Training Analyst status is for three years.

(i) The Board on Professional Standards of the American Psychoanalytic Association is notified of all appointments to Training Analyst status.

COLLOQUIUM II

Colloquium II is an informal, oral examination conducted by two Training Analysts other than the candidate's personal analyst. Successful completion of Colloquium II is one of the necessary requirements for reaching the status of Senior Candidate.

All candidates are requested to apply in writing to the Chairman of the Education Committee for permission to take Colloquium II within six months after having completed the academic curriculum.

The Chairman of the Education Committee will discuss with the members of the Education Committee the candidate's eligibility for taking Colloquium II and report the result of these deliberations to the candidate. If permission has been granted, the executive secretary will make the necessary arrangements for the colloquium. If it is deemed advisable to postpone the taking of Colloquium II, the Chairman of the Education Committee will discuss the situation and the recommendations with the candidate in question.

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*Supervising Analyst
+On leave of absence

THE CLINIC PATIENT (continued)

The candidate is required to report the number of analytic hours he has conducted with a Clinic patient at the end of each month, together with the fee for these hours of analysis. All fees for Clinic cases accrue to the Clinic account. (After the candidate has completed 300 hours of psychoanalysis with a Clinic case and if the budget of the Clinic permits, the candidate shall be compensated to some extent financially for his subsequent work with the Clinic patient.

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CANDIDATES' COMMITTEE

William S. Horowitz, M.D., Chairman
Donald G. Siegel, M.D., Vice-Chairman
Charles White, M.D., Secretary-Treasurer

LECTURES AND SEMINARS

Academic instruction consists of a series of lectures and seminars on psychoanalytic theory and technique planned in a manner to enable the student to acquire an understanding of the established facts and generally accepted theories of psychoanalysis.

Clinical seminars are scheduled throughout the second, third and fourth years of the curriculum, and continue until graduation. These include continuous case seminars, brief presentation seminars, and dream seminars.

The entire program is scheduled for a period of four years, each consisting of three trimesters of twelve weeks. In addition to the regular program, this academic curriculum is augmented by guest lecturers whenever possible.

Prior to beginning the official academic program of lectures and seminars, accepted candidates are required to attend a series of lectures on "The Normal Development of the Child," which will be presented twice each academic year by the Extension Division of the Los Angeles Institute for Psychoanalysis.

Permission to begin theoretical instruction is granted by the personal training analyst. Ordinarily, one year of personal analysis is advisable prior to the attendance of seminars. The candidate should inform the Chairman of the Education Committee in writing when he has received permission to begin seminars.

Refer to page 35 for the complete academic program.

Matriculation Fee

A matriculation fee of \$50 is payable at the time of registration for courses for the first year. All checks should be made payable to the Los Angeles Institute for Psychoanalysis.

Tuition

Tuition is computed at the rate of \$5.00 per academic hour for all lectures and seminars given under the auspices of the Training School. Since the lectures and seminars consist of two-hour sessions and since most courses are scheduled for six sessions, the tuition per course usually amounts to \$60.00. There are special fees for courses given under the Extension Division.

The approximate cost of tuition for the four-year course of study, as presently outlined, is as follows:

First Year	\$840.00
Second Year.	720.00
Third Year	720.00
Fourth Year.	720.00
Total.	\$3,000.00

Fees for Personal Analysis and Supervisory Analysis

Fees for personal analysis and for supervision are determined individually between the respective training analyst and the candidate. The Institute does not take part in these arrangements.

ASSIGNMENT OF COURSES

A schedule of courses is provided each seminar candidate before the beginning of each trimester. Courses are determined according to grade-level (subject to the approval of the candidate's training analyst) and are assigned by the Curriculum Committee.

A form letter is sent to each candidate listing those courses he is scheduled to take. Confirmation and registration is made by the candidate when the signed registration slip is returned to the Institute office. In the event the assignment of courses is considered incorrect, or if the student is unable to comply with the suggested program, the Executive Secretary should be informed immediately.

Candidates who have completed the four-year curriculum are required to attend until graduation, at least one clinical seminar each trimester. They may also attend other seminars, without fee, which have previously been completed.

REPORTS ON SUPERVISION

A. Initial Report of Supervised Psychoanalysis

When a candidate has begun the psychoanalytic treatment of a patient under supervision and this patient has been approved as suitable for psychoanalytic therapy by the supervising analyst and after completing 10 hours of supervision of the case, the candidate will fill out the form "Initial Report of Supervised Psychoanalysis" and file it with the Executive Secretary. (See sample.)

All supervised cases should be given a number in the order in which they are taken for supervision. Each case so numbered shall retain its same number regardless of the outcome of the case. In this way, consistent records can be maintained.

