

PSYCHOANALYTIC PSYCHOTHERAPY TRAINING PROGRAM (PPTP)

A program of MPSI – the Minnesota Psychoanalytic Society and Institute

www.mpsi.org

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PPTP Handbook

Welcome to the Psychoanalytic Psychotherapy Training Program (PPTP) at the Minnesota Psychoanalytic Society and Institute (MPSI).

Class Meeting Location:

For 2021-2022, All classes will meet via Zoom videoconferencing.

You will receive links for the classes from individual instructors or the MPSI administrators. You will need to organize these links so you can access them throughout the trimester.

Class Meeting Times/Dates

Classes meet on Friday afternoons. There are three semesters per year and three classes per trimester.

Class 1 12:15 to 1:30

Class 2 1:45 to 3:00

Class 3 3:15 to 4:30

- Fall Trimester: September 10, 17, 24 October 1, 8, 15, 29, November 5, 12, 19
- Winter Trimester: December 3, 10, 17 January 7, 14, 21, 28 February 4, 18, 25
- Spring Trimester: March 4, 11, 18, 25 April 1, 8, 22, 29 May 6, 13

Participants

Students attending the PPTP classes come from various organizations, agencies, private practices, as well as local clinical mental health training programs. MPSI has developed professional relationships with MPSI Psychotherapy Center and Prairie Care and provides training to clinicians and interns. MPSI also provides training to individual clinicians from the greater community who are interested in analytic theory and practice.

To be eligible for the Minnesota Psychoanalytic Psychotherapy Training Program, ALL persons must:

- Be enrolled in or have completed a post-graduate degree program in a mental health field such as psychology, social work, or counseling.
- Be licensed or eligible for licensure as an MD, LP, LGSW, LCSW, LICSW, LMFT, LPC, or LPCC

While it is not necessary to have a private practice, it is necessary to be working in some clinical capacity so that you are able to bring your own clinical experiences and dilemmas to the classes and to the case conferences.

MPSI Psychotherapy Center

The MPSI Psychotherapy Center was founded in 2009 by a group of mental health clinicians and community leaders with a vision to make psychoanalytic psychotherapy more accessible and affordable for underserved populations. The Psychotherapy Center offers an alternative to other community psychological services because of its freedom from the constraints of insurance requirements and its commitment to providing intensive services that bring long-term results. All staff are unpaid, including Fellows/Interns, in an effort to keep costs low and enable the Psychotherapy Center to devote its resources to offering low cost therapy.

Each Fall, the MPSI Psychotherapy Center accepts six to seven Fellows/Interns to take part in a one- or two-year Clinical Fellowship. Each Fellow/Intern is at least a master's level mental health practitioner working toward licensure or a mid-career licensed psychotherapist deepening their clinical skills. In return for the cost of immersion in psychoanalytic thinking and practice, Fellows/Interns commit to providing a minimum of 8-10 hours of psychotherapy services per week to patients at the center for 1 full calendar year (Sept-Sept). The total time investment for Fellows/Interns is approximately 20 hours per week.

While Fellows/Interns are providing psychotherapy services, they also participate in the first year of classes in the MPSI Psychoanalytic Psychotherapy Training Program (PPTP) and receive intensive supervision, including two hours of group and two hours of individual supervision per week. All supervisors are graduates of PPTP and at least one of the individual supervision hours is with a MPSI volunteer drawn from the ranks of MPSI professionals with extensive psychoanalytic training and years of experience.

Fellows/Interns are encouraged to complete a second year at the Psychotherapy Center and continue to receive the same program benefits (the second year of PPTP classes, 2 hours group supervision, 2 hours individual supervision) in exchange for the cost of the program.

PrairieCare

PrairieCare's Psychodynamic Mentorship program was created and established in close connection with MPSI and PPTP. Leadership within PrairieCare chose to invest in supporting their staff and improving services by offering the opportunity to deepen the education of therapists (and those on track to become therapists) in the areas of psychodynamic theory and technique. The mentorship program lasts for one academic year and is designed to be very similar to the first year of PPTP through an ongoing collaboration between the two organizations. The vast majority of the classes are in fact the very same material being taught by the same instructors for the same number of hours, although the schedule is structured differently. The three main components of the mentorship program are:

1. Classes
2. "Pods" (small group supervision/case consultation)
3. Individual supervision with designated Mentors within PrairieCare

All staff who are designated as mentors have completed PPTP. All "Pod" supervisors are current or past PPTP faculty. Individual and small group supervision provided for mentees is considered

equivalent to half of the supervision requirements for PPTP (30 hours). Mentees are selected from within PrairieCare through an application review process based on a variety of factors, including commitment to clinical practice, and how long they have been working in their current role within the company. There is an expectation that mentees will take on a small caseload of 1-2 clinic patients by the end of the program if their role does not already provide for this.

