



C.G. JUNG Instituttet København
Dansk Selskab for Analytisk Psykologi (DSAP)
member of the International Association for Analytical Psychology

Regulations for the training as Jungian Analyst

Revised 2005, October 2006, November 2007, December 2007, February 2008, September 2012, January 2013, March 2013, April 2014.

The C.G. Jung Institute Copenhagen

offers a private education in analytical psychotherapy and analysis. The training qualifies for membership in the International Association for Analytical Psychology (IAAP) and in the Danish Psychotherapist Association (Dansk Psykoterapeutforening).

Analytical psychology is based on theories about the human psyche as formulated by C.G. Jung and further developed by his successors. In the Jungian psychology there are two main aspects through which we can understand the human psyche. One is the clinical, which is about diagnosing as well as creating theories about structures and dynamics in the psyche. The other is the symbolic, which is expressed in fantasies and dreams, in fairy tales and mythology, in some art and literature and in religions and rituals.

The first is represented by psychiatry and clinical psychology, the other by the humanities/sociology/ anthropology and pedagogical studies. Both are of equal importance in Jungian psychotherapy. Therefore all areas should be represented in the academic backgrounds of Jungian analysts.

The training is for individuals who possess good mental abilities, a creative mind, and the capacity for self-reflection. It is necessary for trainees to have a lively interest in people and the motives for their attitudes and behaviour. Further requirements are the capacity for empathy and aptitude for understanding the symbolic dimension, individually as well as collectively in both cultural and historical perspectives. Moreover, personal integrity and a high ethical standard in candidates are of great importance.

The directing and evaluating board of the institute – the Training Committee – comprises members of Dansk Selskab for Analytisk Psykologi (DSAP), the Danish branch of the IAAP.

Non-Danish applicants are responsible for investigating whether the training they receive at the institute is recognized in their homeland.

Our training languages are Danish and English, as candidates are typically coming from all the Scandinavian countries, including Iceland and Finland.

In order to accommodate the language differences, there is in the current model an alteration between English and Danish speaking teachers throughout all five years. Therefore, it is required that the candidates have a reasonable command of both Danish and English, and a willingness to learn and work within these frames. Our intention is to create a good balance, to allow all students to get the most out of their training, while utilizing the best possible resources we have access to.

§ 1. Requirements for application:

The applicant must have:

- A master's degree in a relevant academic discipline (such as psychology, medicine, theology, sociology, anthropology, pedagogy, science of religion). In special cases and after careful consideration, dispensation may be given to individuals with an equivalent level of education or to individuals with a relevant medium length education plus a relevant postgraduate training.
- 3 years of professional experience with an emphasis on work that is related to human interaction (such as clinical practice, counseling or teaching).
- A minimum of 50 sessions of personal analysis with an IAAP-recognized analyst. The number of sessions must be obtained by the start of the study. However, by the time of the application at least 30

sessions of personal analysis must be completed.

- The applicant must be attending or must have completed the One Year Foundation Course offered by the C.G. Jung Institute, Copenhagen, or one of the previous Two Year Courses in Analytical Psychotherapy, recognized by the C.G. Jung Institute, Copenhagen.

In order to apply, the following must be submitted:

- A written application with a short autobiography and a description of the personal motivation for applying. (2 – 5 pages)
- The essay from the One Year Foundation Course or one of the Two Year Courses in Analytical Psychotherapy.
- A curriculum vitae
- Documentation of the number of sessions of personal analysis written by the analyst.

§ 2. Admission procedure:

Once the application is approved by the Training Committee the applicant must have an interview with two members of the Training Committee. In special cases the applicant may be asked for an extra interview. The purpose is to assess whether the applicant has some knowledge and qualitative understanding of the principles of psychotherapy and whether the applicant will be suited for the work as a Jungian analyst. The committee members pass on their recommendation of the applicant to the entire Training Committee, which then decides on whether the applicant is to be admitted. This decision is final.

§ 3. Application fees:

Administrative fee (currently 1.000 Dkr.)

Session fee for the interview (currently 1.000 Dkr).

If an application is turned down the applicant will be offered a free session with one of the members of the selection committee.

