

# Psychoanalysis

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

## **Objective**

The main objective of this program is to enable the participants to practice as Jungian psychoanalysts 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 and thesis semesters are not included in the minimum number of regular training semesters.

## **Admission Requirements**

Those applying for the training must be at least 25 years old and provide evidence of a Master's degree from a university or college, as well as 50 hours of self-experience in Analytical Psychology.

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 an analyst, 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, Küsnacht. 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 clients analytically 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 clients under the guidance of a supervisor accredited at the C.G. Jung Institute, 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 a Jungian analyst.

### *The training analysis*

The training analysis (self-experience) is the core of the training. It accompanies the entire course of training, comprises at least 300 hours 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 400 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.

While basic subjects are to be taken prior to the intermediate exams, advanced subjects are reserved for the second phase of the studies. Mostly, however, the lectures and seminars can be attended at will. Depending on the program, several written papers have to be submitted. A more comprehensive scientific paper, the thesis, is expected from candidates in all programs. Its contents are subject of the "thesis discussion" diploma exam. The thesis should verify the student's ability to conduct scientific research.

### *Clinical experience*

During the clinical internships (at least 12 weeks full time with 40 hours per week, part-time internships last longer accordingly), the students should gain practical experiences with a broad spectrum of psychological illnesses.

For the adults program E, an internship of at least twelve weeks (uninterrupted and at least 50% part-time) in an inpatient or outpatient psychiatric/psychotherapeutic or psychosomatic institution for adults must be completed. For the children/adolescents program K, it must be twelve weeks in a corresponding inpatient or outpatient psychosocial care institution for children and/or adolescents. Correspondingly, students in the combined program C should acquire clinical experience both with adults and with children and adolescents within their three-month internship.

Both paid and unpaid work experience count as internships.

Clinical internships have to be completed after having finished university. They should take place during the postgraduate training at the Institute. Internships that have been completed up to 6 years before the start of training may be recognized on a case-by-case basis.

#### *Intermediate exams*

In all three programs, the first phase of the training ends with a series of eight intermediate exams.

In the program E, for example, the following fields are subject of the intermediate exams: Comparative Developmental Psychology; Psychodynamic Concepts of Mental Disorders; Fundamentals of Psychiatry and Psychopathology; Fundamentals of Analytical Psychology; Depth Psychology of Myths and Fairy Tales; Depth Psychology of Adult Dreams; Comparative Religion; Fundamentals in Ethnology.

#### *Supervised analytical casework with clients*

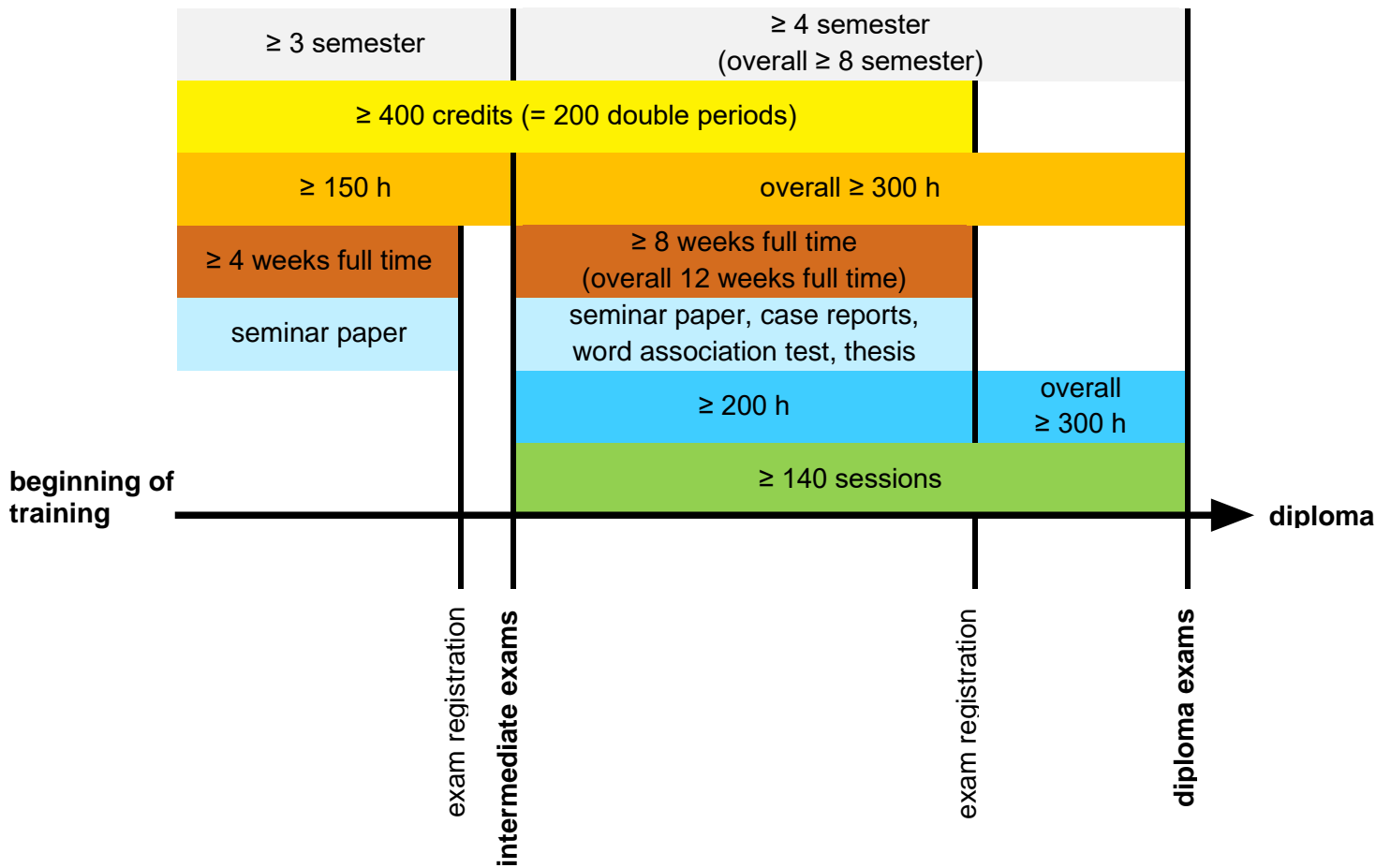
After being appointed diploma candidate or entitled to do casework, each student has to complete at least 300 case hours in the programs E and K, and at least 400 hours in the program C. Each diploma candidate enrolled in program E has to work with at least three clients, those in program K with at least four, and those in program C with at least five. 45 minutes count as one case hour.

