

Psychoanalysis

A Postgraduate Training Program of the
C. G. Jung Institute Zürich



General Information

In 1948, the C. G. Jung Institute Zürich, Küsnacht was founded with the cooperation of the Swiss psychiatrist Carl Gustav Jung. His Analytical Psychology and Psychotherapy belongs to the psychodynamic therapies, which attach great importance to the unconscious.

To the idea of the personal unconscious, Jung added the concept of the so-called collective unconscious. In this he recognized the primeval imprinting and basic patterns of human life, which he called archetypes, and which are depicted, for example, in myths and fairy tales. These basic patterns give rise to the development of complexes which mirror our individual relationship experiences as well as personal experiences and anchor them in our memories.

Jung's theory of complexes helps to understand personality developments, relationship conflicts and psychological maldevelopments and, on this basis, to treat them psychotherapeutically. Jungian Psychotherapy promotes the development of one's own resources and regards a psychic problem also as a challenge to an essential personal development: individuation.

In practical psychotherapeutic work, among other things, dreams, typology, pictures, sandplay and active imagination, play a crucial role in the understanding of conscious and unconscious psychic processes. Purpose and aim of working with the unconscious are to get in touch with the soul and with one's individual creative possibilities. On this basis, Jungian Psychology and Psychotherapy touches questions of meaning and of spirituality.

The transcultural orientation makes it easier in the interdisciplinary exchange to find answers to the challenges of a globalized world and its multicultural societies.

For the training as Jungian Psychoanalyst the C. G. Jung Institute offers three courses of diploma studies:

- The training program **E** for analytical work with adults
- The training program **K** for analytical work with children/adolescents
- The combined training program **C** for analytical work with adults and children/adolescents

Upon completion of the training, the diploma "Psychoanalyst C. G. Jung Institute Zürich" is conferred.¹

¹ According to the PsyG (Swiss law for psychology professions) completion of the Curriculum Psychoanalysis does not fulfill the requirements for a Swiss federal professional title and thus, with just this training, there is no possibility of later taking up a licensed psychotherapeutic activity in Switzerland.

Objective

The main objective of this program is to enable the participants to practice as analytical psychotherapists in Jungian psychology by receiving a diploma of the C. G. Jung Institute Zürich, Küsnacht. At the same time, the training program promotes the personal and self-reflective development of each and every student.

Duration of studies

The minimum duration of study for this degree course is 8 semesters or 4 years respectively. Leave of absence semesters are not included in the minimum number of regular training semesters.

Admission Requirements

Those applying for the training must be at least 25 years of age and must be able to provide evidence of having graduated from a university of university of applied sciences with a master's degree, as well as 50 hours of self-experience in Analytical Psychology with a member of the International Association for Analytical Psychology, IAAP.

Each applicant will be assigned to an Admission Committee that consists of three members, the so-called individual Admissions Committee (iAK). In the Admission Interviews they assess the personal suitability of the applicant to be an analyst and decide about admitting him to the training program. The members of the individual Admissions Committee accompany the student throughout his entire training.

Place of Study

The theoretical part of the training takes place at the C. G. Jung Institute Zürich, Küsnacht. The Institute is within walking distance from the local train station, which can be reached by train from Zurich main station in less than 15 minutes.



Lecturers/Instructors/Analysts

Lecturers for the theoretical training generally are accredited members of the C. G. Jung Institute Zürich, Küsnacht. Additionally, professionally qualified, and didactically competent guest lecturers take part in the training as well.

The self-experience may be conducted with Training Analysts/Self-Experience Psychotherapists² accredited at the Institute.

Structure and Essential Elements of the Training

The training in two phases

The first phase of the training – up to the Intermediate Examinations – has as its goal that students acquire the theoretical knowledge necessary to be able to work with clients analytically after they have passed the Intermediate Examinations.

After having passed the Intermediate Examinations, the training candidate is designated a diploma candidate and is eligible to work with clients under the guidance of a supervisor accredited at the C. G. Jung Institute and to visit lectures, seminars and courses that are reserved for diploma candidates.

The second phase of the training, meaning being a diploma candidate or being allowed to start with case work up to the diploma serves to empower the person being trained to work independently as a Jungian analyst.

The training analysis

The training analysis (self-experience) represents the core of the training. It accompanies the entire course of training, comprises at least 300 hours and, like every analytical or psychotherapeutic activity, is inherently subject to confidentiality. It is separated from all evaluative functions. A training analysis session lasts for at least 45 minutes.

Theoretical knowledge

Over the course of the training, those in training must show evidence of having gained at least 400 credits of theory. One credit is equal to at least 45 minutes workload.

The student is largely free in his choice of which lectures and seminars he wishes to attend and participate in. These should impart the necessary theoretical and technical knowledge for the fields that are examined and, additionally, offer insights into the areas of knowledge that are relevant to the field of Analytical Psychology and Psychoanalysis.

