A GUIDE TO

PROGRESSION

Columbia Center for Psychoanalytic Training and Research
Overview:
The Progression Committee assists candidates in progressing through their training, and tracks their progress. Progression requirements are designed to emphasize the qualitative aspects of the candidates’ work. They include attaining the critical skills and knowledge base essential for conducting psychoanalysis. These requirements also include seeing the longest running control case through the mid-phase of an analysis.

The Progression Committee (PC) is composed of faculty members who serve as candidate advisors. Upon acceptance to the Center, each candidate is assigned an advisor. The advisor oversees the candidates’ training and serves as the candidates’ advocate. The advisor ensures that the candidate begins cases in a timely fashion and discusses his or her progress in the classroom and in supervised clinical work. Candidates are required to meet with their advisors at least twice a year. Additional meetings may be arranged as needed. Each candidate is discussed in PC twice a year.

II Clinical Requirements
A. Quantative
1. Candidates must complete at least 90 months of supervised clinical work with patients in analysis in order to graduate.
   a. For Candidates who begin first year classes September 2012 and thereafter, this includes 6 months of supervision on analytic skills in psychoanalytic psychotherapy. The focus is on the analytic attitude, empathic listening, apprehending transference and countertransference, recognizing and addressing resistances
   b. For Candidates beginning training before September 2012, this may include a maximum of 6 months of preparatory psychotherapy, with no more than 3 months per case, for cases that then move on to become analytic control cases.

2. Candidates must begin a 1st case in order to begin the 2nd year of classes, a 2nd case in order to begin the 3rd year of classes and a 3rd case in order to begin the 4th year of classes. Exceptions may be made if the candidate has evaluated available clinical cases beginning in February and has not been able to find a suitable analytic case.

3. Candidates must have at least one case that is solidly in the mid-phase of treatment. (Note midphase criteria on Columbia Psychoanalytic Center website). This case should be in treatment for approximately 36 months. The candidate should show ample evidence of his or her ability to consistently: 1) identify and interpret resistances 2) interpret in the transference and 3) interpret dreams and fantasies at the level of a senior candidate as elaborated in the Columbia Learning Objectives on the
4. There is no specific amount of time that the other cases must be in analysis. However the following criteria must be met for graduation,
   a. Candidates must treat at least three cases with three different supervisors. The two supervisors of the shorter cases (which may have not reached midphase) must both agree that the candidate has demonstrated an ability to conduct an analysis as evidenced by their ability to: intervene analytically at the level of a senior candidate as elaborated in the Columbia Learning Objectives.
   b. Candidates must have patients of each gender in analysis for approximately one year.

5. Candidates must evaluate at least three patients from the Evaluation and Treatment Service during the course of their training provided that three Admissions Service cases have been made available.

6. Candidates must stay up to date with paperwork as per the Evaluation and Treatment Service Manual. Candidates must be up-to-date with their paperwork prior to entering the next academic year.

B Qualitative
   1. **To Enter 2nd Year:** Begin to demonstrate analytic skills as outlined in first year learning objectives with the help of supervision
   2. **To Enter 3rd, 4th, 5th Year (if not graduating).** Each year must show progress from the prior year: Demonstrate increased ability to utilize analytic skills as outlined in the midlevel learning objectives
   3. **To Graduate:** Independently and consistently demonstrate capacity to utilize analytic skills as outlined in the senior candidate learning objectives

III Curriculum

1. Candidates must complete the required curriculum through the Fall semester of the 5th year of the 5-year curriculum. Most candidates will complete the full 5-year curriculum and may require additional time to meet the required number of control case hours. (It is possible to graduate in 4-1/2 years, if candidates have completed all of their progression and writing requirements, please see 3. below)

2. Candidates are expected to attend all classes. In the event of an unavoidable absence, candidates must contact the instructor or the associate instructor.
3. Candidates must successfully complete the case writing course requirements in each training year through the final writing course given in the Fall of the 5th year.

4. Should a candidate want, or be required, to change their status from full-time to part-time analytic training (or to resume full-time status after a period of part-time status), the Curriculum Committee Co-Chair(s), in collaboration with the candidate’s Progression Advisor, will advise the candidate on the academic course options. Once a plan of study has been identified, it must be approved by both the Progression and Executive Committees.

IV Personal Analysis

1. Candidates must be in a personal analysis during their training. The personal analysis will often continue beyond graduation. We strongly recommend that at a minimum it should continue past the induction phase of the third control case.