The analytic casework that is done with clients 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 supervisors accredited by the C.G. Jung Institute for its entire duration. The casework must be complemented by a total of at least 140 supervision sessions for the programs E and K, of which at least 80 sessions must be completed in individual and at least 60 sessions in group supervision. As for the program C, the casework must be complemented by at least 180 supervision sessions, of which at least 100 sessions must be in individual and at least 80 sessions in group supervision. 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 six diploma exams in the programs E and K and eight 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 Psychoanalysis Program E



### Key

|  |  |                    |
|--|--|--------------------|
| <i>duration of training</i>                | <i>clinical experience (internships)</i> | <i>casework</i>    |
| <i>theory</i>                              | <i>written papers</i>                    | <i>supervision</i> |
| <i>training analysis (self-experience)</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 the programs E and K (as of January 2018):

|  |                   |
|--|-------------------|
| enrollment, admission committee, semester, and exam fees       | 31'080 CHF        |
| training analysis (per session/45 mins: 135 CHF <sup>1</sup> ) | 33'750 CHF        |
| individual supervision (per session/45 mins: 135 CHF)          | 10'800 CHF        |
| group supervision (per session/90 mins: 50 CHF)                | 3'000 CHF         |
| <b>Total</b>   | <b>78'630 CHF</b> |

Approximate costs for the program C (as of January 2018):

|  |                   |
|--|-------------------|
| enrollment, admission committee, semester, and exam fees       | 31'780 CHF        |
| training analysis (per session/45 mins: 135 CHF <sup>2</sup> ) | 33'750 CHF        |
| individual supervision (per session/45 mins: 135 CHF)          | 13'500 CHF        |
| group supervision (per session/90 mins: 50 CHF)                | 4'000 CHF         |
| <b>Total</b>   | <b>83'030 CHF</b> |

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](http://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)

---

<sup>1</sup> Average fee in Switzerland

<sup>2</sup> Average fee in Switzerland

## Contact

C.G. Jung-Institut Zürich, Küsnacht, Hornweg 28, CH-8700 Küsnacht

Phone +41 44 914 10 40

URL [www.junginstitut.ch](http://www.junginstitut.ch)

Mail [cg@junginstitut.ch](mailto:cg@junginstitut.ch)

Nataschia Quaglia (Administration of Studies)

E-Mail [quaglia@junginstitut.ch](mailto:quaglia@junginstitut.ch)

Dr. Wolf-Jürgen Cramm (Director of Studies)

E-Mail [cramm@junginstitut.ch](mailto:cramm@junginstitut.ch)