B. Quarterly Reports on Supervised Psychoanalysis

A quarterly report form is provided each candidate doing supervised psychoanalysis. This is the candidate's record of all supervised work conducted during the quarter indicated. This enables the Institute to keep an accurate record of supervised work done by the candidate so that certification to the American Psychoanalytic Association may be made if and whenever application for membership is made. (See sample.)

LOS ANGELES INSTITUTE FOR PSYCHOANALYSIS

CANDIDATE'S TERMINAL REPORT ON A SUPERVISED PSYCHOANALYSIS

Candidate's Name _____

Supervising Analyst _____

Diagnostic category _____

Case Number _____ Age _____ Sex _____

Date treatment began _____ Termination date _____ Date Supervision
began _____

Frequency of sessions per week: 1st year _____ 2nd year _____ 3rd year _____ 4th year _____

Total treatment hours _____

Frequency of control hours per month:

1st year _____ 2nd year _____ 3rd year _____ 4th year _____

Total control hours _____

Brief summary of the case:

This summary should contain the following information:

1. Symptomatology
2. The main neurotic conflicts
3. Outstanding characteristics of the id, superego and ego
4. The predominant transference reactions
5. The main technical problems
6. The course of the analysis
7. The outcome
8. Did the case go through a terminal phase? Under supervision?

(use reverse side)

Summary of the case:

Date: _____

Signature of Candidate

CHILD ANALYSIS

Training in child psychoanalysis is divided into two categories. One part of the training is required for all candidates and another part is available to those candidates who desire specialized training in child psychoanalysis.

All candidates are required to attend a series of lectures on "The Normal Development of the Child" prior to beginning the regular curriculum. All candidates are encouraged to make observations on young children at the School for Nursery Years, a psychoanalytically-oriented nursery school. In the fourth year, all candidates will attend seminars on the special problems of child psychoanalysis.

For those candidates who desire specialized training in child psychoanalysis, twelve seminars are offered on the special pathological formations in the childhood neuroses. After a candidate has completed these seminars and after he has satisfactorily maintained the analysis of an adult under supervision for one year, he may begin the supervised psychoanalytic therapy of a child. The program is so arranged that the training in child analysis shall not interfere with the training for doing adult psychoanalysis.

Throughout the four-year curriculum, there will be added seminars covering such problems as parent guidance and technical problems, and clinical conferences on children of different age groups for those candidates seeking special training in child psychoanalysis.

Request for permission to begin specialized training in Child Analysis should be made in writing to the Chairman of the Education Committee.

COLLOQUIUM II

Colloquium II is an informal, oral examination conducted by two Training Analysts other than the candidate's personal analyst. The subject matter covered in this examination consists essentially of the academic curriculum, plus basic concepts of the technique of psychoanalysis as gathered from the supervisory work.

A candidate is eligible for Colloquium II after he has completed the entire required curriculum of courses and seminars. In addition, he must have demonstrated satisfactory progress in his personal analysis as well as in his supervised psychoanalyses.

All candidates are required to apply for permission to take Colloquium II within six months after having completed the academic curriculum. The request for permission to take Colloquium II should be made in writing to the Chairman of the Education Committee.

Successful completion of Colloquium II is one of the necessary requirements for reaching the status of Senior Candidate.

REQUIREMENTS FOR GRADUATION

In order to graduate from the Los Angeles Institute for Psychoanalysis, a candidate shall have fulfilled the following requirements:

- (a) Completion of three years of residency in psychiatry or the equivalent thereof (as required for admission to membership in the American Psychoanalytic Association).
- (b) Completion of a personal analysis to the point that the candidate has achieved sufficient emotional maturity to be able to conduct himself competently in the practice of psychoanalytic therapy and to function in the community with responsibility and integrity.
- (c) Completion of the academic curriculum as prescribed by the Education Committee.
- (d) A total of not less than 200 supervisory hours.
- (e) Psychoanalysis of three or more adult cases under supervision. This must include the analysis of one Clinic case treated without fee.
- (f) A suggested minimum of 50 hours of supervision for each of three cases.
- (g) Three brief presentations at a clinical conference, or six sessions of report on a single case in a continuous case clinical seminar.
- (h) Successful completion of Colloquium II.

(The American Psychoanalytic Association requires that one case of psychoanalysis under supervision be terminated in order to be eligible for membership. Since this may require a considerable period of time, it may be necessary to continue supervision of a case subsequent to graduation from the Los Angeles Institute.

The term "termination," however, is ambiguous and is interpreted variously in different Institutes. Essentially we believe that termination presupposes the uncovering of the infantile neurosis, a prolonged period of working through, and major changes in the capacity of the ego to deal with the id, the superego and the external world.)

