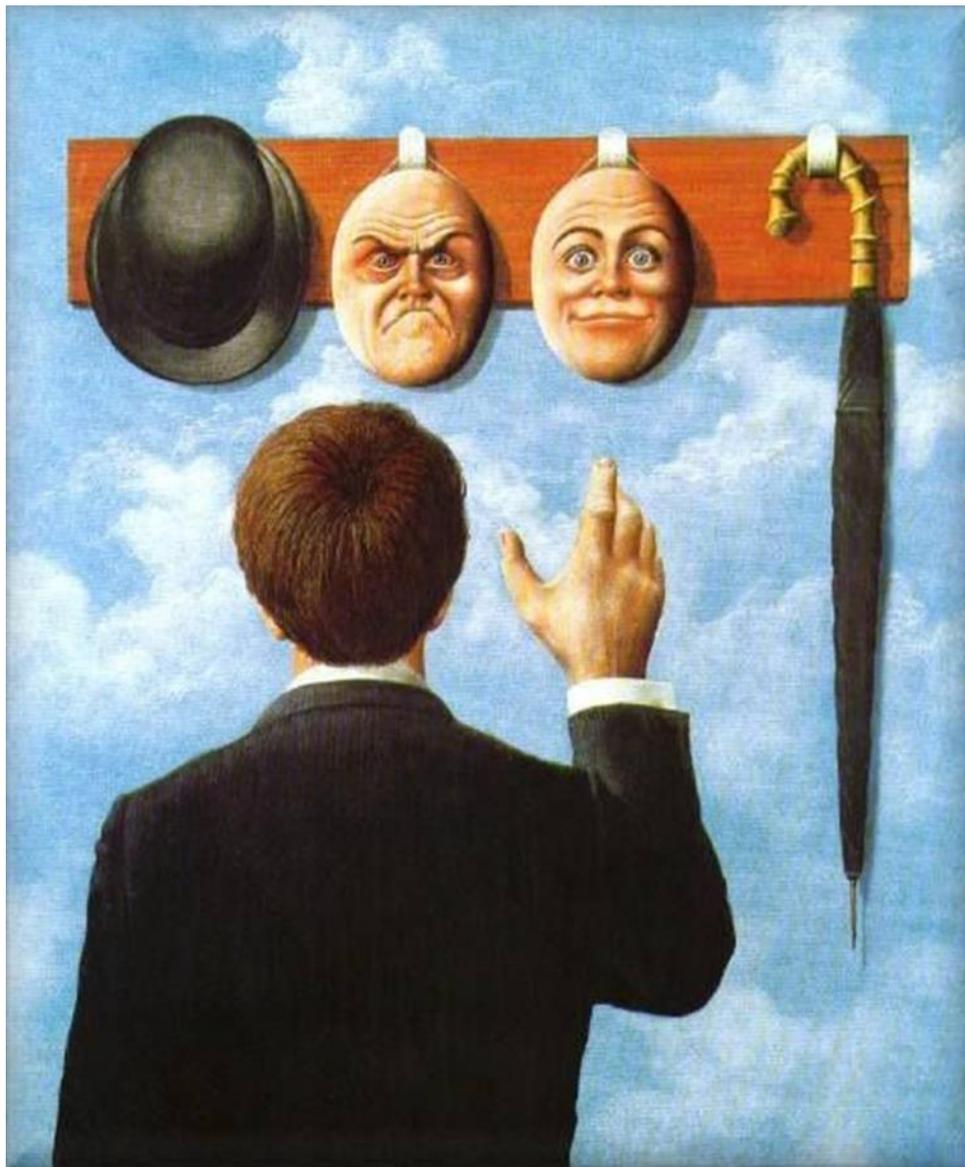


Analytical Psychotherapy

A Swiss State Recognized Postgraduate Training Program of the C.G. Jung Institute Zurich



General Information

In 1948, the C.G. Jung Institute Zürich, Küsnacht, was founded with the cooperation of the Swiss psychiatrist Carl Gustav Jung.

His Analytical Psychology and Psychotherapy belongs to the psychodynamic therapies, which attach great importance to the unconscious.

