INSTITUTE FOR PSYCHOANALYTIC EDUCATION

Affiliated with
NYU SCHOOL OF MEDICINE

Training the next generation of psychoanalysts to help patients live healthier and more fulfilling lives
For those who seek an understanding of emotional life, IPE is an educational center that provides insights into core human dilemmas from childhood through adulthood.
IPE serves by:

**Providing exceptional training to dedicated therapists**

The Institute for Psychoanalytic Education (IPE) is a center for advanced training in psychoanalysis and psychoanalytic psychotherapy. We offer this training to psychiatrists, psychologists, clinical social workers and other mental health professionals.

Our programs are selective and rigorous, reflecting the standards of the American Psychoanalytic Association. Since the year 2000, we have graduated 146 psychotherapists and 56 psychoanalysts.

- Our psychotherapists receive 180 hours of classroom instruction, 90 hours of one-on-one supervision, and two years of their own psychotherapy.

- Our psychoanalytic training program includes 625 hours of classroom instruction, a minimum of 400 hours of private case supervision, and over 750 hours of personal psychoanalysis. This training is augmented for clinicians who work with children and adolescents.

- Our graduates are talented, thoughtful clinicians dedicated to treating their patients as whole human beings.

Since 1979 IPE has been affiliated with the Department of Psychiatry of NYU School of Medicine, where many of our faculty teach in the psychiatry residency program.
Enlisting a highly trained faculty

As one of the largest psychoanalytic centers in New York, IPE has a faculty of 145 psychoanalysts. They teach a full range of clinical skills through seminar instruction, case supervision, and individual treatment. Some are nationally-known scholars and senior leaders in the profession; others are young innovators who are reinterpreting the field. The Institute is known for its collegial environment and cross-disciplinary style. Young faculty members teach with senior clinicians; social workers teach with psychologists and psychiatrists.

Candidates and faculty collaborate in a spirit of open inquiry to explore the complex fields of psychoanalysis and psychotherapy, to consider their rich history and contemporary development, and to grapple with unanswered questions.

IPE is fundamentally committed to “talk therapy”

Our Institute is known above all for developing effective, caring clinicians. We’ve been training psychodynamic clinicians since our founding at SUNY Downstate Medical Center in 1951. We’ve changed with the times, adding new theories and technical approaches to our curriculum and contributing to contemporary debates in our profession.

Central to our approach are these convictions: that unconscious elements shape one’s conscious experience and behavior; and that early experiences influence how one perceives the present. We believe that the therapist can learn a great deal about the patient by observing the therapeutic relationship as it develops in treatment. A dominant trend in mental health today—prescribing medications to ameliorate a range of symptoms—is helpful in many instances but is usually not sufficient to resolve underlying problems. Many central concerns are best addressed when explored through talk therapy.
The national mental health landscape: more problems, more drugs, less therapy

It is almost impossible to read the news today without confronting our country’s acute mental health needs. Mental illness, domestic distress and violence are up. Depression, stress and anxiety are rampant. Market forces have pushed the mental health profession toward a medication-based model, with the proportion of mental health spending on drugs increasing four fold over two decades, while outpatient mental health visits have actually declined.

The US Department of Health and Human Services estimates that almost 20% of the adult population—more than 45 million people—suffer from some sort of mental illness; 8.5 million have had suicidal ideation; and another one million have attempted suicide. It is believed that about 11% of adolescents have a depressive disorder by age 18. The Centers for Disease Control estimates that one in ten Americans uses prescription medications to treat depression, anxiety disorders and other conditions.

Psychotherapy and psychoanalysis used to be cornerstones of patient treatment in psychiatry and psychology throughout the country. Today, only a small number of academic and medical centers offer psychodynamic exposure, and patients’ access to intensive individual therapies by trained professionals has become severely restricted. A 2012 study by the American Psychiatric Institute for Research and Education concluded that “Psychotherapy [is] in danger of being a skill lost in the practicing of psychiatrists and the training of residents.”

“We are often haunted by important relationships from the past that influence us unconsciously in the present. As we work them through, they go from haunting us to becoming simply part of our history.”

—NORMAN DOIDGE, FROM THE BRAIN THAT CHANGES ITSELF: STORIES OF PERSONAL TRIUMPH FROM THE FRONTIERS OF BRAIN SCIENCE
Why is IPE important?

**What we do works**

Research shows that for some chronic emotional problems intensive psychodynamic treatment is more effective than either medication alone or short-term treatment. This includes patients suffering with severe depression, anorexia, anxiety, and borderline personality disorder. Evidence for its efficacy is considerable.

Yet psychiatrists and psychologists today are being trained with an increasing emphasis on neuroscience, and an excessive reliance on medications to treat psychological problems. There is an alarming decline in the number of psychodynamically-trained therapists entering the job market. U.S. graduate schools and academic medical centers overemphasize biomedical approaches to behavior, to the detriment of listening and analytical skills.

**Patients want what we offer**

The public knows that they’re not getting what they need, and they understand the value of talk therapy. Almost 1,000 individuals have applied to IPE for psychodynamic treatment in the past five years, far more than we can accommodate.

These are people with symptoms of depression, anxiety, panic attacks, obsessions and compulsions, or physical symptoms without any demonstrable underlying physical cause. Some of them have sought treatment because of repeated failures in work or love, brought about by self-destructive patterns of behavior. Others yearn to resolve psychological problems only partially addressed by other approaches.
IPE provides national leadership in psychoanalytic education

IPE makes clinical immersion its training priority. Our faculty is committed to helping our trainees develop cases, and we are one of the most successful institutes in the American Psychoanalytic Association in this regard.