At least 200 credits of theory must be taken as face-to-face classes, as evidenced in the test booklet. During the 8 regular study semesters, at least 1 block must be attended annually.

Depending on the program, several written papers are to be submitted that are to be evaluated by an examiner, training analyst, supervisor candidate or supervisor.

² Training Analyst/Self-Experience Psychotherapist are synonymous terms.

However, the personal training analyst, as well as any members of the individual Admissions Committee are not eligible.

A more comprehensive written paper, the thesis, is expected from all the candidates. The contents of which are the subject of the "Thesis Discussion" Diploma Examination. The thesis must meet academic standards.

Clinical internships

In the clinical internships (at least 12 weeks of 40 hours per week, part-time internships last correspondingly longer) the student should acquire experiences with a broad spectrum of psychological illnesses.

For the adults program E, an internship of at least 12 weeks (at least 50% part-time) in an inpatient or outpatient psychiatric, or, at best, a psychosomatic institution for adults, must be completed. For the children/adolescents program K it must be 3 months in a corresponding inpatient or outpatient psychosocial or mental health institution for children and/or adolescents. Furthermore, students with the combined program C must acquire clinical experience both with adults and with children and adolescents during their 3-month internships.

Both paid and unpaid work experience count as internships.

Intermediate Examinations

In all three programs, the first phase of the training end with a series of seven Intermediate Examinations.

In program E for example, the Intermediate Examinations are concerned with the following fields: Comparative Developmental Psychology, Psychodynamic Concepts of Mental Disorders, Fundamentals of Psychiatry and Psychopathology, Fundamentals of Analytical Psychology, Myths and Fairy Tales from the Perspective of Depth Psychology, Dreams in Adults from the Perspective of Depth Psychology, Religious Studies.

Supervised analytical casework with clients

Following the promotion to diploma candidacy in program E and K at least 300 hours of casework with clients are to be performed, in program C at least 400 hours. In program E at least 3 clients are to be worked with, in program K at least 4, and in the program C with at least 5 clients. A treatment hour lasts 45 minutes.

The analytic casework carried out with clients by diploma candidates within the framework of their trainings is subject to the C. G. Jung Institute's supervision and during this whole phase of the training, it must be overseen regularly by supervisors accredited by the C. G. Jung Institute.

In programs E and K, the work with clients must be accompanied by a total of at least 140 supervision sessions. At least 80 sessions must be completed in individual settings and at least 60 sessions in group supervision.

In program C, the work with clients must be accompanied by at least 180 supervision sessions. At least 100 must be in an individual setting and at least 80 sessions in group supervision.

An individual supervision session lasts at least 45 minutes, a group supervision session 90 minutes.

