

# Colloquium 1

## “License to carry out psychoanalytic therapy under supervision”

Content based on the psychoanalytic Fachspezifikum (advanced training in psychotherapy)  
PSI Innsbruck  
in co-operation with SFU Vienna

Successfully completing Colloquium 1 qualifies students to carry out psychoanalytic therapy under supervision with patients. Upon completion, students are awarded the title "Psychotherapist in Training under Supervision (Psychoanalysis)". The personal self-assessment of students regarding their strengths and weaknesses when working with patients should be reflected on as an individual basis when registering for the Colloquium.

### Formal requirements for Colloquium 1 registration:

**1) Completion of the psychotherapeutic Propädeutikum (propaedeutic studies). Proof of a legally recognized source profession or existing license. SFU admission process for the modality-specific training in psychoanalysis successfully completed.**

**2) Participation in theory-based seminars, equivalent to the theoretic fundamentals of four semesters Fachspezifikum at PSI.**

These fundamentals can be completed by attending the following B5 to M1 standard SFU courses:

- Scientific Terminology
- Theory of Personality
- Personal Development
- Psychopathology
- Treatment Techniques
- Compiling Anamnesis
- First Interview

**3) Partial completion of the clinical internship: at least 275 hours**

### **4) Supervised anamneses**

Before registering for the Colloquium, five anamneses must be supervised (three in writing). Supervising anamneses may partly take place within the scope of the following psychoanalytic courses: Psychopathology, Treatment Techniques, Compiling Anamnesis, or Reflection of the Practicum. In addition to providing the theoretical basics for compiling anamneses, students may present and discuss their own anamneses in the group during the course.

One of the written anamneses may be based on a first interview with a patient, carried out in attendance of a training analyst (e.g. a one-hour first interview at the SFU Out-Patient Clinic in attendance of Ms. Eva Pritz).

The two remaining written anamneses are to be prepared based on several hours of interviews with patients. It is possible to compile one anamnesis from working with children and youth.

It is recommended to do the Colloquium already after partly completing the clinical internship as students can then already carry out detailed first interviews and compile substantial psycho-dynamic anamneses.

## 5) Written self-reflection

Experiences made regarding one's own personal development and with patients should be reflected on in writing (approx. 2-3 pages) and the personal development during the psychoanalytic training as well as specific interaction situations thus be discussed.

Interaction experiences with patients can derive from conducted first interviews, from the student's psycho-social work (e.g. internship) or from ongoing therapies (for students who are already licensed to practice). In particular, the focus should be on reflecting on one's perceived abilities, encountered difficulties and the resulting need for development.

## 6) Advanced training analysis

A minimum of 150 hours of training analysis must have been completed and a written confirmation by the training analyst must be provided.

## Colloquium procedure:

Students must register for the Colloquium by e-mailing the SFU Office at [office@sfu.ac.at](mailto:office@sfu.ac.at) and the PSI Office at [office@psi-innsbruck.at](mailto:office@psi-innsbruck.at) four weeks **before** the chosen date.

At least 3 weeks before this date, the written anamneses and self-reflection must be e-mailed to the PSI Office and to the training analysts who take Colloquium 1 (see Timetable). If issues become evident in the anamnesis compilation, feedback will be given by the respective training analyst and students may revise the anamneses until the Colloquium. If the above-mentioned prerequisites are not met, the Colloquium must be completed at a later date.

The Colloquium is held as a talk with two training analysts (1 from PSI Innsbruck, 1 from SFU Vienna).

The Colloquium takes approx. 40-60 minutes. The initial therapeutic work as well as personal self-reflection and individual subjects are discussed. Personal and professional matters should complement each other. However, this is not an exam where students merely have to provide facts. Rather, the discussion should show that candidates are able to discuss and understand psychoanalytic questions, while referring to the listed literature at the end of this document. Only literary knowledge which has been worked on until then is required. The exemplary selection of specialized literature should illustrate the wide range of psychoanalytic understanding. Students may cite literature according to their preferences.

Candidates will learn the result of Colloquium 1 immediately.

### Costs:

The administration fee amounts to 150 Euro (to be paid to PSI).

