

TRAINING AS A JUNGIAN ANALYST

The International Association of Analytical Psychologists (IAAP) is committed to training prospective Jungian Analysts through the institutes and associations existing in different parts of the world. In South Africa the Southern African Association of Jungian Analysts (SAAJA) is the body accredited to carry out this training.

Although training by the Association is based in Cape Town, there is provision for the training of therapists who are located at a distance from Cape Town in other parts of Southern Africa. The process and requirements of the training programme are set out below.

TRAINING THROUGH THE SOUTHERN AFRICAN ASSOCIATION OF JUNGIAN ANALYSTS (THE ASSOCIATION)

Introduction

The Southern African Association of Jungian Analysts – hereafter referred to as the Association – offers psychiatrists, clinical psychologists, and other suitably qualified psychotherapists, a training programme in preparation for certification as an analytical psychologist/ Jungian analyst. This is a post-graduate training leading to an international qualification as an analytical psychologist/Jungian analyst, which automatically ensures membership of the International Association of Analytical Psychology (IAAP).

The training is offered part-time in Cape Town and the training programme extends over a minimum of four years. The training programme will start February 2015 and will run until December 2018. It will take the form of 6 intensive weekends a year. The venue will be the C. G. Jung Centre, Rosebank, Cape Town. Should there, in any of the training years, be a visiting analyst, one of the training weekends will be coordinated with one of the six weekends. Intake of training candidates will be at the start of the training, and on a four yearly basis.

The training programme has three aspects: **personal analysis, supervision and seminars**. **Personal analysis** is the foundation of the training programme and provides the means for the individual to find his/her identity as a person and as an analyst by establishing a meaningful dialectical relationship with her/his psyche. In **supervision**, the candidate develops a way of applying the training experience to his/her individual psychotherapeutic style. A working knowledge of the conceptual framework is developed through **seminars**, clinical discussions, and recommended readings.

During the course of training, adjustments may be made to the training requirements as outlined in the Training brochure. Changes to the training brochure will only be made in consultation with and agreement between membership and candidates.

Prerequisite Qualifications for Application to the Training Programme

1. Personal Analysis

Prospective applicants must be practicing psychotherapists and must have completed a minimum of 150 hours of depth psychotherapy over a period of at least two years. If 150 hours of analysis were completed with a Jungian analyst prior to entry into the programme, 100 of these hours will be credited towards certification. It is assumed that the applicant will examine carefully with her/his personal analyst/therapist his/her psychological readiness to begin analytic training at the time contemplated.

2. Academic Training and Clinical Experience

The Association offers a highly specialized training programme in Jungian psychology, both theory and practice. The level of this work requires and presupposes that an applicant has a thoroughgoing knowledge of, and a substantial amount of experience in, the general field of psychotherapy prior to admission to the programme. Applicants must be trained as psychotherapists and must be practicing psychotherapists. Applicants must be registered with the Health Professions Council of South Africa (HPCSA) and be eligible for adequate malpractice insurance. Social Worker applicants must be registered with the SA Council for Social Service Professions (SACSSP).

The Association will consider applications from individuals who have completed this prerequisite training and experience in one of the following categories:

Category A

Individuals holding a specialist psychiatry degree, registered with the HPCSA, with at least two years of psychotherapy experience post registration. The applicant must be actively engaged in the practice of psychotherapy.

Category B

Applicants must have a Masters Degree (or higher) in clinical or counselling psychology, be registered with the HPCSA, with at least two years of psychotherapy experience post registration. The applicant must be actively engaged in the practice of psychotherapy. This also applies to Social Worker applicants registered with the SACSSP.

Category C

Individuals who do not qualify in either Category A or B above, but who, in the judgment of the Assessment and Review Committee, possess potential to become Jungian analysts by virtue of education, experience, personal attributes and other qualities. Individuals applying for admission in this category must show satisfactory evidence of training and experience in psychotherapy equivalent to that of Categories A and B. Applicants in this category must hold the equivalent of a masters or medical degree from a recognized university and must have a minimum of five years of clinical experience beyond a masters degree under the close supervision of a qualified

psychotherapist. Supervision by a qualified Jungian analyst for a significant portion of this time is desirable. The applicant must be actively engaged in the practice of psychotherapy; must be able to demonstrate competence in the field of psychotherapy and must be registered with the HPCSA.