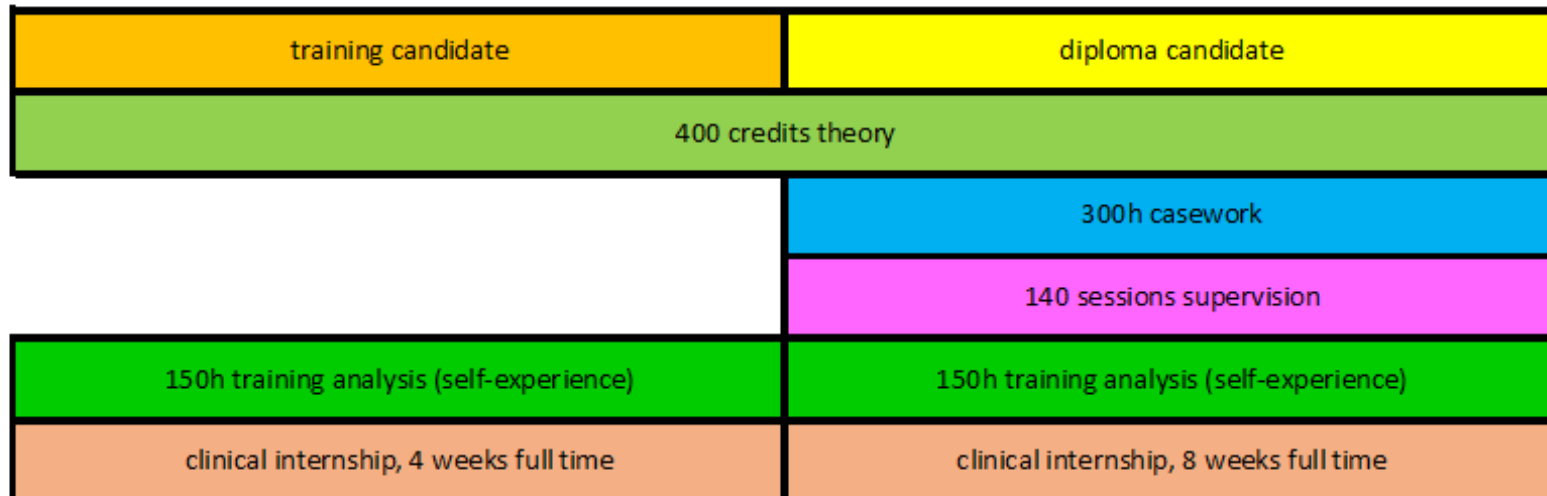
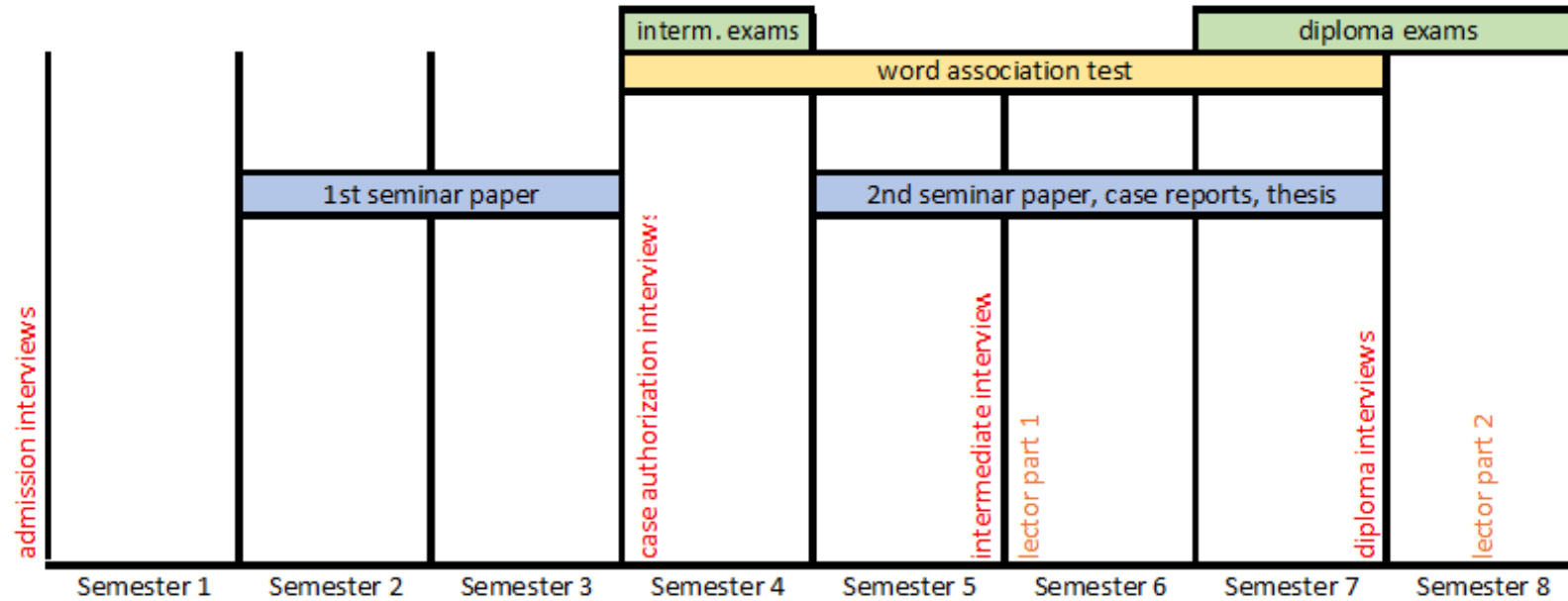
Diploma Examinations

The second phase of the training ends with six Diploma Examinations in the adult and children/adolescents programs E and K and eight Diploma Examinations in program C, respectively.

For example, for the adult program E diploma, the following fields of study are examined: Individual Case Examination of an Adult including the Understanding of Dreams from the Perspective of Depth Psychology; Clinical Psychiatry, Diagnosis and Therapy; Myth or Fairy Tale from the Perspective of Depth Psychology; Understanding Pictures or Sandplay Processes in Adults from the Perspective of Depth Psychology and Clinical Practice; The Individuation Process and its Symbols; Discussion of the Thesis.

Timeline Psychoanalysis Program

A tabular overview of the examinations and requirements in the respective programs can be found at the end of the Continuing Education Curriculum Psychoanalysis on the Institute's website.



Costs of the training

In the adult and children/adolescents programs E and K one must reckon with at least the following costs (as of July 2023)

Semester fees, Admission Committee, examinations, approx.	31'850.00 CHF
Training analysis (per session/45 mins: 135 CHF ³)	33'750.00 CHF
Individual supervision (per session/45 mins)	10'800.00 CHF
group supervision (per session/90 mins: 40 CHF)	3'000 CHF
Total	(at least) 79'400.00 CHF
<i>Similarly, program C has costs of at least 83'830.00 CHF</i>	

Not included in these fees are travel, board, accommodation costs and individually required study material as well as possible additional fees (e.g., practice license).

