

Elective Psychoanalysis at SFU Vienna

Frequently asked questions by students

valid as of WS 2018/19

Questions concerning the training analysis (Lehranalyse)

How frequently / how long should the training analysis take place?

This needs to be agreed on individually, but at least 3 times a week over a longer period of time. The minimum number of hours is 300.

Where can I find a training analyst?

In the list of SFU / PSI training analysts.

<https://ptw.sfu.ac.at/de/studienangebot-ptw/psychoanalyse/>

Questions concerning the practicum during the psychotherapeutic specialization (Fachspezifikum)

Which institutions qualify for a practicum during the psychotherapeutic specialization?

All institutions which are registered in the list of practicum institutions for the psychotherapeutic specialization of the Austrian Ministry of Health.

See <http://einrichtungen.ehealth.gv.at> „PTH fachspezifische Praktika“ and „PTH facheinschlägige fachspezifische Praktika“ (information in German only). The total number of hours amounts to 550.

Information for students who want to do their practicum abroad:

Before starting the practicum, please clarify whether the chosen institution complies with the PSI guidelines by sending the LINK of the institution's website to Dr. Ing. Christoph Fischer: office@psi-innsbruck.at

How many hours in the clinical-psychiatric area are required?

At least 150 hours in a "hospital-type institution". Available practicums are listed on the website of the Ministry of Health at: <http://einrichtungen.ehealth.gv.at> „PTH facheinschlägige fachspezifische Praktika“ (information in German only).

When should I start looking for a practicum?

It is recommended to look for a practicum as soon as possible as clinical practicums usually have waiting lists. Do not hesitate to get directly in touch with the medical or psychotherapeutic clinic management as presenting a personal motivation might shorten the waiting time.

Do I have to be supervised by a psychoanalyst at the practicum?

No. Psychotherapists (regardless of the psychotherapy method) must work at the practicum. However, it is important that the psychotherapeutic practicum is regularly supervised psychoanalytically, i.e. in the frame of the SFU practicum supervision.

Is a practicum at a child and youth ward accepted?

Yes, but you must also work with adults during your practicum. Note: based on your practicum the case studies for your K1 paper are selected which primarily must be "adult cases".

Are observation hours or co-therapy hours which are done in the frame of a SFU outpatient group credited for a practicum during the psychotherapeutic specialization?

Yes, if they are psychoanalytically supervised, such hours can be credited for a practicum during the psychotherapeutic specialization.

Interacting directly with patients is part of such a practicum.

A maximum of 150 observation hours can be included in the total number of 550 hours.

Is it possible to attend the practicum supervision, even if the practicum has not yet started?

Yes, as a psychoanalytic mindset is also trained by listening and associating.

How long may I attend the practicum supervision?

As long as necessary, i.e. also longer than the hours required for your studies.

However, 30 hours of supervision must be completed during the practicum.

The practicum supervision is based on working with the group unconscious, so a larger group can be enriching.

Can individual therapy sessions at a recognized practicum institution which exceed the required minimum of 550 practicum hours be counted as practice hours?

Yes, but only if the therapy sessions clearly involve doing psychotherapeutic work. Such cases must be listed accurately and also be supervised. In addition, these cases must be discussed during your small group supervision.

Questions concerning case histories /Kolloquium I

Do I have to compile all five case histories in the same way?

No. Three case histories must be described in detail - see information sheet and file [Kolloquium 1 Vorlage – english.docx](#) on the PA-website <https://ptw.sfu.ac.at/de/studienangebot-ptw/psychoanalyse/>

Are case histories of pediatric patients accepted for Kolloquium I?

Yes. Out of the three required written case histories, one may deal with children.

How many hours of training analysis and practicum are required for Kolloquium I?

- a minimum of 150 hours of training analysis
- 275 hours of method-specific practicum
- Bachelor's degree

Questions concerning practice hours and their supervision

How many practice hours are required for finishing the studies?

630 practice hours (therapy sessions with patients).

When may I start with the 630 practice hours? After Kolloquium I.

Where can I do my practice hours?

At the outpatient clinic of the Sigmund Freud University, in your own practice (if you have already worked at the SFU outpatient clinic), or employed at a relevant institution (e.g. psychiatric institutions, addiction treatment clinics, etc.). If more individual therapy sessions (above the required 550 hours of practicum) are done, they can be accepted as practice hours. Note that the respective supervision guidelines must be followed.

What do I have to consider regarding the 630 practice hours?

You must be part of a small supervision group before starting your work with patients. You must discuss your cases with the supervisor and document the discussions. Also, the location where the practice takes place should be documented in writing.