§ 4. Formal aspects of the training

The duration of training is five years.

The teaching primarily takes place within the first four years of training. Courses are given in concentrated periods: eight weekends per year from 10 – 17.30 or 9 – 16.30 (two or three days), a total per year of 19 days / 155 - 160 lessons.

The teaching comprises three aspects: Theory and method, practice training and group supervision.

Teaching methods

Theory, method and practice training is given in the form of seminars and workshops, a minimum of 450 lessons.

Exams

After the first year there will be an oral examination in basic concepts with an external examiner.

The oral exam will train the candidate within a short time to analyse and formulate theoretical and clinical issues. In addition to this the candidate must write a number of essays and case reports. Writing essays enables the candidate to communicate on an academic level, eventually leading to writing papers for journals etc. The case reports enable the candidate to formulate the clinical aspects of the profession.

After the second year a 20-page essay on a fairy tale interpretation will be written.

After the third year a 20-page essay on a symbolic subject will be written.

During the fourth year, the candidate will write two 20-pages case reports. One of them will be evaluated with an external examiner.

In the fifth year the final article will be written in the form of a publishable article which will be evaluated by an external examiner. Consult the Guidelines for Candidates for further information on essays, exams, case-reports and final article.

Teachers

Teachers of theoretical subjects are experienced analysts and members of IAAP. They are either DSAP-members or IAAP-members from outside Denmark. However, in specific areas, such as History of Psychotherapy or Psychiatry, teachers can be specialists with non-Jungian backgrounds.

Individual and self-administered studies

In addition to studying for and attending the seminars and lectures, candidates must expect to spend a considerable amount of additional time on individual and self-administered studies.

Prolongation of the training

The candidate may after application prolong his/her training up to two years longer than the nominated five years. In very special cases the candidate may apply for further prolongation. The Training Committee will in every single case decide whether a dispensation may be given based on the presented motivation. The reasons for prolongation after 2 years must be specified in the application. Only weighty arguments will be accepted (e.g. illness, severe financial problems)

Shortening of the training

The candidate may after application shorten his/her training with one year. In this case the candidate has to work on both case-reports and the final article during the fifth year and submit these before February 1st on the fifth year in order to apply for membership of DSAP/IAAP at the General Meeting in the fifth year. Before the application for membership the candidate must also, at least 6 weeks before the General Meeting, submit all necessary documentation regarding the personal analysis, individual supervision, and the hours of work with clients.

Attendance

Attendance is mandatory for all teaching. In general the Institute expects candidates to participate actively in their studies – such as preparing for seminars by reading papers, participating in discussions, giving oral and written case reports and writing essays (see the study plan). The consequence of absence is usually that the candidate as a compensation for the lost teaching must write an essay, see Guidelines for Candidates, Absences.

During the training the candidates may not use the title Jungian Analyst.

Training Committee

Is elected by and among members of DSAP and is the responsible body for the running of the Institute.

Director of Training

Is elected by and among members of DSAP and is the chair of the Training Committee and responsible for carrying out the decisions made by the Training Committee.

Staff

The training is governed by the Staff, which comprises the members of the Training Committee and 1-3 permanent teachers (e.g. Jungian Analysts from abroad and maybe a Psychiatrist) appointed by the Training Committee. The Staff meets once a year to evaluate and work out the Training Program and evaluate the candidates' progress.

Committee for study planning

The Committee for study planning comprises of a number of members of the staff and minimum 3 delegates from each group of candidates. The Committee for study planning meets at least once a year to discuss the curriculum for seminars and lectures. Candidates can at the meeting express ideas and wishes for the future study plan.

Year Group Facilitator

A Year Group Facilitator will be available to facilitate the educational process and the study guidance for a group of candidates.

The Year Group Facilitator is someone who will meet with each group of candidates at regular intervals throughout their training.

The intention is that meetings with the facilitator will help the group to

- work together more effectively as a group, tolerating differences as well as heartfelt beliefs
- discuss key issues about all aspects of the structure / process and content of the training

- decide which of these issues the candidates would like to communicate to the Training Committee / Staff.