Category D

Jungian analysts who are members of IAAP may apply for membership of the Association. In view of licensing requirements, special consideration will be given to applicants on an individual basis in each case.

Application for Training

Qualifying individuals who wish to apply must complete the application form and submit it to the Assessment and Review (A&R) Committee, together with a non-refundable application fee of R500. (The application form can be obtained from the Admin Assistant at saaja@mweb.co.za) If an applicant is not accepted for training, reapplication at a later stage is possible. Reapplication requires payment of the fee and submission of a new and complete application. Upon receipt of the application form, fee and all supporting documents, the A&R committee reviews the credentials according to the following criteria:

1. Adequacy and extent of basic training.
2. Amount, breadth, and quality of professional experience.
3. Evidence of special aptitude and competence in the field of psychotherapy.
4. Applicant's reputation among colleagues and supervisors for standards of personal and professional integrity.
5. Evidence of his/her potential for becoming a Jungian analyst.

If the applicant appears to qualify, an evaluation of his/her personal, social and professional maturity, suitability and readiness is made by personal interviews with members of the A&R committee. In addition to the individual interviews, the applicant will also be required to meet with the A&R Committee. At the discretion of the A&R Committee, a presentation of a work sample may be requested, e.g. a case presentation. Supplementary information may also be requested. The Committee will be concerned in the interviews especially with the applicant's potential to become a Jungian analyst.

The curriculum of the Training Programme

The curriculum consists of four years of seminars taught by the members of the Association. (see <http://www.jungsouthernafrica.co.za/> for the current seminar programme). The seminars will be conducted over six intensive training weekends. There will be five 90 minute seminars each weekend beginning on Friday evening and extending through Sunday lunchtime.

The aim is to develop a solid foundation of analytical psychology/Jungian theory. Readings from Jung's original works, later Jungian writers as well as contemporary analytic

developments/theories that have bearing on the analytical psychology/Jungian paradigm, will be studied. Jung's concepts will be located in the context of our times, and specifically in the South African context. The four years will cover basic theoretical and clinical material, including:

- Basic concepts: complexes, archetypes and symbols, including typology, ego and shadow, anima/animus, the Self, the collective unconscious.
- Ethics and ethos
- An analytical psychology (Jungian) view of psychopathology
- How analytical work is embodied by tracking the individuation process through transference/counter-transference, dream interpretation and active imagination
- Appreciation of symbolic expression of psychic life as found in dreams, active imagination, alchemy, fairytales and mythology
- Connection of Jungian concepts to other psychoanalytic theories, developmental theory, neuroscience, working with trauma.
- Trans-cultural work, comparative religion, gender, eco-psychology

Candidates are required to submit a written paper annually on a topic of their own choice from a list of questions submitted by analysts that present seminars. The purpose of these papers is to afford the candidate the opportunity to integrate theory with clinical practice. The paper is discussed with the relevant analyst that had submitted the question and the candidate and analyst together formulate a report that is forwarded to the A&R Committee.

If and when analysts visit from abroad, the candidates will be expected to attend seminars conducted by the visiting analyst and to obtain supervision from the analyst at the candidate's expense. Candidates will be informed in a timely fashion of such visits and will be given a schedule of the seminars offered plus time slots available to schedule additional supervision sessions.

There will be a group meeting of candidates on Saturday afternoons during the training weekends. This will give candidates an opportunity to get to know one another and also provide a forum to engage in a process around the training experience.

Wilderness Experience

Participation in a wilderness trail experience during the training is strongly recommended.

Personal Analysis

A minimum of 400 hours of Jungian analysis is required during training for certification.