To the idea of the personal unconscious, Jung added the concept of the so-called collective unconscious. In this, he recognized the primeval imprinting and basic patterns of human life, which he called archetypes and which are depicted, for example, in myths and fairy tales. These basic patterns give rise to the development of complexes that mirror our individual relationship experiences as well as personal experiences and anchor them in our memories.

Jung's theory of complexes helps to understand personality developments, relationship conflicts and psychological maldevelopments, and, on this basis, helps to treat them psychotherapeutically. Jungian Psychotherapy promotes the development of one's own resources and further regards a psychic problem as a challenge to an essential personal development: individuation.

In practical psychotherapeutic work, the interpretation of dreams, typology, pictures, sand play and active imagination, amongst others, are very important for an understanding of the conscious and unconscious psychic processes. Working with the unconscious means coming in contact with the essence of the soul and with the individual creative possibilities. This is why Jungian Psychology and Psychotherapy touches upon questions of meaning and of spirituality.

The transcultural orientation of Jungian Psychology facilitates finding answers to the challenges of a globalized world and of multicultural societies in an interdisciplinary exchange.

To become a Jungian psychoanalyst, the C.G. Jung Institute offers three programs in the Psychoanalysis training curriculum:

- the training program **E** for analytical psychotherapy with adults
- the training program **K** for analytical psychotherapy with children/adolescents
- the combined training program **C** for analytical psychotherapy with adults and children/adolescents

The diploma received at the C.G. Jung Institute leads to the Swiss state recognized postgraduate title Psychotherapy and enables to independently manage a psychotherapeutic practice in Switzerland.

Objective

The main objective of this program is to enable the participants to practice as analytical psychotherapists in Jungian psychology by receiving a diploma of the C.G. Jung Institute Zurich, Küsnacht. At the same time, the training program promotes the personal and self-reflective development of each and every student.

Duration of Studies

The minimum duration of study for this degree course is 8 semesters or 4 years respectively. Leave of absence semesters are not included in the minimum number of regular training semesters.

Admission Requirements

Those applying for the training must provide evidence of a Master's degree in psychology or medicine from a university or college, as well as enough credits in clinical psychology and psychopathology.

Each applicant will be assigned an Admission Committee that consists of three members. During admission interviews, these committee members assess the applicant's personal suitability to be a psychotherapist and decide, whether or not the applicant is admitted to the training program. The members of the Admission Committee accompany the student during the years of study.

Place of Study

The theoretical part of the training takes place at the C.G. Jung Institute Zurich, Küssnacht. The Institute is within walking distance from the local train station, which can be reached by train from Zurich main station in less than 15 minutes.



Lecturers/ Instructors/ Analysts

Lecturers for the theoretical training generally are accredited members of the C.G. Jung Institute Zurich, Küsnacht. Additionally, professionally qualified and didactically competent guest lecturers take part in the training as well.

The self-experience (training analysis) may be conducted with training analysts accredited at the Institute or, for students living abroad, with analysts chosen by the student (conditions apply).

Structure and Essential Elements of the Training

The training in two phases

The goal of the first phase of the training – up to the intermediate exams – is that students acquire the theoretical knowledge necessary to be able to work with patients psychotherapeutically after they have passed the intermediate exams.

After successfully passing the intermediate exams, the training candidate is appointed diploma candidate and is eligible to work with patients under the guidance of a Swiss state recognized supervisor, and to visit lectures, seminars and courses that are reserved for diploma candidates (students who are doing clinical work already, are eligible to do casework from the third semester onwards).

The second phase of the training – when starting with casework up to the diploma – serves to empower the person being trained in his self-reliance as an analytical psychotherapist.

The training analysis

The training analysis (self-experience) through Swiss state recognized training analysts/self-experience therapists is the core of the training. It accompanies the entire course of training, comprises at least 150 sessions and, like every analytical or psychotherapeutic activity, is inherently subject to confidentiality. It is separated from all evaluative functions. A training analysis session lasts for at least 45 minutes.

Theoretical knowledge

Over the course of the training, those in training must show evidence of having accumulated at least 500 credit points of theory. One credit point equals 45 minutes.

