

Colloquium 1

"Admission to psychoanalytic therapies under supervision"

Contents based on the psychoanalytic specialization PSI Innsbruck,
in cooperation with the SFU Vienna

Successful completion of Colloquium 1 constitutes proof of qualification to carry out psychoanalytical therapies with patients under supervision. After completing the colloquium, students receive the title "Psychotherapist in training under supervision (psychoanalysis)". Students' personal self-assessment of their own strengths and weaknesses in working with patients should also be reflected upon as an individual basis for registering for the colloquium.

Formal requirements for registering for the colloquium 1:

1)

- **Completion of the psychotherapeutic propaedeutic course**
- **Existence of a legal source profession or existing letter of authorization**
- **Positive admission procedure at SFU, compulsory elective subject psychoanalysis**

2) Participation in theory seminars, corresponding to the theoretical foundations of 4 semesters of subject-specific training at PSI

These basics are taught as part of the successfully completed courses of the specialist course in semesters B5, B6 and M1. An additional requirement is confirmation of successful participation in courses on taking a medical history and initial consultation demonstrations.

3) Partial completion of the internship

The prerequisite for being awarded the status of "psychotherapist in training under supervision" by the respective training institution is **the proven completion of a large part of the internship (at least two thirds, i.e. 367 hours)** in accordance with the supervision guidelines according to the [Federal Ministry](#). The internship must be subject-specific, i.e. psychoanalytically supervised.

Recognized internship positions are listed in the Federal Ministry's list. If you cannot find your position there, please contact the PSI. A prerequisite for recognition is the possibility of applying psychoanalytical knowledge in contact with patients.

4) Partial completion of the training analysis (min. 150 hours)

5) Attendance of the course on internship supervision (at least 20 hours)

6) Supervised anamnesis

By the time of registration for the colloquium date, 5 case histories must have been supervised. 3 of these must be written and submitted. **All supervisions of the case histories must be completed with teaching analysts from the PSI/SFU staff.**

The supervision of case histories can partly take place as part of the psychoanalytic course on the theory of illness, treatment techniques, case history taking or internship reflection. As part of this course, in addition to the theoretical basics of case history taking, there will also be ample opportunity to present and discuss your own case histories in the group. One of the oral histories can be based on an initial interview conducted with a patient in the presence of a training analyst (e.g. a one-hour initial interview at the SFU outpatient clinic in the presence of the head of the outpatient clinic). Supervision with a supervisor can be financed from the SFU contingent.

The written case histories are to be compiled on the basis of interviews with patients, usually lasting several hours. It is possible to write 1 of the case histories from work with children or adolescents.

7) Written self-reflection on own development and work with patients

The primary aim is to reflect on personal development in the context of psychoanalytic training. Specific interaction situations with patients should also be discussed. These can originate from the initial interviews, from the student's own psychosocial work (e.g. internship) or from ongoing therapies (for those students who are already legally authorized to treat). In particular, the reflection should cover the student's own perceived abilities, the difficulties experienced and the resulting need for development.

Procedure of the colloquium 1:

Schedule

Registration must be made in writing to the PSI office (office@psi-innsbruck.at) at least 4 weeks before the chosen date. At least 3 weeks in advance, the written anamnesis and self-reflection must be sent by e-mail to the PSI office and to the teaching analysts who will conduct Colloquium 1.

If there are any problems with the anamnesis, the respective teaching analyst(s) will provide feedback. The case histories can be corrected by the students up to the start of the colloquium. If the above-mentioned requirements are not met, the colloquium must be completed at a later date.

Procedure and content

The colloquium takes the form of an interview with 2 teaching analysts. It lasts approximately 40 to 60 minutes. In terms of content, the beginning therapeutic work is discussed in combination with personal self-reflection and individual professional points. Personal and professional aspects should complement each other, whereby no examination in the sense of a mere factual survey is carried out. Rather, the interview should reveal that the candidate is capable of discussing and understanding psychoanalytic issues with reference to the specialist literature listed separately. Only the literature that has been worked on up to this point is expected to be known. The exemplary selection of specialist literature is intended to illustrate the breadth of psychoanalytic understanding. Students can refer to it according to their personal life experience. The result of Colloquium 1 will be communicated to the candidate immediately.