The purpose of these meetings is not group therapy but rather to provide a reflective space where group dynamics as well as practical issues of the training can be addressed.

The Year Group Facilitator will meet with each group for 1 ½ hour on all the training weekends except the ones in October and March. This means that there will be 6 meetings per year for each group. (See also §10)

The Year Group Facilitator will not be involved in other matters of the training and may neither be personal analyst nor supervisor for any of the candidates.

§ 5. Issues of training:

The details of the program will be worked out year by year. But the training falls in three parts, each with a specific part-goal.

Year 1

The first year of the program will, building upon the One Year Foundation Course, deepen the candidates' knowledge about the basic concepts of analytical psychology and a first overview of attitudes and methods typical for Jungian thinking and practice. Psychiatric teaching on psychopathology will be given in the first year, stressing diagnostic areas where private psychotherapy is contraindicated.

Year 2-4

In the following three years, the seminar-based teaching will include group supervision, and outside the training days, the candidate will begin to work with control analysands under individual supervision. However, each of the three years has a specific main theme:

Year 2 is mainly devoted to developmental psychology, and the candidates also train in infant-observation (separately from training days).

Year 3 is devoted to the study of symbolic material (dreams, mythology and religion, alchemy) and the interpretation of this.

During year 2 and 3 seminars relating to specific clinical (such as eating disorders, self-mutilation) and practical (such as setting up a practice) problems will be given as seems needed at the time.

Year 4 is mainly devoted to the various aspects of individuation.

Year 5

In the 5th year the candidate must complete his/her personal analysis (min. 300 hours), personal supervision (min. 100 hours) and the designated number of hours with control analysands as well as the final article.

There will also be seminars relating to the history of psychotherapy in general and analytical psychology in particular. The scientific research into the effectiveness of (Jungian) psychotherapy will be addressed. These subjects will be scheduled at appropriate times during the training.

Aims

The training aims at making the candidate mastering analytical and psychotherapeutic individual work with grown-up clients of all ages suffering from a large spectrum of problems. These can range from assistance in personal development, crisis, anxiety, stress, grief, depression and recurrent relational problems, to personality disorders such as narcissistic disorders or borderline problems.

Guide to the profession

The most important guide to the profession is the supervision – individual and in groups, during the last four years of training. In addition to this there are special seminars concerning setting up a practise. In Guidelines for Candidates information about practise in Denmark is presented.

§ 6. Personal analysis:

A candidate must at the end of his/her training (before applying for membership of DSAP/IAAP) have (had) a minimum of 300 sessions of personal analysis with an analyst who is a member of IAAP. The analyst must be younger than 75 years by the start of the training. At least 200 of the 300 sessions must be analysis with a Danish DSAP-member. Dispensation for doing analysis with another IAAP-approved analyst may, however, be given after written application to the Training Committee, if the candidate is not living in Denmark.

Candidates must be in analysis during the whole training. The purpose of the analysis is to give the candidate insight into his/her own complexes and an understanding of the influence his/her own life experience has on working as a therapist.

§ 7. Analysands under supervision:

After the passing of the oral examination after the first year, and after having completed at least 150 sessions of personal analysis, the candidate can commence working with analysands under supervision. A minimum of one session of supervision for every four sessions of analysis under supervision is recommended.

In order to complete training a candidate must at the end of his/her training (before applying for membership of DSAP/IAAP) have completed at least 400 sessions of working with clients. Of these it is required that there be at least two longer analytical processes – 1½ to 2 years of duration – preferably one with a male and one with a female analysand.

The Institute will be as helpful as possible but cannot take responsibility for providing analysands for the candidates.

§ 8. Supervision:

In order to complete training, a candidate must at the end of his/her training (before applying for membership of DSAP/IAAP) have had a minimum of 100 hours of individual supervision with two to three supervisors, who are members of DSAP. Any member of DSAP with at least five years' of seniority as analyst qualifies as supervisor. The Training Committee can, however, upon the admission of a special application accept up to 50 sessions of supervision with supervisors from other training institutes recognized by the IAAP. Emphasis is laid on continuous processes. Supervisors must submit their recommendations of their candidates in supervision and give a written report to the Training Committee every year before June 1st. and at the end of a process/end of the training.