2. The personal analysis is confidential and non-reporting. Only the total number of monthly sessions and termination date are reported to the Institute.

3. Candidates must begin their analysis by October 15 of their first year

4. Candidates must inform their advisor when they have ended their analysis if they do so before graduation.

V Progression Steps

1. Prematriculation – Once accepted to the Center, candidates will be assigned to a Progression advisor. Candidates should have six months of analysis prior to starting a 1st analytic case.

2. Analytic Listening---Candidates beginning training on or after September, 2012 are required to do a six month period of supervision on analytically oriented work with a psychoanalytic psychotherapy case. This is typically the candidate’s first supervisory experience at the Center. Candidates are assigned a first supervisor at the beginning of their first year. This supervision focuses on empathic listening, conceptualizing resistances, attending to transference and countertransference in the psychoanalytic psychotherapy setting.

3. 1st case – Candidates should meet weekly with supervisors even before beginning their first case in order to assess patients who may be suitable for analysis. Candidates must complete the eight week Assessment Course offered in the fall of their first year before beginning the first case. Advisors speak directly with their advisees’ supervisors twice per year in order to keep up to date with candidates’ progress in their clinical work.
4. 2\textsuperscript{nd} case – candidates may request that they be assigned a second supervisor as soon as they begin their first case.

5. 3\textsuperscript{rd} case – candidates may request assignment of a third supervisor as soon as they begin their second case. At this point, the first two supervisors meet with the Progression Committee to discuss the candidate’s work to date. In rare cases, the result of this meeting may be the recommendation that the candidate should wait to begin the 3\textsuperscript{rd} case. Candidates may request their 3\textsuperscript{rd} supervisor, and every effort will be made to honor this request provided that the supervisor is available.

6. Unsupervised work – Candidates may be approved for unsupervised work after the 3\textsuperscript{rd} case has been in treatment for at least six months. The request for unsupervised work may be initiated by the candidate. A second meeting of all three of the candidates’ supervisors with the PC occurs at this point. All of the candidate’s supervisors must agree.

7. Graduation – once the candidate has satisfied the above requirements, the candidate may request graduation in either January or June. The above criteria are necessary, but not sufficient. In considering requests for graduation, the Progression Committee will privilege their determination that the candidate has demonstrated by performance in his/her clinical work with each of his three supervisors, and in class, their understanding of analytic concepts and their ability to conduct an ongoing analysis.

\textbf{VI Evaluations}

1. Supervisors will submit candidate evaluations 2x/year and will discuss their evaluations with their supervisees. These evaluations are also reviewed in candidate’s meetings with the advisor.

2. Candidate will receive an evaluation from each course. This is discussed with the candidate in meetings with their advisor.

3. All evaluations are available to candidates.

\textbf{VII The Split Curriculum (Taking one class-year over two contiguous calendar years)}

1. All requests for a split curriculum must be submitted to the progression advisor for consideration during the academic year preceding the year of the split curriculum. In addition, candidates must discuss their requests with the curriculum chairperson or curriculum advisor. Such requests for the following academic year will not be considered after the end of May, except for emergencies.
2. There will be no mid-year splitting of the curriculum except for extraordinary emergency situations.

3. Only two years of the four official years of the curriculum may be taken as "split years".

4. While requests for splitting a curriculum year will generally be granted, each request will be evaluated on its merits and in regard to its impact on the Candidate’s education.

VIII Progression Decisions and Appeals
Progression Committee determines each candidate’s readiness to advance in training. If the Progression Committee recommends that a candidate suspend his or her training, then this decision is brought to the Executive Committee for approval. If a candidate chooses to appeal a decision regarding their progression, they are allowed to do so by requesting a meeting with the Chair of Progression or his/her designee.

If the Progression Committee becomes concerned about a candidates’ clinical ethics, this will be addressed with the candidate by their advisor and the Progression Chair or his/her designee. Possible consequences include a warning, probation status, or dismissal from psychoanalytic training.

iX Progression Committee Meeting schedule
Progression Committee usually meets on the 2nd Monday of each month with the exception of August.

Holly A. Schneier, M.D.
Chairman, Progression Committee
Office phone: 212-721-5255

Sandra Park, M.D.
Co-Chair, Progression Committee
Office Phone: 212-308-1980

The following forms are downloadable from the website (www.columbiapsychoanalytic.org).

A. Supervisory Assessment
B. Mid-phase criteria
C. Learning Objectives