If 150 hours of analysis were completed with a Jungian analyst prior to entry into the programme, 100 of these hours will be credited towards certification and only 300 hours of individual analysis will be required. If there were less than 150 hours of analysis with a Jungian analyst prior to commencement of the training, the A&R Committee should be approached to determine the exact amount of hours for which credit will be given.

Face to face analysis is the preferred and recommended option wherever possible. Candidates from other centres, who choose to be in analysis with a Cape Town analyst, will be required to have at least weekly tele-analytic sessions with the analyst of their choice and to meet in person with this analyst over training weekends whenever possible. The candidate and analyst also need to meet in person before commencing tele-analytic sessions – the number of these sessions will be determined by the candidate and analyst. Once the candidate has completed the requisite hours of personal analysis but has not yet achieved certification, it is a requirement of the training programme that the candidate will remain in at least weekly analysis until certification.

It is a requirement of the programme that at least fifty percent of the total number of required analytic hours occur at a frequency of twice weekly for a period of two consecutive years. The reason for this recommendation is to give the candidate an experience of what more frequent sessions per week brings about in terms of their inner work and engagement with the psyche. Candidates will be allowed to apply to the A&R Committee for a relaxation of this requirement should personal circumstances make it difficult or inappropriate to fulfill this added requirement.

Supervision

Supervision with a Jungian analyst needs to commence at the start of the training programme. A minimum of 160 hours of supervision is required in order to complete the training programme. We require that candidates have exposure to at least two different supervisors during the course of the training.

It is a requirement that at least one training patient should be seen continuously for eighteen months at a minimum of twice weekly. The reason for this recommendation is to give the candidate an experience of what more frequent sessions per week brings about in terms of their inner work and engagement with the psyche. If any candidate has difficulty in this regard, they may approach the A&R Committee. It is strongly recommended that the candidate receive supervision with regard to both male and female patients.

Face to face supervision remains the preferred and recommended option. Candidates from other centres, who choose to be in supervision with a Cape Town analyst, will be required to have weekly tele-supervision with the analyst of their choice and to meet in person with this analyst over training weekends whenever possible.

Once the candidate has completed the requisite hours of supervision but has not yet achieved certification, it is a requirement of the training programme that the candidate will remain in at least weekly supervision until certification.

Analysis and Supervision – changes or interruptions

Should candidates change their analyst or supervisor the A&R Committee must be informed in writing via email. If a candidate intends to interrupt his/her analysis or supervision at any time, this must first be discussed with the A&R Committee.

Total Tuition Cost

The cost of the training is threefold: an annual tuition fee, personal analysis fee and supervision fee.

Annual tuition fee: Candidates will be required to pay an annual tuition fee of R9600 (R800 per month). All fees are subject to change on an annual basis. Fees outstanding for ninety days or more will accrue interest charges. Candidates who have unpaid fees after twelve months may be suspended.

Personal analysis: The costs of personal analytic sessions are paid directly by the candidate to the relevant analyst.

Supervision: The costs of supervision sessions are paid directly by the candidate to the relevant analyst.

Fees for those candidates who have completed four years of seminars will be reduced by 50% of the full fees until certification.

Curriculum Committee (CC)

The function of the CC is to design, structure and coordinate the four year training programme. The CC will communicate this structure on an ongoing basis with the A&R Committee, supervisors, seminar presenters and candidates.

The role of the supervisor

The supervisor has the task of assessing the candidate's development of analytic understanding and skill, and provides a feedback report to the A&R Committee on an annual basis. This report will be based on ongoing discussion with the candidate.

The role of the seminar presenters

The seminar presenters will facilitate discussion of the various seminar topics and provide relevant reading material to the candidates ahead of seminars. Those analysts presenting seminars will also set essay topics for the candidates, from which the candidates may choose a topic for an annual essay. The relevant analyst will evaluate this essay and discuss this with the candidate and a final report on the essay will be submitted to the A&R Committee.