A minimum of 150 hours of group supervision with various supervisors is integrated in the Study Plan. Group supervision does not replace individual supervision. Supervisors are either DSAP-members or IAAP-members from outside Denmark. In addition to the group supervision done by Jungian Analysts there will also throughout the training be group supervision by psychiatrists.

The supervisors will facilitate the candidate's careers guidance.

§ 9. Clinical psychiatric experience:

It is the responsibility of the candidate to acquire clinical psychiatric experience equivalent to an internship of the duration of once or twice a week for 2 – 3 months or every working day for 3 weeks.

Merit may be given after an application to candidates who already have clinical psychiatric experience.

§ 10. Evaluation:

A number of evaluation systems are in use.

- **The candidates' evaluation of the training in general and the seminars and teachers in particular.**

Once a year an evaluation questionnaire for seminars etc. and the candidate's self-evaluation is reflected upon and submitted by the candidate.

- **The candidate's self-evaluation**

In the annual questionnaire the candidates must also evaluate themselves.

- **The Staff's evaluation of candidates**

An annual evaluation of each candidate's progress on the basis of seminars, lectures etc. takes place at the Staff meeting. In cases of concern, feedback is addressed to the candidates. The Staff can on the basis of the evaluation decide whether the candidate needs to complete extra case reports or any other tasks, or to receive additional supervision over and above the minimum required. The Staff has the mandate to postpone a candidate's beginning of work with control analysands, to advise prolongation of a candidate's training and to terminate the training of a candidate.

- **The coach's and the examiner's evaluation of the candidates' written work**
The written essays, case reports, and the final article are evaluated by the coach together with the internal or external examiner.
- **The oral examination**
After the first year an oral examination will take place. The oral examination is evaluated by the examiner and an external examiner.
- **The candidate's and supervisor's evaluation of supervision**
Evaluation of supervision is done by the supervisor(s) in co-operation with the candidate. For evaluation of supervision a questionnaire has been worked out. Each supervisor must submit a report for the Staff every year before June 1st or at the end of a supervision process. The report must address the candidate's strong and weak points and the progress in the work with clients. In cases of concern the Staff may decide to consult the supervisor after having informed the candidate in question.
- **The feedback from the Year Group Facilitator**
The Year Group Facilitator plays an important part in the training by functioning as the candidates' advocate, so that personal concerns and suggestions from the candidates regarding their program of studies can be heard and passed on to the Training Committee in a nonpersonal way. The Year Group Facilitator meets with the candidates six times a year and records minutes which are adopted by the candidates and then sent to the Director of Training. The Year Group Facilitator is available for individual consultation (via e-mail and telephone) by candidates regarding any special concerns they have in their program of studies. (See also §4)
- **The external examiner's evaluation of the process of censorship**
The external examiner will use an evaluation questionnaire to give feed back to the staff about the exams.
- **The evaluation of the quality management**
The quality management system must be evaluated regularly. (See QM par 2.3.1 and 2.3.4)

If a problem arises candidates are welcome to ask for a meeting at any time.

§ 11. Graduation:

The final exams consist of a written case report (20 p) after the 4th year and the final article (20-30 p) after the 5th year. Both case report and final article must be submitted in English and will be evaluated according to the official Danish grading-scale with an external examiner. For further information please consult Guidelines for Candidates.

Candidates who have completed the training successfully will be offered membership in DSAP with a confirmation on the first subsequent general assembly, and will thus become members of the IAAP. After this general assembly the candidate is invited to give a presentation based on his/her final article (see also §4) to an audience comprised of members of the DSAP and the Staff, followed by an open discussion. The ceremony will then be rounded off with the handing over of the diploma.

§ 12. Fees and other economic issues in relation to the training:

Fees for personal analysis and supervision are paid directly to analysts and supervisors.

In addition, an annual fee is paid to the Institute. This fee (currently 32.000,00 Dkr.) covers tuition and administrative costs. Fees for the fifth year of training are reduced (currently 12.000 Dkr.), because there is much reduced tuition during this year. However, this reduction is partially balanced out by fees for supervision of the writing of the final article. These fees are paid directly to the supervisors and to the coach of the final article.