Our faculty and candidates sit on the editorial boards—often in lead editorial positions—of the principal psychoanalytic publications: The Journal of the American Psychoanalytic Association, The Psychoanalytic Quarterly, The International Journal of Psychoanalysis, and The Psychoanalytic Study of the Child. In the past two years one faculty member was awarded the prestigious Mary S. Sigourney Award for distinguished contributions to the field of psychoanalysis, and two received the Edith Sabshin National Teaching award. IPE candidates and faculty are found on the program committees and major panels of national and international conferences, and at the helm of the Freud Archives (Library of Congress), the Association for Child Psychoanalysis, and other allied organizations.

IPE’s curricular innovations have been highlighted at national psychoanalytic meetings. In recent years, we have launched several projects that other institutes are starting to emulate: our pioneering psychoanalytic case development program; the thoughtful revision of our core curriculum; and the creation of courses and tutorials in which trainees develop clinical skills by conducting psychoanalytic consultations.

“Psychoanalysis is the best method to understand the human mind. At IPE, my personal analysis, supervision and progression advisor helped me to gain a better understanding of myself in addition to the learning in theory and clinical issues.”

—KUAN-YU CHEN, MD, ACADEMIC ASSOCIATE, PSYCHOANALYTIC PROGRAM, TAIWAN
IPE trains clinicians for the new global society

The need for additional clinicians well versed in talk therapy is not restricted to the United States. IPE is preparing psychotherapists and psychoanalysts for today’s multicultural world.

- Fully one-quarter of our psychotherapy graduates since 2000—most of them women—were born in other countries.
- IPE provides advanced psychotherapy training to the first generation of psychiatrists from countries where mental health problems are highly stigmatized and almost entirely underserved. We’ve graduated female psychotherapists from Nigeria, Pakistan, Nepal, Philippines, Greece, Romania, Japan, and Panama, and male psychiatrists from Haiti, Iran, Ecuador, Venezuela, Spain and Nigeria. Five psychiatrists from India have completed our training.
- Many of these graduates have returned to their countries of origin to work as psychotherapists or are working with immigrant communities in the United States. They are providing treatment in Hindi, Gujarati, Farsi, Spanish, Urdu, Punjabi, Malayalam, Tamil, Russian, Kashmiri and Japanese, among other languages.
- Our psychoanalytic program has graduated analysts who can provide treatment in Spanish, Russian, Greek, French, Korean, Urdu, Hindi, Italian and Hebrew.

“The four of us who studied at the NYU Institute—Drs. Dongsoo Lee, Sunghae Min, Kyungsoon Park, and Taeyoung Park—now serve as pioneers at the frontline of the quickly growing field of psychoanalysis back in our homeland. We will never forget your legacy and contribution which have laid the ground for the specialized practice of psychoanalysis in Korea.”
Looking to the future

To increase the number of psychodynamically trained therapists available to a world in need, IPE seeks to:

**Expand the reach of our training programs**

- **Ramp up our marketing**, by upgrading our website, increasing the use of social and traditional media, and strategically engaging early career clinicians through customized programming and mentoring.

- **Extend our long-distance education programs to new sites.** Our secure video-conferencing facilities enable us to teach and supervise trainees in areas with no psychoanalytic facility. Early career professionals in places as diverse as Rochester (NY), Puerto Rico, and India have asked us to offer distance programming in an ongoing fashion. IPE has organized a weekly psychotherapy program taught online to a class of 12 Korean psychiatrists in Seoul. IPE faculty provide video-supervision to a group of Korean trainees, some of whom have trained in New York with us, and several IPE faculty have been invited to visit and teach in Seoul.

- **Offer clinical training to international trainees** at our institute. This entails a multi-year contract with a specialized attorney to become certified by the US State Department to qualify international trainees for a long-term F-1 visa.

- **Establish an IPE Scholarship Fund.** This fund will provide support for financially needy candidates who show leadership qualities, a commitment to psychodynamic practice, and academic promise.

- **Explore new opportunities for candidate recruitment and training,** such as developing a psychology internship or a postdoctoral/pre-licensing program.
Augment our ability to serve patients

- Develop a subsidized treatment fund to make low-cost treatment available to adults in need but lacking resources to pay for intensive, individualized treatment.
- Enhance our outreach to child and adolescent populations.
- Develop organizational connections with nonprofits in the New York area to provide reduced fee treatment to their personnel.
- Expand relationships with local businesses and academic centers to offer treatment.

Sustain and support our most important donor base: our faculty

- Explore ongoing faculty education to foster professional growth and satisfaction: organize seminars and workshops for IPE’s dedicated, talented faculty on new developments in the field, special treatment situations and new perspectives on process and technique.
- Celebrate our faculty’s commitment to the education of successive generations of psychodynamic practitioners by finding ways to recognize their intellectual and leadership contributions.

“The psychotherapy program contributed to my knowledge and confidence as a therapist, and allowed me to feel ready to open up my own practice, in a way that just doing a psychiatry residency did not prepare me. I felt supported by the supervisors I worked with, especially as they were psychiatrists too.”

—PAZIT DINSTEIN, MD, NEW YORK, NY
IPE needs your financial support

IPE’s budget is drawn from faculty dues and candidate tuition, which together do not come close to covering the costs of running our institute and paying our small staff. Additional funds are needed if IPE is to fulfill its mission in the coming decade.