Assessment and Review Committee (A&R Committee)

The function of the A&R Committee is to coordinate feedback and reports from supervisors and seminar leaders overseeing essays, as well as any additional feedback from seminar presenters. The A&R Committee will meet with the candidate periodically throughout the training in order to provide an opportunity for discussion between the A&R Committee and the candidate regarding the candidate's experiences in the programme and also to give the A&R Committee an

opportunity to give feedback to the candidate regarding his/her progress. The purpose of the feedback to the candidate is to affirm the positive aspects of their training experience and also to help raise awareness regarding any difficulties noted by supervisors, seminar leaders and analysts overseeing essays. The candidate is then encouraged to carefully consider this feedback and to take whatever they deem relevant to process in their analysis.

The function of the A&R Committee is thus to both monitor the progress of the candidate in the training programme and also to provide a forum for discussion and feedback.

It needs to be emphasized that no information or feedback regarding the candidate's progress during the course of training will be shared with the candidate's personal analyst nor will any information about the candidate be requested from the candidate's personal analyst. The process of personal analysis is regarded as strictly confidential. Should any candidate's analyst be on the A&R Committee, that analyst will recuse themselves from any discussion or assessment of the candidate in order to ensure absolute confidentiality of the analytic process.

During the course of training, any candidate may approach the A&R Committee and/or the CC with any request about training or training requirements. Certain concessions can be made depending on the circumstances of each individual candidate.

Programme Stages

On-going assessment will be informed by the following:

1. Reports from supervisors.
2. Reports and communications from seminar facilitators, other training analysts and visiting analysts throughout the duration of the training programme.
3. Evaluation report of the annual short essay on a seminar topic
4. Discussion with the A&R Committee of a clinical vignette before the end of the second year
5. Periodic interviews with the A&R Committee

The programme as a whole is divided into two stages:

1. Preliminary

This is a period of mutual evaluation between the candidate and the Association as to suitability for further training, and is a trial period lasting at least one year. Candidates in the Preliminary stage will meet with the A&R Committee at six-monthly intervals until they are advanced to "full" candidacy. The A&R Committee determines the length of the Preliminary period.

2. Candidacy

Advancement to ‘full’ candidacy is an individual matter determined by the A&R Committee based on interviews and reports as mentioned above. Following advancement to “full” candidacy the A&R Committee will meet annually with the candidate.

Delay or deferment of advancement to Candidacy or of Certification may occur at any point during training. *This may be requested by the candidate or may be the result of a considered decision of the candidate and/or the appropriate Committee.* This does not in itself jeopardize future advancement in the programme. However, the A&R Committee, with the agreement of the Executive Committee of the Association, are empowered to recommend complete withdrawal from the training programme, if this is deemed appropriate. A candidate who is dissatisfied with a decision so made, and who is unable to resolve such dissatisfaction with the Committee concerned, may request the President to convene a Candidate Review Board to review that decision.

Certification

When the candidate has successfully completed the four years of didactic seminars and completed the requisite hours of both analysis and supervision, she/he may apply in writing to the A&R Committee for evaluation and permission to present a case before the Committee. In choosing a case for the final case report, the candidate decides on a suitable case in consultation with the supervisor. It is highly recommended that a case is chosen with whom the candidate has worked in depth for an extended period of time, preferably twice a week.

Guidelines for the case report:

The case report represents a valuable opportunity for the candidate to integrate their learning and experience during the training, and to demonstrate this integration.

What is required is a comprehensive case report showing an understanding of the person’s psychology, the process of the therapy and how the work has been informed by an understanding of analytical psychology.

1. The case report needs to reflect how the candidate works in analysis.
2. Approximate length: 50 double-spaced pages.
3. Sufficient copies for examiners (three).

Confidentiality is assured and the reports will be destroyed after the process has been completed. If the case presentation proves satisfactory and if, in the judgment of the A&R Committee, the candidate has achieved the necessary maturity and fitness, the Committee certifies that she/he has completed his/her training to become a Jungian analyst. Members of the Association are notified that the candidate is eligible for election as a member of the Association and at the next formal meeting of the professional body of members a vote is taken as to whether the candidate be accepted as a member of the Association. The certified candidate is then inducted into the Association during an induction ceremony at the time of a professional meeting of the Association.

Contact Us

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