The lectures and seminars should impart the theoretical knowledge necessary to be able to graduate and, additionally, offer insights into the areas of knowledge that are relevant for Analytical Psychology and Psychotherapy. While basic subjects are to be taken prior to the intermediate exams, advanced subjects are reserved for the second phase of the studies. Sometimes, however, the lectures and seminars can be attended at will. Depending on the program, several written papers have to be submitted.

Clinical experience

During the clinical work (at least 2 years full time with 40 hours per week, part-time work lasts longer accordingly), the students should gain psychotherapeutic experiences with a broad spectrum of psychological disorders and clinical pictures.

The clinical work needs to be done in a psychosocial institution. At least one year thereof has to be completed in an inpatient or outpatient psychiatric/psychotherapeutic

institution. Usually, case responsible work done as an employee (psychology or medicine) under the supervision of a psychologist or psychiatrist counts as clinical experience.

Intermediate exams

In all three programs, the first phase of the training ends with a series of four exams. In the program E, for example, the following fields are subject of the intermediate exams: Fundamentals of Analytical Psychology; Comparative Developmental Psychology; Depth Psychology of Adult Dreams; Depth Psychology of Myths and Fairy Tales.

Supervised psychotherapeutic casework with patients

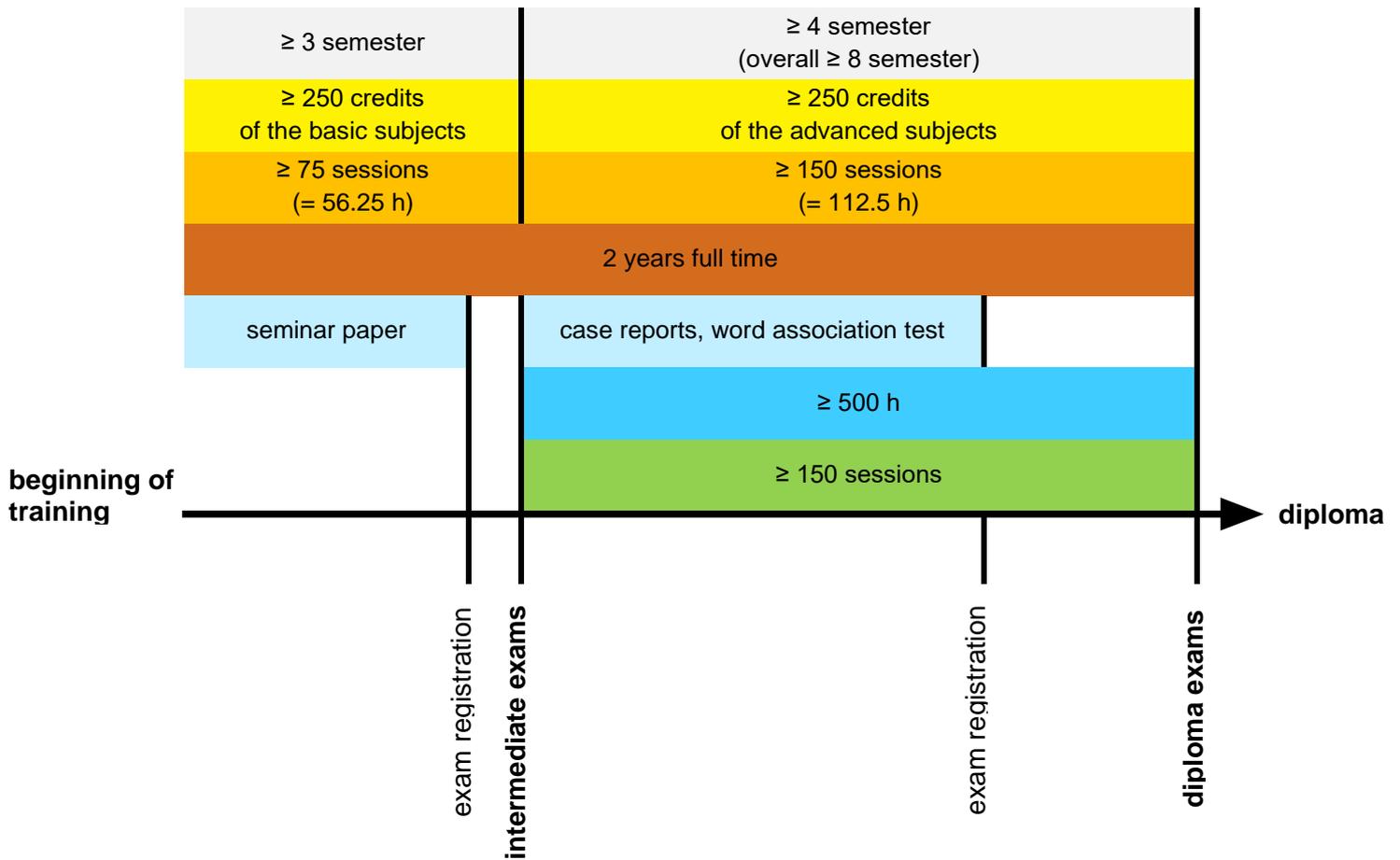
After being appointed diploma candidate or entitled to do casework, each student has to complete at least 500 case hours (casework) with patients. Every student needs to work with at least ten patients. 45 minutes count as one case hour.

