



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

Regulations for the training at the C.G. Jung Institute Copenhagen.

Revised 2005, October 2006, November 2007, December 2007, February 2008, September 2012, January 2013, March 2013, April 2014, August 2015, June 2016, July 2017, June 2019, June 2020, January 2021

These Regulations comprise the formal requirements and aspects of the training. For a detailed description of the various elements, please see the Guidelines.

The C.G. Jung Institute Copenhagen

offers a three-step private education in analytical psychotherapy and analysis, comprising:

A one-year Foundation Course in Analytical Psychology

A four-year Training as Jungian Psychotherapist (Building upon the Foundation Course with 3 extra years). This training gives access to membership of the Danish Psychotherapist Association (Dansk Psykoterapeutforening).

A six-year Training as Jungian Analyst (Building upon the four-year training as Jungian Psychotherapist with 2 extra years). This training qualifies for membership in the International Association for Analytical Psychology (IAAP)

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 psychotherapists and Jungian analysts.

The one-year Foundation Course is for people with a relevant education (psychotherapists or other persons from the health-sector, people from HR departments, teachers, pedagogues etc. who are looking for new inspiration / continuous professional education). In case the applicants for the one-year Foundation Course wants to be admitted into the subsequent training as Jungian Psychotherapist / Jungian Analyst, the requirements below must be met.

The 4- and 6-years trainings are for individuals who possess good mental abilities, a creative mind, and the capacity for self- reflection. It is necessary for candidates 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.

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 years (less during the first years and more in the last 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:

Application procedure for the 1-year Foundation Course

The applicant must have a relevant basic education as well as at least 2 years of work in the field.

Applicants who subsequently want to be admitted to the 4-year Psychotherapeutic-, respectively the 6-year Analytic Training must meet the academic and professional requirements as described below

In order to apply, the applicant must submit the following information:

- Previous education.
- A certain knowledge about psychologic and therapeutic theories and principles.
- Personal analysis (not mandatory)
- Motivation for attending the course

The applicant is asked to fill out the application-form on the website <https://cg-jung.dk/cg-jung-institut-kbh/kursus/> or to contact the Institute on institut@cg-jung.dk

Application procedure for the 4-year Psychotherapeutic and the 6-year Analytic Training

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, counselling, 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 training. 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.

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 approved essay from the One Year Foundation Course.
- A Curriculum Vitae
- Documentation of the number of sessions of personal analysis written by the analyst.

§ 2. Admission procedure:

Admission procedure for the 1-year Foundation Course

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.

Admission procedure for the 4-year Psychotherapeutic and the 6-year Analytic Training

Like for the Foundation Course the applicant must, once the application is approved by the Training Committee, 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:

There is no application fee for the Foundation Course, but for the subsequent trainings the fees are:

Administrative fee (currently 1.000 Dkr.)

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 as follows:

The Foundation Course: Duration 1 Year

The Training as Jungian Psychotherapist: Duration in all 4 years, incl. the 1-year Foundation Course

The Training as Jungian Analyst: Duration in all 6 years incl. the training as Jungian Psychotherapist.

The teaching at the Foundation Course takes place from Friday - Sunday in five residential seminars and two seminars/conferences in Copenhagen. A total of 170 lessons.

The teaching at the Jungian Psychotherapist training takes place at courses, 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 during the two last years of the Jungian Analytic training primarily takes place within the first of the two years (the 5th year of the training), at courses similar to the previous years. The last year of the Jungian Analytic training is primarily reserved for the completion of written material.

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

Teaching methods

Theory, method, and practise training is given in the form of seminars and workshops,

Exams

In order to complete each level of the training a number of exams are necessary:

1-year Foundation Course:

An essay of 5 – 10 pages. (The essay is a requirement for the application to the subsequent training.)

4-year Jungian Psychotherapist Training:

The essay from the foundation course

An oral exam after the second year (externally examined)

An essay on a fairy-tale interpretation after the third year

An essay on the child's early development in the middle of the fourth year

A case report after the fourth year (externally examined)

6-year Jungian Analytic Training:

The essay from the foundation course

An oral exam after the second year (externally examined)

An essay on a fairy-tale interpretation after the third year

An essay on the child's early development in the middle of the fourth year

A case report after the fourth year (externally examined)

A case report after the fifth year

A final article after the sixth year (externally examined)

The requirements to the length and content of the exams and reports are described in the Guidelines for Candidates.