Costs

A processing fee of €150 is currently payable to PSI.

Dates

A Colloquium 1 appointment is offered at PSI at least once a quarter. Depending on the situation, Colloquium 1 can also be completed online.

How do you get to the medical history interviews?

In order to be able to prepare the necessary anamnesis, 3 variants are possible:

Variant A

During your specialist internship at the respective institution (e.g. Otto Wagner Hospital, AKH), you will have the opportunity to conduct individual interviews with patients with the consent of the internship

supervisor. These interviews will be documented by you, psychoanalytically supervised and provide the basis for taking a medical history.

Variant B

During an internship at the SFU outpatient clinic, individual interviews can also be completed as anamnesis interviews by working with patients in an individual setting. These interviews should be documented and closely supervised. After passing colloquium 1, those patients should be continued. Prerequisites for the individual interviews to take a medical history at the SFU outpatient clinic:

- A) Participation in at least one initial interview demonstration
- B) Registration for participation in a supervision group

Variant C

If you have had too few opportunities for one-to-one meetings as part of your subject-specific internship or have only worked with children so far, you can choose a combination of option A and B.

Exemplary selection of LITERATURE for Colloquium I

Blackman, Jerome S. (2003): 101 Defenses: How the Mind Shields Itself, New York (Brunner Routledge).

Eckstaedt, Anita (2005): Die Kunst des Anfangs, Frankfurt/Main / (Suhrkamp Verlag).

Freud, Sigmund (1972): Die behandlungstechnischen Schriften von 1911-1915. study edition supplementary volume. Frankfurt/Main. (Fischer Verlag) pp. 143-230.

Freud, Sigmund (1972): Die Traumdeutung, Studienausgabe Bd. 2, Frankfurt/Main (Fischer Verlag).

Freud, Sigmund (1972): Lectures on the Introduction to Psychoanalysis. Studienausgabe Vol. 1 Frankfurt/Main (Fischer Verlag) pp. 34-447.

Kutter, Peter/ Müller, Thomas (2008): Psychoanalysis: an introduction to the psychology of unconscious processes. Stuttgart (Klett-Cotta).

McWilliams, Nancy (2011): Psychoanalytic Diagnosis. Second Edition. New York (The Guilford Press).

Mentzos, Stavros (2000): Neurotic conflict processing. Frankfurt/Main (Fischer Taschenbuch Verlag).

Mentzos, Stavros (2009): Textbook of psychodynamics. The function of the dysfunctionality of mental disorders. Göttingen (Vandenhoeck Ruprecht).

Mertens, Wolfgang (2000): Introduction to psychoanalytic therapy. Vol. 1 Stuttgart (Kohlhammer).

Mertens, Wolfgang (2004): Introduction to psychoanalytic therapy. Vol. 2 Stuttgart (Kohlhammer).

Mertens, Wolfgang (2007): Introduction to psychoanalytic therapy. Vol. 3 Stuttgart (Kohlhammer).

Müller-Pozzi, Heinz (2002): Psychoanalytisches Denken: Ein Einführung. 3rd revised edition. Bern (Verlag Hans Huber).

Morgenthaler, Fritz (2005): Technique; On the dialectics of psychoanalytic practice. Giessen (Psychosozial Verlag).

Racker, Heinrich (2002): Transference and countertransference. Munich (Reinhard Verlag).

Mustard, Wolfgang/ Broda, Michael (2004): Practice of psychotherapy. Stuttgart (Thieme).

Thomä, Helmut/ Kaechele, Horst (1996) Lehrbuch der psychoanalytischen Therapie, Bd 1. Grundlagen. 2nd revised edition. Berlin, Heidelberg, New York (Springer Verlag).

Thomä, Helmut/ Kaechele, Horst (2006) Psychoanalytic therapy. Practice. 3rd, revised and updated edition. Heidelberg (Springer Medizin Verlag).

Will, Herbert (2006): Psychoanalytic Competencies. Standards and goals for psychotherapeutic training and practice, Stuttgart (Kohlhammer).

Wöller, Wolfgang/ Kruse, Johannes (2002): Depth psychology-based psychotherapy. Stuttgart (Schattauer Verlag).