GRADUATION

After the Education Committee has had an opportunity to review the various data from the different members of the Training School and it is found that the candidate has satisfactorily fulfilled the above-mentioned requirements, the Chairman of the Education Committee will inform the candidate that he has graduated from the Los Angeles Institute for Psychoanalysis.

The candidate is then eligible to apply for membership in the Los Angeles Psychoanalytic Society. After one year from the date of election to membership in the Society, he is eligible for membership in the Los Angeles Institute for Psychoanalysis. Two years from the date of graduation, he is eligible to apply for membership in the American Psychoanalytic Association.

CANDIDATES' ASSOCIATION

The candidates of the Los Angeles Institute, with the encouragement of the members of the Institute, have formed a Candidates' Association. It is composed of the candidates on active status and includes committees which handle various educational, professional and social activities of the candidates. Annual dues of \$2.00 are payable in May of each year.

The candidates elected as officers for 1959-1960 are:

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LOS ANGELES PSYCHOANALYTIC SOCIETY

The majority of the scientific meetings of the Los Angeles Psychoanalytic Society are open to all candidates in active status. Candidates are urged to attend these meetings of the Society.

Officers for the Society for the year 1959-1960 are:

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COURSE OF STUDY

First Year

Psychoanalytic Theory of the Instincts

General Theory of Neuroses

Structure, Function and Meaning of the Dream (Part I)

The Hysterias and Phobias

Introduction to Ego Psychology

Obsessive-Compulsive Neuroses

Fundamentals of Psychoanalytic Technique

Child Psychoanalysis, Specialized (Elective)

Second Year

Character Disorders

Structure, Function and Meaning of the Dream (Part II)

Clinical Conference: Brief Presentations
(The Problems of Analyzability)

Metapsychology, Introduction

Technique of Dream Interpretation

Neurotic and Psychotic Depressions

Clinical Conference: Dream Presentations

Clinical Conference: Continuous Case

Third Year

Ego Psychology, Advanced

Schizophrenia, Paranoid States and Allied Disorders

Clinical Conference: Continuous Case

Perversions and Impulse Neuroses

Controversial Concepts

Clinical Conference: Brief Presentations

Fourth Year

Psychoanalytic Metapsychology, Advanced

Psychosomatic Phenomena

Clinical Conference: Continuous Case

Technique of Psychoanalysis, Advanced

Selected Topics

Child Analysis; General

DESCRIPTION OF COURSES

First Year

1. Psychoanalytic Theory of the Instincts

This course traces the development of Freud's theory of instincts through its various phases. The present status of instinct theory is also considered. Human drives and animal instincts will be compared.

2. General Theory of Neuroses

The mechanisms and processes involved in neuroses will be discussed in order that groundwork be laid for later study of special forms of neuroses and psychoses. Consideration will be given to the function and manifestation of the mechanisms of defense.

3. Structure, Function and Meaning of the Dream (Part I)

This course will begin with a preanalytic concept of the dream and then go on to Freud's discoveries of the structure, function and meaning of the dream. The problems of censorship, symbolism, the dream work and wish fulfillment will be discussed. The Irma Dream and some typical dreams will be used as clinical examples.

4. Hysterias and Phobias

The psychopathology of these neuroses will be studied. The work will be centered around Freud's papers and some of the later contributions. The problems of conversion and anxiety will be the focus of attention.

5. Introduction to Ego Psychology

The development of the concepts of psychoanalytic ego psychology. The work of this course will be devoted to studying the roots of our present day ego psychology as developed primarily in the writings of Freud and Anna Freud.

6. Obsessive-Compulsive Neuroses

This course will concern the problem of instinct and defense in compulsive symptoms as well as the special problem of regression. The particular role of the ego in these disorders will be covered, with emphasis on the problem of thinking. The forerunners of the character will also be discussed. Freud and Fenichel will be the main texts.

7. Fundamentals of Psychoanalytic Technique

This course will concern the origins and development of psychoanalytic technique and will discuss the preliminary interviews, analyzability, transition to the couch, free association, the concepts of resistance and transference, countertransference, acting out, and general rules for interpretation. The basis texts will be Freud, Glover, Freeman Sharpe, and Fenichel.

8. Child Psychoanalysis, Specialized (Elective)

This course will consist of the following: (a) Four sessions on Early Object Relationships; (b) Two sessions on Anxiety in Children and two sessions on Early Childhood Disturbances; and (c) Continuation of Early Childhood Disturbances, Eating Problems, etc.

Second Year

9. Character Disorders

This course will deal with the psychoanalytic concept of character, and a detailed study of the central factors involved in its formation. The writings of Freud, Abraham, and others will be discussed.