The practice hours must cover the following five areas of competence:

- * psychoanalytical initial interview (1-2 sessions)
- * short consultation and psychoanalytical clarification consultation (1-5 sessions)
- * psychoanalytical crisis intervention und short-term therapy (up to 30 sessions)
- * psychoanalytical psychotherapy (1-2 hours per week, sitting or in a reclined position)
- * high-frequency psychoanalysis (3-4 hours per week, in a reclined position, over the period of at least one year)

The exact composition of the practice hours should be agreed on individually with the respective supervisor.

How many hours of supervision are included in the studies?

120 units of small group supervision (with a maximum of three participants) and 15 units of individual supervision.

What is the required supervision frequency regarding practice hours?

1:4 to 1:5, i.e. after four to five sessions with patients you must do a supervision session. This is valid as long as you have the status "in training under supervision" and ends when you are registered in the List of Psychotherapists (of the Austrian Federal Ministry).

If I am younger than 24 and continue working with a „status light“ for a longer period of time, is additional supervision covered by the studies?

Yes. You may continue to participate in the small group supervision. As long as you have a "status light", the small group supervision will not be deducted from your quota.

A total of 15 individual supervision hours is covered by the university. The 120 units of small group supervision are billed from your quota with effect from Kolloquium 1 (status in training under supervision).

What happens between graduation and Kolloquium II?

As a "in training under supervision" candidate you may continue to treat patients. However, you must continue regular supervision and also stay in touch with the PSI.

What happens if I have used up my SFU quota of 120 units, respectively the 15 individual supervision units?

The university does not cover any further units; therefore you must settle any further costs directly with your supervisor.

Questions concerning the „Younger than 24 rule“

What does it mean to apply for admission to the psychotherapeutic specialization at the Federal Ministry? I am not yet 24 years old: what do I have to consider?

All students without a relevant professional background (Quellenberuf) must apply for admission.

You may apply at the age of 24 (i.e. after your 23rd birthday) at the earliest by filling-in the form "Admission to the psychotherapeutic specialization" of the Ministry of Health. In this application you must convince the responsible official (some of whom have undergone psychotherapeutic training themselves) of your "suitability" by explaining your motivation for the psychotherapeutic profession. You may send a draft submission to Univ.-Prof. Dr. Jutta Fiegl, who is available for further assistance.

Additional Information is also available in the file „ABC-Studieninfos PTW“.

It is strongly recommended to submit your application to the Ministry of Labor, Social Affairs, Health and Consumer Protection at an early stage, as handling your application may take a long time and can be queried. Without a relevant professional background, you need an approval letter by the Federal Ministry to be accepted

for the psychotherapeutic specialization.

What is an assessment examination ("Feststellungsprüfung")?

Students who have already acquired elements for the psychotherapeutic specialization (from B5 onwards) before the age of 24 may get them credited for the psychotherapeutic specialization through an assessment examination. In the frame of an assessment examination, training elements of the psychotherapeutic specialization that were completed before the age of 24, are reviewed and then credited.

An assessment examination corresponds to the "crediting type F" of the crediting guideline for the psychotherapeutic specialization of the Federal Ministry of Health.

May I already work at the SFU outpatient clinic before the assessment examination?

Yes, with a "status light" (precondition: Bachelor's degree).

During the "status light", your work with patients can only be counted for the practicum. However, these practicum hours also count for finishing the Master's studies.

Which elements of the psychotherapeutic specialization are considered for the assessment examination?

All content of the previous study course are counted, with one exception.

To be counted: training analysis, theory lessons and practicum hours.

Practice hours with patients under a "status light" cannot be counted.

Questions concerning the Master's degree

Do I have to finish the Master's degree in psychotherapy science before the Kolloquium II? Yes.

Do I need 630 hours of practice for completing the Master's degree? Yes.

Hours done with a "status light" can be credited for finishing the studies, even if they were completed before the assessment examination / Kolloquium I.

May I integrate the case study for Kolloquium II in the Master's thesis?

Yes, you may include a case study of a psychoanalytic treatment in your Master's thesis. However, it is important to only use anonymized data and to also present the psychoanalytic process. The approved Master's thesis can also be submitted to PSI as the final thesis.

Note: approval of the case study for Kolloquium II must be obtained from PSI beforehand.

How many hours of practice do I need for completing Kolloquium II? 630 hours.

However, these practice hours must have been done after Kolloquium 1.

May I finish my Master's degree before the age of 28? Yes.

However, finishing the psychotherapeutic specialization (Kolloquium II), is only possible at the age of 28, as defined by law.

DDr. Karl Golling, head of the elective Psychoanalysis at SFU Vienna