

# **WCSPP HANDBOOK**

## **ONE-YEAR COUPLES THERAPY TRAINING PROGRAM**

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## **I. COUPLES THERAPY TRAINING PROGRAM**

### **A. Statement of Purpose**

The one-year Couples Therapy Training Program is designed to increase the candidate's knowledge in the theory and practice of couples therapy. It integrates contemporary psychoanalytic thinking with systems theory from a clinical perspective.

### **B. Training Process and Evaluation**

#### **1. Academic Work**

At the conclusion of each trimester, the instructor gives the Directors of the Couples Therapy Training Program a brief evaluation regarding the attendance and class participation of each candidate in that particular course. Candidates are expected to attend all classes. Should there be more than 2 absences per course, additional work will be assigned by the instructor. Evaluations of candidates will be completed by the course instructors and may be discussed by Couples Program faculty.

#### **2. Supervision**

Candidates are required to see couples in couples therapy as part of the educational requirements of the Couples Therapy Training Program. Candidates are required to be supervised on their clinical work with couples and to select supervisors from WCSPP's designated list of supervisors for the Couples Therapy Training Program. Supervisors may not supervise more than two supervisees from the WCSPP training programs. Every candidate must complete 30 supervisory sessions with one supervisor. For the supervision to count toward graduation, one needs to be seeing a Psychotherapy Service case, and all policies and procedures in the Psychotherapy Service Manual need to be followed. All training patients must be seen for a minimum of 24 of the 30 supervisory sessions; if this does not occur additional supervision will be required. If more than one couple is used to meet the supervisory requirement, each couple must be seen for at least 8 sessions to qualify. It is strongly recommended that a couple being seen for training purposes be seen once a week for at least the first eight weeks of the treatment.

Supervisors focus on issues around setting the therapeutic framework including fee setting and collection, and policies regarding cancellations and vacations. Emphasis is placed upon clinical issues, psychodynamics, systems issues and theoretical understanding. Administrative tasks such as treatment reports, termination reports, and accountability to the Psychotherapy Service will also be addressed.

Evaluations for the candidate's clinical work are written by the candidate's supervisor after 15 hours and again at the conclusion of 30 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 the Couples Therapy Training Program. The Directors of the program have the discretion to require more than the minimum requirement of supervision for any given candidate when more clinical experience is considered necessary in order to demonstrate the required skill level.

### **3. Psychotherapy Service**

Purpose: The Psychotherapy Service of WCSPP offers couples treatment to the public on a sliding scale. The treatment is provided by candidates in the Couples Therapy Training Program who are fulfilling their educational requirements.

Candidate Responsibilities: Prior to receiving a treatment case, each candidate must have private office space in which to see couples 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 copies of his or her 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 about these issues if necessary. **All candidates must review and sign our Code of Conduct.** Candidates are expected to cover their cases, that is be available by phone if necessary during vacations. If that is not possible, or if there is a clinical coverage needed because of illness or personal reasons, the candidate should arrange coverage by another WCSPP therapist with input from their supervisor.

#### All Candidates must follow Crisis Case Management of Training Cases:

Any time a patient may be at risk, the therapist should immediately report this to the Supervisor who will review with the candidate 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 may need to be involved to provide supervision of the patient.

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

Should the supervisor not be available, the candidate is instructed to call one of the Directors of the program. Should all of the above be unavailable, the candidate should call a member of the Program's Faculty.

SEE PSYCHOTHERAPY SERVICE MANUAL FOR FURTHER DETAILS.

#### **4. Individual Therapy**

Individual therapy for candidates is optional, but recommended if the candidate has had limited experience in psychotherapy. If personal issues emerge during the course of learning that the Directors of the Couples Therapy Training Program believe are interfering with the candidate's performance, the candidate will be encouraged to seek the help of individual or couple therapists. There are faculty and graduates from WCSPP who are available to see candidates at reduced rates.

#### **5. Continuing Education Hours**

WCSPP 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

#### **6. Graduation**

Candidates who are still completing the clinical or other requirements of the 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.

## **II. PSYCHOANALYTIC ASSOCIATION**

The Psychoanalytic Association was formed for the purpose of fostering the development and interests of the candidates and graduates of WCSPP. It sponsors a range of professional and social activities. There is no cost for the first year of membership for new candidates. Members are included in the WCSPP directory, are part of the WCSPP listserv, and are included in the Association's subscription to PEP-Web, which provides online access to numerous major psychoanalytic journals.