



The Institute of Contemporary Psychoanalysis

introduction

The Institute of Contemporary Psychoanalysis was founded in 1991 by a group of senior psychoanalysts who saw the need for a new approach to psychoanalytic training. There are currently over 300 members and candidates at ICP.

ICP is a center for inquiry, clinical training, and research. We offer the full scope of psychoanalytic training to individuals with those personal, intellectual, and ethical qualities that make a good psychoanalyst. We welcome applicants from a variety of disciplines who wish to obtain psychoanalytic training that incorporates the principles of academic freedom and participatory democracy.

the psychoanalytic psychotherapy training program

An important goal of the Psychoanalytic Psychotherapy Training Program - Portland is to provide licensed clinicians with an opportunity to study contemporary psychoanalytic approaches and their application to psychotherapy. Training ranges across many theories and practices, exploring the many excellent innovations in contemporary psychoanalysis. Our aim is to bring these trends into focus facilitated by seminars and small consultation groups. These two components of the program each consist of thirty weeks, divided into three trimesters of ten weeks each. Many PPT students have found the PPT Program to be an excellent foundation for continuing on to the ICP Training in Psychoanalysis Program.

small group consultation

The consultation groups are facilitated by an ICP analyst. The groups meet weekly in the analyst's office at an appointed time. These groups afford students the opportunity to deepen their clinical skills in a safe and nurturing environment. Students will be awarded a certificate in psychoanalytic psychotherapy upon completion of the program.

the case centered clinical psychoanalytic psychotherapy training program

The Contemporary Psychoanalytic Psychotherapy Training (PPT) Program is CASE-CENTERED. Our concern is to demonstrate the HOW of contemporary psychoanalysis (the clinical process) as well as to teach the WHAT (the theory).

In this thirty week program, ICP analysts will present approximately fifteen (15) clinical cases. In the first week's presentation one analyst will present a case and a theoretical and clinical strategy for that case. Presenters will choose complex and rich clinical situations and, taken as a whole, the group of cases will be thematically and theoretically diverse. Students will explore and engage in the clinical possibilities of each case. Cases might highlight an important analytic concept like trauma or transference/countertransference tangles; a relational issue such as a therapeutic rupture; a life stage crisis; a loss; a character structure; a marital or parenting problem; etc. Each case will demonstrate a clear clinical strategy deriving from a major contemporary theoretical perspective, for example, developmental/attachment, self-psychology, intersubjectivity, relational, interpersonal, object relations, or dynamic systems theory.

During the second week for each case, another ICP analyst will respond to the initial presentation with an alternate clinical approach and theoretical ideas. ICP welcomes student participation at every level of learning, and in the course of the year, students will be encouraged to participate in the discussions of the clinical presentations and responses. The readings, drawn from eminent contemporary psychoanalytic publications, are limited but very relevant to each case presentation. In addition to class experience, students in the CASE-CENTERED PPT Program will participate in weekly small group clinical consultation meetings. These weekly groups afford students the opportunity to deepen their clinical skills using their existing clients.