10. Structure, Function and Meaning of the Dream (Part II)

This course will cover the metapsychological concepts in the structure of the dream and its relationship to ego psychology. There will be some discussion of more recent contributions to the theory of the dream by others than Freud, namely Jones, Sharpe, Lewin, Fisher, etc.

11. Clinical Conference: Brief Presentations
(Problems of Analyzability)

Each session will be devoted to a clinical presentation by a candidate of a patient currently undergoing investigation as to his suitability for psychoanalysis therapy. Each session will be used as an opportunity to discuss on the basis of the clinical material the indications and contraindications for the particular treatment most suitable for the patient described.

12. Metapsychology (Introduction)

This course will concern itself with a detailed study of the assumptions, propositions, and theories presented in Freud's "Papers on Metapsychology."

13. Technique of Dream Interpretation

An attempt will be made to present systematically some basic rules and principles governing the use of the dream within the framework of psychoanalytic therapy. Clinical examples will be used to illustrate the technique for using the dream for therapeutic purposes.

14. Neurotic and Psychotic Depressions

The theory and clinical manifestations of neurotic and psychotic depressions will be discussed. The structural and dynamic differences between neurotic and psychotic depressions will be elucidated. The role of the superego and introjection in regard to problems of self esteem and mourning will be discussed. Papers by Freud, Abraham, Rado, Fenichel and Klein will be considered.

15. Clinical Conference: Dream Presentations

Each session will be devoted to a clinical presentation by a candidate of dream material from patients currently in therapy. The clinical material will be the starting point for general discussion of special problems in the technique of dream interpretation.

16. Clinical Conference: Continuous Case

The six sessions will be devoted to the presentation by a candidate of a case currently undergoing psychoanalytic therapy. By presenting the same case over a period of six sessions, it is hoped to demonstrate how the case reacts to the correct and incorrect interpretations, as well as giving an opportunity to observe the course of an analysis.

Third Year

17. Ego Psychology, Advanced

This course will be a continuation of Introduction to Ego Psychology and will be devoted to a systematic study of the post-1939 contributions to psychoanalytic ego psychology -- primarily those of Hartmann, Kris, Rapaport and Erikson.

18. Schizophrenia, Paranoid States and Allied Disorders

The psychoses will be discussed from several viewpoints including etiology, symptomatology, and diagnostic criteria. Psychoanalytic theory as developed by Freud and other workers will be followed with emphasis on the part played by the ego.

19. Clinical Conference: Continuous Case

See paragraph 16.

20. Perversions and Impulse Neuroses

The sexual perversions will be discussed on the basis of fixation, regression, and impulsivity. The impulse neuroses will also be discussed with particular emphasis on the problem of acting out and impairment in the ego function of delay. The texts will be Freud and Fenichel and later authors.

21. Controversial Concepts

This course will discuss concepts which have not received general acceptance by psychoanalysis. There will be discussion of some of the ideas of Klein, Horney, Sullivan, Alexander, etc.

22. Clinical Conference: Brief Presentations

Each session will be devoted to a clinical presentation by a candidate of a patient currently undergoing psychoanalysis who presents a particular problem in psychoanalytic technique. The case material will be the springboard for a general discussion of special problems in technique.

Fourth Year

23. Psychoanalytic Metapsychology, Advanced

This course will include (a) comparative examination of Freud's, Glover's, Hartmann's, Rapaport's and Gill's views on metapsychology; and (b) metapsychological analyses of selected recent contributions to the body of psychoanalytic theory.

24. Psychosomatic Phenomena

A metapsychological review of the dynamics which result in somatic symptom formation, the problems of affect equivalent, somatization and conversion will be discussed. The works of Freud, Fenichel, Schur, Alexander, etc. will serve as the basic literature.

25. Clinical Conference: Continuous Case

See paragraph 16.

26. Technique of Psychoanalysis, Advanced

This course will be devoted to special problems of psychoanalytic technique, in addition to being a broad review of general technique. Special emphasis will be directed to such unclear areas as defensive transference reactions, "character" transference reactions, empathy, working through, negative transference reactions, interminable analyses, interruptions, termination, and the art in interpretation. In addition to the texts of Freud, Glover, Sharpe and Fenichel, selected papers from the more recent literature will be discussed.

27. Selected Topics

These sessions will be devoted to a discussion of current literature which represents new developments on controversial issues. Furthermore, this seminar will be utilized for reviewing problematic areas in psychoanalysis which require clarification. The instructor and the students will participate in the selection of the subject matter.

28. Child Analysis, General

This is an introductory course devoted to the differences between Child Analysis and adult analysis from the viewpoint of problems of technique and diagnosis.