Annual fees are paid by instalments in advance of each term. They are not refunded, even if the training is terminated before time.

The candidate must be prepared to work with control analysands for a reduced fee.

If a candidate has not paid his/her tuition fee within a month upon the receipt of a written notice, the Training

Committee may notify the candidate that the relationship between the Institute and the candidate-in-training is considered terminated. The candidate can however recommence training if and when he/she can offer a satisfactory explanation for the tardiness in the payment of fees to the Training Committee as well as pay the sum in question.

§ 13. Possible conflicts between candidates and teachers during training:

- a. Complaints concerning teachers or supervisors are directed to the Training Committee, who presents the complaint to the person in question.
- b. If the problem cannot then immediately be solved, the two opposing parties may each call in as mediators in the conflict, accordingly, a co-candidate (or possibly a member of the DSAP, according to common rules of competence to act) and a member of the Training Committee for a meeting concerning the conflict.
- c. If the conflict even after this still remains unresolved, the Training Committee will decide upon the issue. The decision will be declared in writing as well as verbally. No written account of the grounds for the decision will be offered.

§ 14. Code of Ethics:

The candidate is obligated to accept and follow the code of ethics of DSAP. In the case of a complaint concerning the ethical (mis)conduct leading to a breach of the code by a candidate, the procedure laid out in the statutes of DSAP will be followed.

Extracts from the statutes of DSAP:

Code of Ethics (par.12).

Every member and every candidate at the C.G. Jung Institute is obligated to accept and follow the following code of ethics:

1. An analyst must show care and deliberation in his/her work, and must furthermore seek to play a part in supporting and furthering psychic well-being. An analyst must be completely loyal to his/her clients. An analyst must under all circumstances respect and honour the dignity and personal integrity of his/her clients.
2. At the start of the treatment the analyst shall state clearly to the patient the terms and conditions of the treatment, e.g. times, frequency of sessions, and fee arrangements. The analyst shall ensure that these terms and conditions are maintained.
3. An analyst may under no circumstance make use of his/her position in relation to his/her clients to further his/her own personal interest.
4. Financial dealings shall be restricted to matters concerning professional fees.
5. During treatment, restraint should be exercised with regard to social contacts with a patient. After treatment one should also keep in mind the possible continuation of transference feelings and use discretion in any social contacts. Social contact with a patient's relatives should be approached with great caution.
6. An analyst should not enter into a sexual relationship with any patient. Terminating a therapeutic relationship in order to have a sexual relationship is also unethical.
7. An analyst should not use physical violence against a patient. An exception may be made when the patient is physically dangerous and may have to be restrained.
8. An analyst must observe the code of professional secrecy concerning what he/she learns about the private life and all pertaining relations whilst executing his/her professional vocation. This holds unless he/she is under legal obligation to testify to certain matters, or it is justified in order to uphold the rights and protection of his/her own or another's person. The code of professional

secrecy also includes any information pertaining to whether a person has sought out and/or received psychological treatment as well as the analyst's evaluation of the person in question.

