

Training Regulations

Lithuanian Association for Analytical Psychology (LAAP)

The Lithuanian Association for Analytical Psychology (LAAP) offers an Analyst Training Programme. LAAP is committed to a policy of fair representation and will not discriminate in its admissions or training practices on the basis of ethnicity, race, gender, disability, religion, or sexual preference.

Governing Bodies of the LAAP:

The governing Council of LAAP shall consist of five (5) members, designated the "Council of LAAP". Council members will serve for three (3) consecutive years, with elections on a rotating basis. Second terms are possible.

Members of the Council will fill the following positions:

President,
Secretary,
Treasurer,
Chair of Training,
Chair of Admissions.

In addition, there will be:

an Admissions Committee consisting of 3 members (including the Chair),
an Ethics Committee consisting of 3 members (including the Chair), and
an Ethics Appeals Committee consisting of 3 members.

The Training Program of LAAP comprises three aspects:

The personal analysis (training analysis), which serves the candidate's maturational process, and which is the core of training;

The acquisition of certain body of theoretical and academic subject matter which has to be readily available for the future analyst ;

The therapeutic and analytical work with clients, which is done under the supervision of a control analyst.

The regulations of Training program are divided into the following sections:

Admission to the training program,

Training requirements:

1. First stage of training and propaedeuticum,
2. Second stage of training and final exams.

Admission to the training program

Admissions requirements for analytic training:

1. 50 hours of personal analysis with analyst (s) recognized by IAAP.
2. Advanced degree (or working on it). Exceptions (or exceptional applicants) may be considered.
3. Ability to practice psychotherapy or psychiatry legally in the state of residence by the time of entering the "control stage."
4. Attendance of an introductory course (at least one year or 100 hours of studies of analytical psychology) prior to application.

Admissions procedure:

Applicants who have met the above requirements will be considered for admission. A potential applicant should write requesting an application form; in addition the following documents should be sent with the completed form:

A personal statement of up to 10 pages explaining the reasons that have led to their application to become an analyst. This should include analytical insights and reflections;

A Curriculum Vitae that includes information about academic background, professional training, and clinical experience as a psychotherapist;

A brief statement about eligibility (see requirements above);

A letter of confirmation of the number of hours of personal analysis at the time of application.

Interviews will be scheduled, and applicant will be notified of the date(s) and times of these interviews.

[Results will be given verbally to applicant on the final day of interviews.]

Training requirements:

I. First stage of training and propaedeuticum:

This period of training is in preparation for the propaedeuticum.

It shall be a minimum of three years. Upon admission, the new training candidate will be given a reading list, which should be consulted throughout training.

Training candidate will choose one mentor, who will work with him/her throughout this first period of training. They will meet for at least one hour every other month.

Attendance at the lectures and seminars of the program is required during this period. Lectures and seminars will include the basic ideas of the structure and dynamic of psyche, developmental processes and psychopathology, typology, complexes and association experiment, personality disorders and system of inner relationships. Methods of analytical practice such as dream analysis, projections and work with transference and countertransference, relationships between personal and archetypal dimensions of the psyche, associations and amplifications, work with active imagination will be part of studies during that stage of training.

Training candidate will continue personal analysis and individual supervisions throughout this period. Six paper works are required during this period:

- 1 Fundamentals of Analytical Psychology (Structure and Dynamics of the Psyche);
- 2 Developmental processes and multidimensional understanding of diagnosis;
- 3 Therapeutic relationship and dynamics of transference/ countertransference;
- 4 Dream interpretation;
- 5 Myths and fairytales interpretation;
- 6 Case report showing basic competences of analytical psychotherapy.

Propaedeuticum exams:

The Propaedeuticum exams are focused to evaluate the candidate's understanding of basics of Jungian psychology and their ability to apply them in the psychotherapy work with the clients. In preparation for the exams, the candidate is asked to write papers on Jungian concepts showing clinical application of this concept of the theory. The written paper must be submitted no later than one month before the scheduled exam.

The exams are oral ones of an hour based on the written paper but not limited to the paper only. Examiners are encouraged to explore and evaluate the candidate's knowledge and grasp of basic

Jungian principles and need not focus exclusively on the concept presented in the written paper. When only one analyst can be present for the propaedeuticum exam, it will be requested that a second analyst reads and evaluates the written paper.

Exams will be held twice a year in Spring semester or Fall semester. Training candidates may choose to take one exam during one semester. Only those exams that are failed will need to be re-taken.