Admission Procedures

1. For the most current information, please see our website at mpsi.org or <https://mpsi.org/Psychoanalytic-Psychotherapy-Training-Program> to confirm the due date and procedures for applying.
2. All applications are reviewed by the PPTP Committee and applicants may be interviewed either in person or by phone. Applications may be deferred for one year after which an applicant must re-apply.

Two Participation Paths:

1. Certification Path

Requirement: Complete 70% class attendance and 60 hours of individual supervision.

- Supervision needs to be with an experienced psychoanalytic clinician who is a member of MPSI. Supervision will be \$75.00/hour and arranged individually between supervisor/supervisee. It is the supervisee's responsibility to seek out approved supervisors. Attendees are encouraged to use multiple supervisors.
- The Supervisory hours do not need to be completed within the two years when coursework is completed. For a list of approved supervisors, see <https://mpsi.org/Current-PPTP-Info>.
- Up to 4 hours of Supervision a year (8 hours total) can be used by participation in an 8-week Process and Technique group in which the student is a regular attendee and presents a case at least once.
- Upon completion of supervision hours, students must submit a completed supervision form to admin@mpsi.info by May 1st. Students that complete all requirements (attendance, supervision, submission of supervision form) will receive a Certificate of Training at the MPSI Spring Celebration and Recognition Event.

2. Non-certification Path

No requirements. Students take as many classes as they wish in the two years. Students may switch between paths.

Student Expectations

Students are expected to complete all assigned readings, attend classes, and actively participate in class discussions. Any concerns or issues that arise with readings, instructions, or the program should be immediately directed to the instructor if applicable, or to one of the committee members.

Technology Requirements

All students will need reliable high speed internet in order to access classes on Zoom. Additionally, students are expected to be able to access and use basic online file sharing systems. PPTP currently uses Google Drive as a hub for course syllabi and some of the reading materials. Some teachers may email syllabi and readings directly to you while others may use Google Drive: this will be clarified for you by your individual teachers. Each student will be added to the Google Drive folder for their respective classes, where they will be able to find a copy of the syllabi and many of the readings for the course. Please be aware that invitations to join Google Drive sometimes

go into SPAM folders, and double check there if you believe you should have received an invite but have not seen one in your inbox. It is advisable (though not required) to use a Gmail address where possible for the most seamless use of Google Drive.

Readings

It is the responsibility of the students to retrieve and/or access and print the course reading materials. Many of the readings will be found on PEPWeb and may be either downloaded for computer access or printed if you prefer. If books or bound readings are assigned, students are expected to purchase these at their own expense. Instructors are encouraged to distribute reading requirements well before the beginning of classes.

PEPWeb

Students in the full three-trimester program are provided with a PEPWeb account for use during their PPTP coursework. To receive this access, students must provide their name, mailing address, email and phone number to MPSI's administration. You will receive an email prompt to complete this task. Students will receive login information via email directly from PEPWeb. If the password is changed from the initial password, users must use the PEPWeb system to retrieve or reset it. This PEPWeb account will expire after students complete the PPTP program.

A note to students who are taking one class, or who join during the second or third trimester: because of the nature of PEPWeb's policies, we are only able to add new members a few times each year. Due to this limitation, we are sometimes unable to offer PEPWeb to a la carte students. Unfortunately, this is not something MPSI can change. We encourage you to network with your classmates to see if you can obtain articles that way. Instructors may also be able to provide you with articles from PEPweb in the event that you do not have access due to PEPWeb restrictions.

Additionally, students taking classes a la carte can join MPSI at any point during the year, at the student rate, and receive PEPWeb access for an additional fee. This account will be good for one calendar year and can be renewed along with MPSI membership.

Syllabus, Course Descriptions and Non-PEPWeb Readings

Your instructors will provide you with course reading materials, or tell you where to find them.

Tuition

Tuition may be paid in full at the beginning of the year or in three installments according to the chart below. Tuition payments are due within two weeks of the date of invoicing. Payments can be made by check and mailed to the address below or with the online payment form at www.mpsi.org.