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 on the Jungian Psychotherapist training and the Jungian Analytic training must expect to spend a considerable amount of additional time on individual and self-administered studies.

Prolongation of the training

The candidate at the Jungian Psychotherapeutic training may after application prolong his/her training **up to two years** longer than the nominated four 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 Jungian Analytic training with up to one year.

Attendance

Attendance is expected at the Foundation Course and mandatory for all subsequent teaching. In general, the Institute expects candidates to participate actively in their training – 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 any levels of 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 regularly, once a year at a long weekend-meeting 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 2 – 3 delegates from each group of candidates from the 4-year resp. 6-year training. The Committee for study planning meets at least once a year to discuss the curriculum for seminars and lectures as well as other relevant subjects in relation to the training. Candidates can at the meeting express ideas and wishes for the future study plan and for other possible aspects of the training.

Morning Meetings

At the beginning of each seminar-weekend each group of candidates will meet for one hour with a facilitator. The purpose of this meeting is to help facilitating the candidates' educational process and training guidance and to clarify the group's role in these tasks. The intention is that the meetings will lead to

- The group being able to work together more effectively as a group, tolerating differences as well as heartfelt beliefs
- The candidates being able to feel safe and contained in the group and to freely discuss key issues about all aspects of the structure / process and content of the training
- The morning meeting being able to provide a reflective space where conflicts as well as practical issues of the training can be addressed.

§ 5. Issues of training:

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

Year 1

The first year of the program is the One Year Foundation Course, which aims at providing the knowledge

about the basic concepts of analytical psychology and a first overview of attitudes and methods typical for Jungian thinking and practice.

The participant in the Foundation Course must by September 1st in the year of the course submit a 5-10 pages essay on an individually chosen subject.

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 analysands under individual supervision. However, each of the three years has a specific main theme:

Year 2 is building upon the Foundation course by deepening the candidates' knowledge about the basic concepts of analytical psychology. In year 2 the clinical aspects are also introduced (such as setting up a practice), as well as psychiatric teaching stressing diagnostic areas where private psychotherapy is counter-indicated.

After year 2 the candidate will have an oral exam on the Basic Concepts, see Guidelines for Candidates.

Year 3 is mainly devoted to developmental psychology and the study of fairy tales. After year 3 the candidate must submit an essay on fairy tales as described in the Guidelines.

Year 4 is devoted to practical psychotherapeutic studies incl. integration of symbolic material such as dreams and the interpretation of this.

During year 3 and 4 seminars relating to specific clinical (such as eating disorders, self-mutilation) and practical problems will be given as seems needed at the time.

During year 2 – 4 group-supervision will play an increasing role. After year 4 the candidate must submit a case report according to the Guidelines. This case report will be evaluated according to the official Danish grading-scale with an external examiner.

In the 4th year the candidate must complete at least 50 hours of individual supervision. 150 hours of group supervision will be an integral part of the training.

Year 5-6

Year 5 the candidate will concentrate on the depth-psychological Jungian areas (alchemy, mythology, religion, individuation etc.) as well as, via group-supervision and individual supervision integrating all the theoretical subjects in the practice of the profession. After the fifth year the candidate must submit the second case report according to the guidelines. This case report will be internally assessed.

In the 6th year the candidate must complete his/her personal analysis (min. 300 sessions), personal supervision (min. 100 sessions) and the designated number of sessions with clients under supervision (min 400 sessions) as well as the final article. The 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.

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. In addition to this there are special seminars concerning setting up a practice. In Guidelines for Candidates information about practice in Denmark is presented.

§ 6. Personal analysis:

Personal analysis is recommended but not mandatory at the Foundation Course. But in case the participant at the Foundation Course wants to continue at the next step(s) at least 30 hours must be completed by the time of the admission and at least 50 hours before the start of the training. Personal analysis must in the 4- and 6-year training be done with a Jungian Analyst IAAP. Please note that hours of analysis with senior candidates will not count until after the candidate's graduation and subsequent membership of the IAAP. Accordingly, if

someone in analysis with a senior candidate aims to train, she/he needs to change analyst.

