

# Overview of the training in Jungian Analysis

Qualifying for Membership of IAAP



## Training as Jungian analyst requires:

- 1) A one-year foundation course which consists of 19 days of teaching.
- 2) Subsequently five years of analytic training.

### 1) Form and content of the one-year training:

The training involves 5 residential seminars, 2 conferences and 1 one-day seminar, starting with the first residential seminar in February.

- The training is focused on the Structure of the Psyche, Ego and Hero, Persona, Typology, Fairy Tales (a short introduction), Shadow, Complexes, Archetypes, Symbols and Symbol-formation, Animus, Anima, Gender, the Self, Dreams, the Black Self, Early Defences, The Basic Fault, Addictions, Jungian Clinical Practice, Transference / Countertransference, Therapeutic Identity, Therapeutic Methods (Couch / Chair, Art, Sandplay, Active Imagination etc.), Individuation.
- 2 conferences on different subjects

At September 1<sup>st</sup> the candidate submits an essay of 5-10 pages which demonstrates the understanding of the basic Jungian concepts. It may take the form of an interpretation of symbolic material, like a film or a novel etc., or as interpretation of clinical material. This is internally evaluated with a pass/not pass.

### 2) The subsequent five years of analytic training.

The training takes place over eight weekends in each of four years plus one weekend in the 5<sup>th</sup> year. There is a seminar/workshop format. One of the weekends each year is a residential seminar. One or two whole days are used for each topic. All regular teachers send out reading lists (A and B literature) in advance together with an outline and structure of the day's work, i.e. delegating tasks to candidates to present aspects of the theoretical material or clinical cases. The teaching is based on the interactions between candidates and teacher.

For the writing of the essays, the case reports and the final article there is in each instance an individual coach available to the candidate who follows and comments on the progress of the work, and who, together with an internal or external examiner, evaluates the work in writing.

### **The training falls into three parts, A-C.**

*A: 1<sup>st</sup> -year is mainly focused on a deepening of the teaching in the basic concepts of Analytical Psychology and ethics presented at the foundation course. During the first year there are two seminar days devoted to Psychiatry\*.*

- History of Psychotherapy; Basic concepts of analytical psychology: Psychiatry, Ethics , Complexes, Preparation for the oral exam

After the first year the candidate submits a short synopsis on a subject of their choice chosen from the basic concepts. On the basis of the synopsis, an oral examination (in English) is held with external examiner and evaluated with a pass/not pass.

*B: 2<sup>nd</sup> – 4<sup>th</sup> year. The candidates begin their work with clients under individual supervision (these sessions are separate from the weekends). The training weekends comprises 150 hours of group supervision with special attention to methods and techniques, communication and relationship as well as transference and countertransference. Each year also has a main theme. Furthermore, there is teaching in special clinical topics \*\* (i.e. eating disorders), practical topics (i.e. starting a practice) and special theoretical topics (i.e. the history of psychotherapy and Analytical Psychology and scientific studies of long-term psychotherapy.)*

- 2<sup>nd</sup> year: Developmental psychology, baby observation with written reports, sandplay, the preconditions for symbol formations,
- 3<sup>rd</sup> year: Symbolic material and its interpretation. (Dreams, alchemy, religion, mythology, synchronicity, interpretations of pictures and films.) Psychiatry.
- 4<sup>th</sup> year: The individuation process. (Dreams, myth, maturation, wisdom, relation to the Self) Psychiatry.

After the 2<sup>nd</sup> year, the candidate submits an essay with interpretation of a fairy tale, 15-20 pages. This is internally evaluated with a pass/not pass.

After the 3<sup>rd</sup> year, the candidate submits an essay on a freely chosen topic on symbolism, 15-20 pages. This is internally evaluated with a pass/not pass.

During the 4<sup>th</sup> year, the candidate submits two case reports, each 20 pages. One of them must be in English and evaluated by an external examiner and graded according to the Danish Grading Scale. The other is internally evaluated with a pass/not pass.

*C: The 5<sup>th</sup> year: One residential seminar on the topic of termination.*

During the 5<sup>th</sup> year,

The candidate completes her/his personal analysis (min. 300 sessions), individual supervision (min. 100 sessions) and min. 400 hours of work with clients under individual supervision.

The candidate submits a bibliography (petitum) of literature studied (combination of A-literature submitted by teachers together with own-choice readings) for the approval of the Training Committee. \*\*\*

The candidate submits a final article in English in a format that would be acceptable to publish in a recognized Jungian journal (15-30 pages). This will be evaluated by an external examiner and graded according to the Danish Grading Scale.

\*It is the responsibility of the candidate to acquire clinical psychiatric experience equivalent to an internship at a frequency of once or twice a week for 2 – 3 months or every working day for 3 weeks. Merit may be given to candidates who already have clinical psychiatric experience on application to the training committee.

\*\*Every year there is a One Day Conference and a Two Day Conference as part of the training on a particular theme with local and international speakers. This is also open to members of the Jungian Society as well as other psychotherapists.

\*\*\*Examples of A-literature please see the Reading List for the Training in Jungian Analysis.