### Dates:

Colloquium 1 is offered quarterly at PSI.

You can find the dates and names of the analysts taking Colloquium 1 in the Timetable.

## **How to get anamnesis talks?**

There are three options for compiling the required anamneses.

### **Option A**

You may hold "individual talks as practice sessions" with patients while interning at your respective institution (for example Otto Wagner Hospital, AKH - General Hospital Vienna). These sessions are documented by you and psychoanalytically supervised, and provide the basis for compiling the required anamneses.

### **Option B**

You may do "individual talks as practice sessions" with patients in an individual setting while interning at the SFU Outpatient Clinic. These sessions must be documented and closely supervised. After successfully completing Colloquium 1, working with these patients can / should continue.

Preconditions for "individual talks as practice sessions" at the SFU Outpatient Clinic:

- a) Participating in at least one first interview demonstration
- b) Registering for participation in a supervision group
- c) Completing an approval talk with DDr. Golling or other authorized supervisors.

If you already have a spot in a supervision group and successfully completed the approval talk, an "approval light" is issued. The "approval light" is also forwarded to the SFU Outpatient Clinic (Mag. Pritz).

### **Option C**

If you did not have enough opportunities for individual talks while interning, or you have so far only worked with children, you may combine Options A and B.

## **Exemplary selection of specialized literature for Colloquium 1:**

- 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 Traumdeutung. Studienausgabe Bd. 2. Frankfurt/Main (Fischer Verlag).
- Freud, Sigmund (1972): Die behandlungstechnischen Schriften von 1911-1915. Studienausgabe Ergänzungsband. Frankfurt/Main (Fischer Verlag), S. 143-230.
- Freud, Sigmund (1972): Vorlesungen zur Einführung in die Psychoanalyse. Studienausgabe Bd. 1. Frankfurt/Main (Fischer Verlag), S. 34-447.
- Kutter, Peter, Müller, Thomas (2008): Psychoanalyse: eine Einführung in die Psychologie unbewusster Prozesse. Stuttgart (Klett-Cotta)
- McWilliams, Nancy (2011): Psychoanalytic Diagnosis. Second Edition. New York (The Guilford Press).
- Mentzos, Stavros (2000): Neurotische Konfliktverarbeitung. Frankfurt/Main (Fischer Taschenbuch Verlag).
- Mentzos, Stavros (2009): Lehrbuch der Psychodynamik. Die Funktion der Dysfunktionalität psychischer Störungen. Göttingen (Vandenhoeck & Ruprecht).
- Mertens, Wolfgang (2000): Einführung in die psychoanalytische Therapie. Bd. 1. Stuttgart (Kohlhammer).
- Mertens, Wolfgang (2004): Einführung in die psychoanalytische Therapie. Bd. 2. Stuttgart (Kohlhammer).
- Mertens, Wolfgang (2007): Einführung in die psychoanalytische Therapie. Bd. 3. Stuttgart (Kohlhammer).
- Müller-Pozzi, Heinz (2002): Psychoanalytisches Denken: Eine Einführung. 3. erw. Auflage. Bern (Verlag Hans Huber).
- Morgenthaler, Fritz (2005): Technik: Zur Dialektik der psychoanalytischen Praxis. Gießen (Psychosozial Verlag)
- Racker, Heinrich (2002): Übertragung und Gegenübertragung. München (Reinhardt Verlag).
- Senf, Wolfgang, Broda M. (2004): Praxis der Psychotherapie. (Verlag Thieme)
- Thomä, Helmut, Kaechele, Horst (1996): Lehrbuch der psychoanalytischen Therapie. Bd. I. Grundlagen. 2., überarbeitete Auflage. Berlin, Heidelberg, New York (Springer Verlag).
- Thomä, Helmut, Kaechele, Horst (2006): Psychoanalytische Therapie. Praxis. 3., überarbeitete und aktualisierte Auflage. Heidelberg (Springer Medizin Verlag).
- Will, Herbert (2006): Psychoanalytische Kompetenzen. Standards und Ziele für die psychotherapeutische Ausbildung und Praxis. Stuttgart (Kohlhammer). SFU/PSI – updated 12 May, 2017