Dates

Courses in German are offered during the regular semester on Thursdays, Fridays, and Saturdays. Lectures and seminars in English are offered in three-week (English) blocks 3 times a year (February, June/July, and October/November). Exams will be held in February and June.

Application and selection procedure

Once all the documents have been sent to the C. G. Jung Institute, the selection procedure can last up to two months. The application should, therefore, be submitted at least three months before the intended beginning of the training. The training can be started in April and October, at the beginning of each semester.

Please send the following documents along with your application form⁴ by email to the administration of studies for the attention of the Admissions Committee:

- A recent photo
- A photocopy of the academic diploma
- A brief biography (5 to 10 pages), in which the most important moments and personal, inner experiences are described: especially analyzing conflicts, crises or problems in different periods of life, as well as describing encounters with Jungian Psychology, and outlining the reason and motivation to study it
- Confirmation of hours of self-experience
- Payment of the application fee (CHF 320.00, no refund)

³ Average fee in Switzerland.

⁴ The application form can be found under www.junginstitut.ch.

Contact

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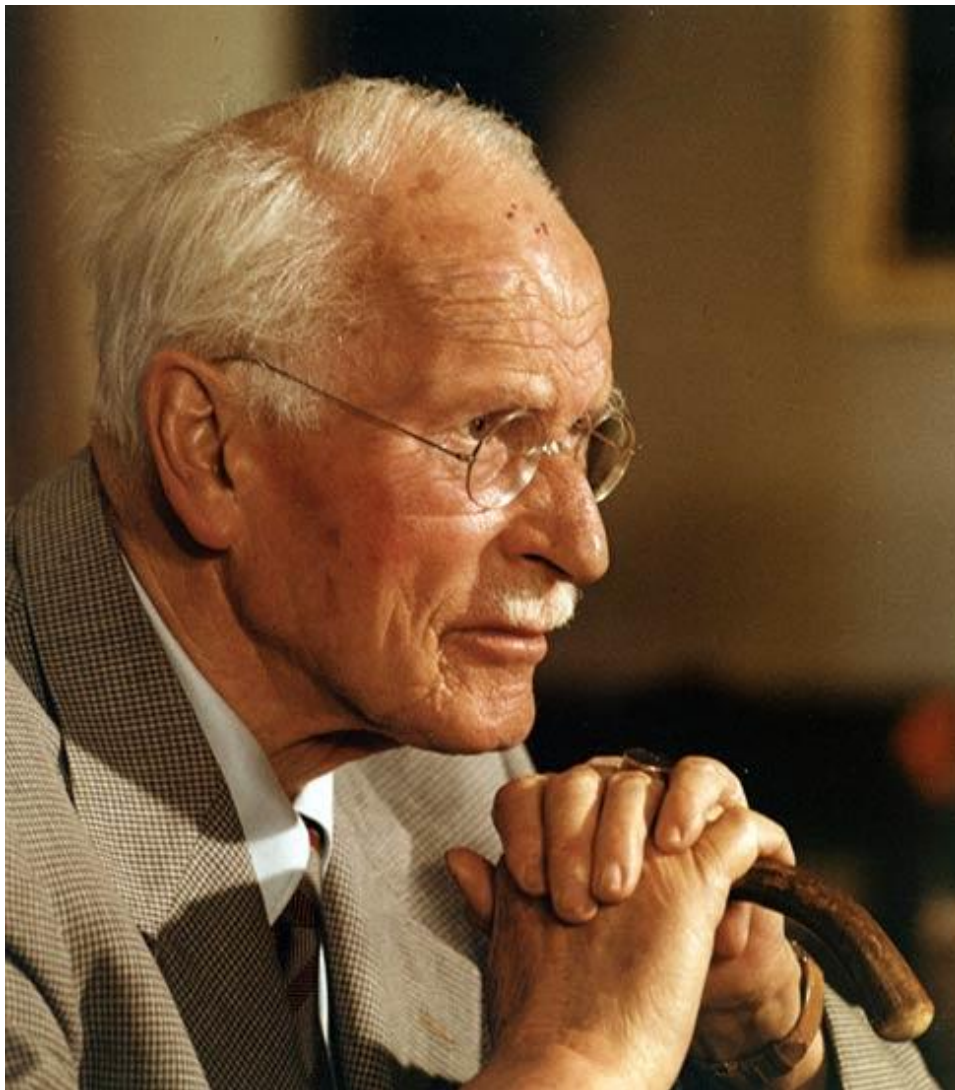
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