9. Distribution, including publication, of client-material may only take place in such a way that the client cannot be identified. If a patient requests that his/her material should not be published or presented, this shall be respected.
10. An analyst is obligated to refer clients to medical treatment to any extent necessary. The medical welfare of the patient must be held by a separate practitioner. In the event that the analyst is also medically qualified, he or she is nevertheless only responsible for the psychological welfare of the patient.
11. An analyst may not publicly or to a client criticise the professional vocation of a colleague unless the colleague in question has been notified.
12. An analyst may not steal clients from his/her colleagues and must respect and honour the client relations of his/her colleagues.
13. An analyst may not publicly put forward any statement, which may (result in mistrust of) analytical Psychology.
14. An analyst shall not continue to practice when seriously or persistently impaired (1) by the use of alcohol or other substances, or (2) by a physical or psychological illness that would impair one's ability to practice and exercise adequate skill and judgment.
15. If an analyst is convicted of a criminal offence, or has proceedings commenced against him by a professional body or licensing agency in the state or country in which he/she resides, it is his/her duty to inform the President of DSAP of the proceedings, together with relevant facts.
16. The supervisor or control analyst shall respect the particular relationship that is established in training with a supervisee or control analysand. The supervisor or control analyst shall not take advantage of his/her greater authority to become sexually involved with someone he/she is to evaluate, grade, promote, or recommend for promotion. Similar caution must be exercised after the teaching/supervisory relationship is over because of ongoing unresolved transference and projection issues, which may have arisen in the course of training.
17. It is the responsibility of an analyst to report his/her unprofessional conduct to the Board of DSAP. Self-reporting will not in and of itself relieve the member of responsibility for his/her misconduct nor will it avoid disciplinary action of the Ethics Committee.
18. Whenever an analyst has clear evidence of a colleague's misconduct it is his/her responsibility to inform the Board of DSAP, except in cases where patient confidentiality must be maintained. When a member of the DSAP is concerned about unethical behaviour of a colleague or trainee, he/she should first talk with the colleague/ trainee and try to stop the behaviour in question, and if necessary encourage consultation or further personal analysis/treatment. If the concerned member cannot do this directly and/or needs to maintain confidentiality, he/she may contact the Board of DSAP.
19. When an individual member analyst or trainee affiliated with the DSAP and the C.G. Jung Institute, Copenhagen is called on to respond to a complaint or a grievance in order to clarify a possible breach of ethics, refusal to meet with the Ethics Committee and cooperate in good faith could itself be the basis for a separate charge of unethical or unprofessional behaviour. This non-compliance could be grounds for Committee action, including a recommendation of suspension or expulsion from membership in the DSAP.

Procedure following a breach of the code of ethics (Par.13):

1. Complaints concerning the breach of the code of ethics by a member or a candidate at the C.G. Jung Institute, Copenhagen must be directed in writing to the board of DSAP, which immediately upon receipt will notify the member in question of the complaint.

2. The board will put together an ethics committee comprised of three members, who are not simultaneously members of the board. If necessary the committee may be supplemented by a member from another IAAP society. The complainant as well as the defendant should, within a reasonable time limit, be informed about the names of the 3 members in the ethic committee, and should have the opportunity to object to these persons, if it is well-founded.
3. Upon receipt of a complaint against a member of DSAP or a candidate, the ethics committee shall instruct the complainant to put his/her complaint in writing and to provide written permission that the subject of the complaint may be informed of the complaint made against him/her. In addition, if an activity, which would otherwise be confidential, is to be investigated, the complainant must give written permission for the defendant to provide to the Committee any necessary information including but not limited to analytic notes, supervisory notes, personal correspondence and similar material in order to respond to the complaint.
4. Upon receipt of a complaint the Chairperson shall inform the member defendant or candidate in writing with a copy of the complaint and require a response by the member or trainee to the charges within a fixed period of time (no longer than 60 days).
5. The ethics committee investigates the complaint in consultation with all parties concerned. The investigation should be confidential, and the complainant as well as the defendant should have their identities protected.

It should be possible for the complainant as well as the defendant to be heard by personal presence. The committee arrives at a settlement based on the argumentation and production of evidence.

6. The possible settlements are:
 - a. Acquittal
 - b. Disapprobation
 - c. Temporary exclusion from the society – for a candidate’s temporary exclusion from the training
 - d. Exclusion from the society – for a candidate exclusion from the training.
7. The ethics committee informs the board in writing of the motivated settlement.
8. The board informs both the person complained against and the complainant in writing as to the Committee’s findings and action on a complaint as soon as possible after the Committee’s decision.
9. The board will also decide on the degree to which the findings may be disseminated more generally except that action taken to suspend or expel an analyst for ethical reasons shall be reported to all IAAP Groups of which the sanctioned analyst is a member when such reporting would be in accordance with local law.
10. Both the complainant and the defendant as well as any other member of the society may appeal the settlement at the first upcoming general assembly of the society.
11. The settlement is upheld if two thirds of the general assembly votes in favour of it.
12. The appeal has no delaying effect

These Regulations may be subject to change as the process continues.