There will be six exams:

Fundamentals of Analytical Psychology (Structure and Dynamics of the Psyche);

Developmental psychology, complexes and psychopathology;

Therapeutic relationship and dynamics of transference/ countertransference;

Dream Interpretation;

Fairytale Interpretation;

Psychotherapy process: theory and practice (based on a case report).

The last exam (psychotherapy process), based on the case report, show the basic psychotherapeutic competencies. This exam can usually be taken after the candidate has had about 180 hours of personal analysis and 80 hours of individual supervision. This exam will be administrated by three analysts (two active and one observer).

II. Second stage of training and Final exam

This period of training is focused to develop and integrate analytical competencies. It begins when the candidate has passed all propaedeuticum exams.

It shall be a minimum of two years.

Attendance at all case seminars required during this period is mandatory.

Attendance at the lectures and seminars of the program is required during this period. Lectures and seminars will include themes of deeper understanding the transformation process and individuation, phenomenology of religious experience, alchemy and further development of deeper understanding of the symbolic dimension of life.

There will be readings and presentations/discussions on the topics of the role of culture and history in individual's life, multicultural aspects and their particular application(s) in analytical psychology; psychotherapy research, specifics of analytical practice and links to the other fields of psychotherapy.

Training candidate will continue personal analysis throughout this period.

Training candidate will prepare and present a lecture in the public lecture programme or an article available for public reading. This will be based on some area of the candidate's creative life/individuation experience. This requirement is meant to provide an arena for expression of the vital, living presence of the individual myth or the autonomous psyche, which invariably emerges in the course of analytic training. This presentation will not be evaluated or graded.

Training candidate will write a thesis on an original topic in the field of analytical psychology.

A thesis committee will read this thesis and administer a final thesis exam.

Training candidate will be in control supervision throughout the second stage of training. There will be a minimum of 60 hours of control supervisions, with training analysts during this stage.

Training candidate will write a long term case report (minimum 3 years of therapy). A case committee will read these write-ups and administer a final case exam.

Final Exam

Candidates are eligible to take the final exam when they have completed a minimum of 240 hours of personal analysis with an analyst (recognized by IAAP) and 120 hours of supervisions with an analyst (recognized by IAAP).

Supervision Evaluation Reports submitted by the supervisors must support the candidate's request to take the final exam.

In preparation for the final exam, the candidate must submit a 50 page, double spaced, case report based on an analytic case which has been under supervision with an IAAP analyst for at least two years. It is important to note that this case report is meant to show the candidate's grasp and understanding of the analytic process as it has evolved over time. It is not meant to be an exercise in creativity. The candidate is expected to apply theory to practice and to show their integration of the principles of Jungian psychology in their clinical work.

The final exam is an oral exam which lasts about two hours and will be given by two IAAP analysts and one visiting analyst from IAAP (in the transitional period of 7 years).

The following is a suggested outline for the case report:

A First Session. This portion of the report should include initial clinical impressions of the patient, the source of the referral, the preliminary diagnosis and evaluation of the patient's psychological state, and any other pertinent clinical information from the initial session. Approximate length: 1-2 pages.

B Psychological history. This section of the report should include the patient's life history up to the point of first contact, with special reference to family of origin, early childhood experiences, important psychological traumas, psychosocial development, major crises, vocational and relational problems, medical issues, and previous psychotherapy. Approximate length: 12-15 pages.

C Diagnosis and analytical formulation of the case. This section should include a DSM IV diagnosis and a structural description, using the terminology and concepts of analytical psychology, of the patient's psyche at the point of entry into analysis. Major complexes, ego development, persona and shadow issues, psychological type, ego-self axis are relevant points of discussion. Approximate length: 3-5 pages.

D The analytical process and relationship. This section should include all the most important themes of the analysis itself. Of special importance are major dreams during analysis and interpretation of these dreams, transference and countertransference dynamics, analysis of complexes, individuation movements, symbols and archetypal themes. Approximate length: 23-26.

E Discussion and overall impressions: In this section, the router should give a description of their overall impression and understanding of the work done and of what was accomplished. Approximate length: (2 – 4 pages).

F Termination or prognosis. If the case has concluded, this section should offer an account of the termination phase of analysis. If it has not yet concluded, it should provide a prognosis for future work. Approximate length: 2-5 pages.

In general the Lithuanian Training Society for Analytical Psychology awards a Diploma in Analytical Psychology at the end of the Training Programme. This Diploma certifies that the recipient is capable of working as an Jungian psychoanalyst with adults.