The therapeutic casework that is done with patients by diploma candidates within the framework of their training is subject to the C.G. Jung Institute's supervision and must be overseen regularly by Swiss state recognized supervisors for its entire duration. The casework must be complemented by a total of at least 150 supervision sessions, of which at least 50 sessions must be completed in individual and at least 70 sessions in group supervision (in the programs E and K in at least two groups, and in the program C in at least three). 30 sessions can be taken either in an individual or in a group supervision setting. One individual supervision session lasts 45 minutes, whereas one group supervision session lasts 90 minutes.

Diploma exam

The second phase of the training ends with five diploma exams in the programs E and K and six exams in the program C. In program E, for example, the following fields are subject of the diploma exams: Individual Adult Case Examination Including Depth Psychological Understanding of Dreams; Clinical Psychiatry, Diagnosis and Therapy; Depth Psychological Understanding of a Myth or Fairy Tale; Depth Psychological Understanding of Pictures or Sandplay Processes in Adults and its Application; The Individuation Process and its Symbols; Discussion of the Thesis.

Timeline Analytical Psychotherapy Program E



Key

<i>duration of training</i>	<i>clinical experience</i>	<i>casework</i>
<i>theory</i>	<i>(case responsible)</i>	<i>supervision</i>
<i>training analysis</i> <i>(self-experience)</i>	<i>written papers</i>	

Please find a detailed overview of the exams and the requirements in each program at the end of the Curriculum Psychoanalysis available on the Institute's homepage.

Costs

Approximate costs for all programs (as of January 2018):

enrollment, admission committee, semester, and exam fees	30'000 CHF
training analysis (per session/45 mins: 135 CHF ¹)	20'250 CHF
individual supervision (per session/45 mins: 135 CHF)	6750 CHF
group supervision (per session/90 mins: 50 CHF)	3'500 CHF
30 sessions individual or group supervision	1'500 – 4'050 CHF
Total	62'000 – 64'550 CHF

Not included in these fees are travel, board and accommodation costs, individually required study material, as well as possible additional fees (e.g. practice license).

Dates

Lectures and seminars in English are offered in three-week (English) blocks 3 times a year (February, June/July and October/November). Courses in German are offered during the regular semester on Thursdays, Fridays and Saturdays. Exams will be held shortly before, during, or shortly after the English blocks in February and June.

Application and selection procedure

Once all the documents have been sent to the C.G. Jung Institute, the selection procedure can last up to two months. The application should, therefore, be submitted at least three months before the intended beginning of the training. The training can be started in April and October, at the beginning of each semester. The Admission Committee reviews the applications on a first come first served basis.

Please send the following documents along with your application form (www.junginstitut.ch) in quadruplicate to the administration of studies:

- a recent photo
- a photocopy of the academic diploma
- a brief biography (5 to 10 pages), in which the most important moments and personal, inner experiences are described: especially analyzing conflicts, crises or problems in different periods of life, as well as describing encounters with Jungian Psychology, and outlining the reason and motivation to study it
- confirmation of hours of analysis (self-experience)
- payment of the application fee (300 CHF, no refund)

¹ Average fee in Switzerland

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