

## CENTRE PROFILE

# *The Society of Analytical Psychology*

## *Training Jungian Analysts*

*Christopher Hauke*

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The Society of Analytical Psychology (SAP) exists for the training and professional development of analysts based mostly, but not exclusively, on the psychological theories of C.G. Jung (1875–1961). It includes the C.G. Jung Clinic, which provides a consultation and referral service for those seeking Jungian analysis and also operates a system that can offer full analysis at reduced fees to those who could not otherwise afford it. Regular meetings for qualified members and trainees are devoted to subjects of clinical interest and the application of analytical psychology in fields such as the arts, science, politics and popular culture. Infant Observation Groups are run for those considering training and others who wish to study infant development. Attendance at such a group is a prerequisite of SAP training in child analysis. The Society offers a year-long course in the basic principles of analytical psychology, and also a series of conferences and talks designed for the public at large, some

of which cover topics of special interest to professionals such as GPs, clergy, hospital staff and social workers and are intended to promote perspectives derived from depth psychology, the work of C.G. Jung, and the extensive clinical experience of SAP members.

There are approximately 150 qualified members of the SAP, with a further 40 candidates in training. The majority of members work in private practice, many of them combining this with work in the NHS, social and educational services and pastoral institutions, or else with the teaching of Jungian psychological ideas and clinical practice in university departments and on other psychotherapy trainings, where they also supervise and analyse trainees. The SAP has recently funded the establishment of the first Chair of Analytical Psychology in the Centre for Psychoanalytic Studies at the University of Essex.

The *Journal of Analytical Psychology* has an international reputation for publishing

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papers that are at the forefront of developing the theory and practice of analytical psychology. It is edited by SAP members and an international team of Jungian analysts and published quarterly by Routledge in the UK. The Society also is one of the largest members of the International Association of Analytical Psychologists, an organisation with 2,000 members in 17 countries. The IAAP holds an international congress every three years, the 13th of which is to take place this year in Zurich, the birthplace of analytical psychology and the home for most of his life of C.G. Jung.

### *Training at the SAP*

Applicants for training are required to have a first degree or medical qualification, and experience of psychotherapeutic work in a related field such as counselling, mental health, social services or medicine, where they should have seen two patients over one year on an at least weekly basis, with regular supervision. If not already professionally involved in psychiatry they are advised to gain psychiatric experience of the range of mental health problems through an honorary attachment to a psychiatric unit, usually in a hospital. The Training Committee can recommend places to approach, often where SAP members are employed. Applicants with other backgrounds will not necessarily be ineligible, but should contact the Chair of the Training Committee who will advise about appropriate placements and courses. The critical requirement for all applicants is that they should already be well established in four to five times weekly analysis and have completed a minimum of 150 sessions with a member

of the SAP of the status of Training Analyst or Professional Member. Personal analysis continues until qualification.

Applicants are interviewed individually by two different analysts and also attend a group selection day. An average of seven individuals are accepted for training as adult analysts each year. Their progress is carefully monitored throughout the first year, especially regarding readiness to take on their first training patient. Trainees attend theoretical and clinical seminars two evenings a week for three years. In the second year they take on a training patient for four times a week analysis; this has to be supervised weekly by a training analyst of the Society who is of the opposite sex to the trainee's analyst. A second training patient (of the opposite sex to the first) is taken on after the satisfactory completion of six months work with the first, and must have a separate supervisor. The requirement is that the trainee has to have analysed one patient for at least two years and the other for at least one year. After this, and with the completion of four years of seminars and with the supervisors' permission, trainees can apply for Associate Professional Membership. This involves the submission of a substantial clinical paper written on the work done with one or both of the patients, with reference to the relevant theoretical concepts. During the third year clinical work with one patient is presented verbally to a meeting of clinical peers and seniors. The fourth year of weekly meetings continues to support trainees in their clinical and theoretical work while they prepare to complete their final dissertation.

The training of a child analyst also in-

volves seminars of clinical and theoretical content. Trainees analyse five patients from the C.G. Jung Clinic: one adult, three children and an adolescent. The adult, a mother, is seen four or five times weekly for a minimum of two years. Two children, one of pre-school age and the other of the latency age group, and preferably of different sexes, are analysed four to five times weekly, one for two years and the other for a minimum of one year. The adolescent patient must to be seen for a minimum of three times weekly for one

year. A further child is seen once or twice a week for at least one year. Trainee child analysts normally work in a child guidance clinic or in a child and adolescent psychiatry department.

Members of the SAP automatically become members of the International Association of Analytical Psychologists. In the UK at present they also become members of both the British Confederation of Psychotherapists and the United Kingdom Council for Psychotherapy, Analytical Psychology section.

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## ***What is Analytical Psychology?***

*Andrew Samuels*

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**A**nalytical psychology is a form of psychotherapy and a body of knowledge stemming from the work of C.G. Jung. Many people know of Jung from his early relationship with Sigmund Freud, which ended in a permanent break between the two men. Analytical psychology and Jungian analysis have since retained a close connection with psychoanalysis, but there are several features that Jungians regard as particularly important to their own way of working.

Jungian analysts and their patients are in a kind of dialogue. The patient brings material from his or her life, past and present, and the analyst responds to it in a way that often resembles a conversation. Jung was the first to advocate a compulsory analysis of those training to be analysts, and great emphasis is placed on the personality of the analyst as an important factor in the therapy

relationship.

Jung believed that we can trust the psyche and the unconscious. He argued that the psyche was capable of very high levels of self-knowledge, self-healing and self-regulation. Hence the task of the analyst is often to create the conditions in which these innate tendencies can flourish. The patient is said to be in the process of individuation, becoming who he or she truly is, not merely conforming to social norms. The less positive side of life is addressed in Jungian analysis via Jung's notion of the 'shadow' — that part of ourselves which we would rather not own and would like to rid ourselves of by locating it in other people.

Dreams are often given a special place in Jungian analysis, but the ways in which they are understood differ from psychoanalytic approaches. The dream is not regarded as an attempt to 'deceive' the