Please make checks payable to MPSI and mail to:

MPSI
Attn: PPTP
100 West Franklin Ave
Suite 100
Minneapolis MN 55404

2021-2022 Tuition Rates

Full Year Tuition	\$2,600
Trimester 1 payment	\$867
Trimester 2 payment	\$867
Trimester 3 payment	\$867

Refunds

Students withdrawing from the PPTP program within the first 2 weeks of classes will receive a 50% refund of that trimester's payment as well as a full refund of any subsequent trimester payments that have already been made. Students withdrawing before classes begin will receive a full refund minus the costs of the PEPWeb subscription.

Evaluations

Class/Instructor evaluations will occur on the last day of each trimester. A link will be provided to complete the evaluation form online. The purpose of the course evaluation is to assess the utility of course material and provide suggestions for instructors so they can improve their teaching methods. After evaluations are read by the PPTP Committee, they will be shared for viewing by the corresponding course instructor. Gathering constructive feedback from individual students is critical for continually improving the overall value of the program.

Class List and Student Contact Information

All Year 1 PPTP students can be contacted via email using pptpyearonestudents@mpsi.info

All Year 2 PPTP students can be contacted via email using pptpyeartwostudents@mpsi.info

If instructors would like to contact students via phone/text, instructors are responsible for collecting that information. Instructors will be given a list of student names before the beginning of each trimester.

Attendance

Attendance will be used to issue certificates so it's important you record your attendance. It is highly encouraged that students remind each other to sign into the attendance log at the beginning of every class. An attendance sheet will be shared amongst your cohort and can be accessed in Google Drive. Please enter your initials for each date and time you attend and place an X in your spot when you are not in a particular class.

CEUs/Licensing Documentation/Tuition Reimbursement

The Minnesota Psychoanalytic Society does not apply to licensing boards for CEUs but there has never been a problem receiving credit for class hours acquired at PPTP. If you plan to use PPTP classes for licensing or credit documentation, you are responsible for keeping all documentation, including syllabi, from each semester. Each student will receive a PPTP Attendance letter stating the total hours of classroom time for use in Continuing Education and/or tuition reimbursement. These letters will be sent at the end of the academic year and will include all course credit received for the previous academic year. You must keep this letter on file, along with your class syllabi, just as you keep CEU certificates on file. Only the hours currently on file in the online Attendance form will be used for the letter data.

Weather Related Closings

PPTP uses the Minneapolis School District closing schedule.

MPS Membership

Full time PPTP enrollment includes annual membership in the Minnesota Psychoanalytic Society. This allows PPTP students to attend MPSI events at the member rate, participate in committees, vote in elections as well as receive other membership benefits. For questions about membership, please visit www.mpsi.org or email membership@mpsi.info.

Administration

PPTP program information, announcements, or other details will be emailed to students and posted on the MPSI website www.mpsi.org. Program questions and comments, special arrangements, etc. can be directed to the PPTP Committee, or to admin@mpsi.info.

MPSI Psychoanalytic Psychotherapy Training Program Ethical Guidelines

The PPTP wants to assure that program participants engage in a high-quality clinical training experience. This involves understanding the expectations of the MPSI Board, faculty and supervisors regarding the boundaries of professionalism, ethics, and the Minnesota laws governing the practice of mental health services. Thus, each PPTP trainee is responsible for understanding, upholding and adhering to:

- * Their respective professional ethical principles and code of ethics
- * Minnesota laws and rules
- * The Health Insurance Portability and Accountability Act.

Confidentiality

The MPSI Board, faculty and supervisors uphold that all mental health professionals have a primary obligation to maintain the privacy of both current and former clients/patients, and to maintain the confidentiality of material that has been transmitted to them in any of their professional roles.

- a) Confidential information should only be released with the written permission of the client/patient.
- b) When confidential information is used for purposes of professional education, the responsibility of the trainee is the protection of the client/patient.
- c) Every effort will be made to protect the true identity of the client/patient. Any presentation of client/patient material will be limited to the amount necessary for the professional purpose and will be shared only with other responsible individuals.
- d) No identifying information, such as name, addresses, etc., regarding a client/patient should be distributed during any case discussion or presentation of process material.

Relationships with Colleagues

PPTP participants act with integrity in their relationships with colleagues and members of other professions. They consider the traditions, practices, and areas of competence of other professionals.

- a) When expressing judgment on the views and findings of colleagues, participants will do so in a manner that is sensitive to the best interests of their colleagues and to their clients/patients.
- b) All trainees foster conditions that assure respect and privacy to colleagues and their clients/patients.