

WCSPP HANDBOOK

CHILD, ADOLESCENT, AND PARENT PSYCHOTHERAPY TRAINING PROGRAM

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I. CHILD, ADOLESCENT, AND PARENT PSYCHOTHERAPY TRAINING PROGRAM (CAPP)

A. Statement of Purpose

The two-year Child, Adolescent, and Parent Psychotherapy training program is designed to provide candidates with a solid theoretical and clinical foundation in working with children, adolescents and their parents. The program has two components: coursework and clinical training.

Candidates meet every Tuesday evening on a trimester schedule. Coursework offers a range of contemporary approaches to psychoanalytically informed psychotherapy relevant to child and adolescent patients as well as to parenting. Instructors are representatives of various theoretical persuasions informed by relational perspectives.

Licensed candidates work with patients from The Psychotherapy Service. Simultaneously, candidates meet weekly with their supervisors. Candidates are encouraged to develop their own personal styles, informed by prior experience, classwork, and supervision in their clinical work. Personal psychotherapy, in conjunction with training, is strongly recommended.

In unusual circumstances, candidates without licenses to practice independently may take coursework without the clinical component of the traditional program but will not receive a certificate of completion. They will receive a letter attesting to their academic work.

B. Training Process and Evaluation

1. Academic Work

At the conclusion of each trimester, the instructor will submit to CAPP Directors a brief evaluation regarding the attendance and class participation of each candidate in that particular course. Candidates are expected to attend all classes and the Town Meeting at the end of each trimester. Should there be more than two absences per trimester, additional work will be assigned by the instructor.

2. Supervision

Supervisors collaborate with candidates to ensure a meaningful therapeutic endeavor and also provide guidance in creating a therapeutic frame including fee setting and fee collection. Emphasis is placed upon clinical issues, most importantly psychodynamics, developmental challenges, intergenerational transmission of trauma, and theoretical understandings. Administrative tasks including treatment reports, termination reports,

and a careful recording of hours and fees, will also be addressed. The supervisor and candidate should pay careful attention to delays in payments which present both practical and treatment issues. Supervisors can also serve as advisors.

Candidates select supervisors from CAPP's designated list. Supervisors meet with the candidates for a minimum of 40 sessions. Each candidate is required to complete 2 blocks of supervision (40 sessions each) with 2 different supervisors. The supervisory work must be focused on the treatment of one or more Psychotherapy Service patients. (See the Psychotherapy Service Manual). All training patients must be seen for a minimum of once a week for at least 32 of the 40 supervisory units.

Evaluations are written by each supervisor after 20 hours and again at the conclusion of 40 hours of supervision. These evaluations are shown to the candidate, discussed and signed by both supervisor and candidate. They are kept on file with the Directors of CAPP.

In the first year, supervisors will be assigned by the directors to each candidate. In the second year, candidates can select a supervisor from CAPP's list of approved supervisors.

3. Personal Psychotherapy

Personal psychotherapy within a psychodynamic tradition is optional, but strongly recommended. However, there are certain circumstances in which personal psychotherapy may be required at the discretion of the directors of the Child, Adolescent, and Parent Psychotherapy Training Program. Many faculty members and graduates are committed to providing reduced fee psychotherapy/psychoanalysis to candidates with financial constraints.

4. Leave of Absence

A candidate who needs to take a leave of absence should submit a letter to the program, formally requesting time away from the program and including the reasons for the request. A consultation between the directors and the candidate will follow shortly after receipt of the letter. Leave may be granted for up to one year without reapplying to the program.

5. Graduation

Candidates who are still completing the clinical or other requirements of their program after coursework is complete will be charged a matriculation fee per trimester until completion of the program requirements.

In unusual circumstances, some candidates may take coursework without the clinical component of the traditional program but will not receive a certificate of completion. They will receive a letter attesting to their academic work.

6. Psychotherapy Service

Purpose: The Psychotherapy Service of WCSPP offers psychoanalytically oriented treatment to the public on a sliding scale. The treatment is provided by candidates who are fulfilling their educational requirements.

Requirements for Graduation of Academic and Clinical Certificate: The minimum requirement for graduation is 80 hours of supervision of psychoanalytic psychotherapy with Psychotherapy Service training patients. The Director of the program has the discretion to require more than the minimum requirement of supervision for any given candidate.

Candidate Responsibilities: Prior to receiving a treatment case, each candidate must have private office space in which to see patients either virtually or in person and a supervisor selected from our list of approved supervisors. Candidates who are not independently licensed, such as LMSWs, should discuss procedures related to supervision with their supervisor and/or Program Director. Each candidate must have current copies of the state license and malpractice insurance certificate on file with the WCSPP Administrator. All candidates are expected to maintain ethical standards of their profession and consult with their supervisor over these issues. **All candidates must review and sign our Code of Conduct.** Vacation coverage or coverage because of illness or personal reasons should be arranged by the candidate with another Psychotherapy Service therapist.

All Candidates must follow Crisis Case Management of Training Cases: Any time a Psychotherapy/Psychoanalytic patient may be at risk, it should immediately be reported to the Supervisor who will review with the candidates the steps to be taken.

The steps include:

1. An assessment of risk and determination if the patient needs immediate admission to a hospital.
2. If hospitalization is not required, the plan of treatment will combine the following:
 - Regular contact with the patient during a crisis;
 - Additional sessions and/or phone contact, as it is necessary;
 - Working with the patient to develop a support network; and
 - A plan of activities during the critical period.
3. The patient should be instructed to call 911 if they cannot reach the therapist and do not feel safe.

4. Family of the patient will need to be involved to provide supervision of the patient, especially in the case of children and adolescents.

Should the supervisor not be available, the candidate is instructed to call one of the directors of the program.

The therapist will report regularly thereafter to the Supervisor regarding updates on the patient's condition.

SEE PSYCHOTHERAPY SERVICE MANUAL FOR FURTHER DETAILS.

Practice Development: The Psychotherapy Service is committed to helping candidates and new graduates build their private practices. Consequently, candidates and graduates who are interested in receiving reduced fee referrals should contact the director of the Psychotherapy Service. Referrals to private practices can only be made after all candidates have training patients.

7. Continuing Education Hours

WCSPS candidates who are NYS Licensed Clinical Social Workers, Licensed Psychologists, Licensed Masters of Social Work, Licensed Psychoanalysts, Licensed Marriage and Family Therapists, Licensed Mental Health Counselors, and Licensed Creative Arts Therapists can receive Continuing Education (CE) credits by fulfilling the following requirements:

Module 1: Classes 1 – 5 for 6 CE hours

1. Attend all classes – **100% attendance of classes 1 – 5**
2. After class 5, complete and return the provided evaluation form

II. Psychoanalytic Association

The Psychoanalytic Association was formed for the purpose of fostering the development and interests of the candidates and graduates of all programs of the Institute. The Association meets three times a year, and sponsors a range of professional and social activities. Membership dues are paid on a yearly basis. The first year of membership is free for all first-time candidates. Members are included in the WCSPS directory, are part of the WCSPS listserv, and are included in the Association's subscription to PEP-Web, which provides online access to numerous major psychoanalytic journals.