Before ending the 4-year Jungian Psychotherapist training, a candidate must have had a minimum of 200 sessions of personal analysis.

At the end of the 6-year Jungian Analyst training, a candidate must 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.

For the 4-year Jungian Psychotherapist training at least 150 of the 200 sessions, and for the 6-year Jungian Analyst training 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 analysis must as a rule be regularly. 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.

Personal analysis should be conducted in person, face-to-face whenever possible. Personal analysis can be done via Skype or other means of telecommunication in cases where face-to-face is not possible.

§ 7. Analysands under supervision:

After the passing of the oral examination after the second year, 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 the 6-year training a candidate must at the end of his/her training (before applying for membership of DSAP/IAAP) have completed at least 400 supervised 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:

Before ending the 4-year Jungian Psychotherapist training, a candidate must have had a minimum of 50 sessions of individual supervision.

In order to complete the 6-year training, a candidate must at the end of his/her training (before applying for membership of DSAP/IAAP) have had a minimum of 100 sessions of individual supervision with two to three supervisors.

Supervisors must be members of DSAP and must be approved as supervisors by the Jung Institute which includes signing a contract. Please see the list on the website <https://cg-jung.dk/cg-jung-institut-kbh/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. Face to face meetings should have priority and all processes of supervision must start face to face. Due to geographical problems the supervision may, however, take place by telecommunication/Skype. Emphasis is laid on continuous processes of longer duration.

A session is 45-60 minutes according to the supervisor's decision. 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. See §11.5.

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 case a candidate chose a supervisor, who is not a member of DSAP, and a conflict arises, the Institute will help mediate the conflict, but the Institute cannot be responsible for solving the conflict. In the end it must be the supervisor's own Society that must handle the complaint according to its own Code of Ethics.

In addition to the group supervision done by Jungian Analysts there will also throughout the training be group supervision by psychiatrists. All clinical presentations during the training are confidential.

The supervisors will facilitate the candidate's careers guidance.

§10. 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.

§ 11. Evaluation:

A number of evaluation systems are in use.

1. The candidates' evaluation of the seminar-weekends.

After each seminar-weekend an online evaluation questionnaire is sent out to the candidates.

2. The candidate's self-evaluation and general comments

Once a year the candidates are asked to evaluate themselves, according to a number of questions.

3. The Staff's evaluation of candidates

An annual evaluation of each candidate's progress on the basis of seminars, lectures, supervision etc. takes place at the Staff meeting. The candidates receive a yearly written feedback after the Staff meeting.

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 analysands under supervision to advice prolongation of a candidate's training and to terminate the training of a candidate.

4. 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 second year is evaluated by the internal examiners and an external examiner.

5. 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.

6. The feedback from the Council for Study Planning

The Council for Study Planning takes place at least once a year – preferably twice a year. Here the candidates can bring their wishes for the Training Program as well as for other aspects of the training.

7. 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.

8. The Manual for Quality Management

The training is regulated by the Manual for Quality Management

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

§ 12. Graduation:

Graduation from the Foundation Course

A graduation ceremony takes place at the last seminar in November. The participant receives a diploma.

Graduation from the 4-year Jungian Psychotherapist Training

The Institute will organize a graduation ceremony after the 4 years training. The candidate will receive a diploma as Jungian Psychotherapist and may thereafter apply for membership of Dansk Psykoterapeutforening.

Graduation from the 6-year Jungian Analytic Training

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, the Staff and candidates followed by an open discussion. The ceremony will then be rounded off with the handing over of the diploma.

§ 13. 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 (from 2022: 35.000,00 DKK.) covers tuition and administrative costs. Fees for the sixth year of training are reduced (currently 12.000 DKK.), because there is much reduced tuition during this year, where the candidates write their Final Papers. The supervisor for the Case Reports and the coach for the Final Article receive payment from the Institute for two ours' work. Any additional fees are paid directly to the supervisors and the coach.

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 analysands under supervision or 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.

§ 14. 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.

§ 15. 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.

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