

Curriculum Psychodynamic Psychotherapy for Advanced (2011 – 2013)

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An Academic Cooperation with:

- “Chinese-German Academy for Psychotherapy (CGAP)” (Shanghai/Heidelberg)
- “Shanghai Mental Health Center (SMHC)” (Shanghai) connected with “Shanghai Jiao Tong University”
- „Sigmund-Freud-Institut (SFI)“ (Frankfurt, Germany), research institute for psychoanalysis connected with “Johann Wolfgang von Goethe-University”, Frankfurt, Germany
- „Frankfurter Psychoanalytisches Institut (FPI)“ (Frankfurt, Germany), training institute of the „German Psychoanalytical Association (DPV)”, Germany, German branch of the “International Psychoanalytical Association (IPA)”

1. Aim of the training program

The program is designed for Chinese physicians and psychologists who already got a basic training in psychodynamic psychotherapy. They should practise psychotherapy in a clinical field. The aim of the program is to obtain further theoretical and practical competence in psychoanalytic oriented (psychodynamic) psychotherapy by the German-Chinese training program. The aim is also to obtain special knowledge and practice in psychodynamic group psychotherapy.

2. Preconditions for participation

2.1 Only participants with continuous clinical practice get a place at the program. The participants must have an academic degree in Medicine or Psychology.

2.2 The participants must have finished the basic training in psychodynamic psychotherapy in the German-Chinese program at Shanghai Mental Health Center (or at another place acknowledged by the training staff).

2.3 The training program is being held in English language with translation in Chinese language, good knowledge in English language is necessary. The candidate has to read scientific literature in English language and should be able to understand and to speak English.

3. Conditions for successful participation

3.1 A continuous participation in the training is obligatory. The participant has to take part on all over 30 days of the program existing of

3.1.1 Theoretical seminars

3.1.2 Clinical seminars and supervision

3.1.3 Self-experience in group setting (continuous over 30 days of the training)

3.1.4 Presenting min. 1 case reports about an individual psychotherapy and 1 report about a group psychotherapy in the clinical seminar

3.1.5 Writing a final case report in English language between the third and fourth part of the program.

Conditions for the final case report:

1. The participant has to show and discuss the process of a long-term psychodynamic psychotherapy (individual or group) including the initial interviews and probation sessions. The therapy should not be finished at the time of writing the report.
2. If the planned long-term-therapy was stopped or broken-up, the report has to reflect the fail of the therapy.
3. The case report has to be written in English language. If the participant cannot write the report in English, he/she has to care for translation by others. For the translation it would be helpful to use the "Glossary of psychoanalytic terms" (2006 in Chinese language). Translations by any Computer-program are not accepted.
4. The final case report should be oriented on the "outline for case-reports and case presentation".
5. Additionally there should be an example of a verbal dialogue to illustrate how the therapist has been working with the individual patient or the group.
6. The length of this case report should be 7 or more pages in English language (ARIAL 11, 1,5 line).
7. The case reports have to be sent to Shanghai Mental Health Centre per mail (not email!) until 2013-March-31.
8. If the final case report cannot be presented in the required manner it is possible to send it later.

3.2 During the training program the participants document their work (number of lessons in theory and practice, number of presented case reports, number of sessions in group self-experience) in a test certificate which should be commented by the supervisor responsible for the trainee.

3.2.1 If a participant could not take part in one part of the program the head of the program can accept equivalent competences and modules of other training programs after specific consideration of the case in question.

3.3 The participant will be awarded a certificate about the successful participation in the German-Chinese training program for psychoanalytic oriented (psychodynamic) psychotherapy. Participants, who fulfil all conditions of the curriculum, get the certificate.

Those, who lack certain conditions, will receive an assignment of attendance.

4. The general contents of the program

The program refers to the advanced curricula in psychoanalytic oriented psychotherapy, which are held in Germany, without claiming to realize these standards in its full content. The German-Chinese program 2011-2013 is based on the experiences of the German-Chinese-Training-Programs for advanced participants between 2000 and 2010 in China.

4.1 Theoretical seminars

The curriculum consists of the basic issues in

- 4.1.1. Basics of psychodynamic group psychotherapy
- 4.1.2.1. Reconsidering basics of psychoanalytic theory
- 4.1.2.2. Considerations on psychodynamic technique
- 4.1.2.3. Psychoanalysis of Defence; Developmental Psychology
- 4.1.2.4. Object Relations and the Inner World

4.2 Clinical seminars

The participants have to present case reports of individual and group psychotherapy continuously, which are discussed by the group of participants and supervised by the teacher. During the case presentation the participants should reflect their theoretical knowledge and clinical experience in an analytical way.

4.3 Self-experience

As a further step in self-experience the German experts offer the opportunity of self-experience in a continuous group setting. If it is possible, the candidate should continue his or her self-experience out and after the current training program with competent psychotherapists in China.

4.4 Evening lectures

Actual and special theoretical, clinical and cultural topics related to psychodynamic psychotherapy and psychoanalysis will be presented by the evening lectures in the plenary assembly of the beginner-groups and the advanced-groups of this training program. These evening lectures are public to other mental health professionals.

4.5 It is proposed to discuss continuously special theoretical topics over all training weeks. These special topics could also be determined by the participants and the experts in case of need.

4.6 During the prospective three-year-program the participants should treat patients in individual and in group setting continuously.

5. Realization of the program

5.1 Teaching staff

The teachers of the training program are competent psychoanalysts from Germany or Europe. They are experienced in clinical work and teaching of psychotherapy and psychoanalysis. Each group will be taught by one teacher. The self-experience will be held by a German psychoanalyst who is not a teacher in the same group (cross-over setting).

5.2 Duration and evaluation of the training program

5.2.1 Duration

The training includes 30 days over four parts of 8 days extending from June 2011 until June 2013.

5.2.2 Extent and workload

The extent of the training program and the workload of the participants consist of two parts:

1. The “on-campus-program”: the lecturer contact, the participation during the training at the “Shanghai Mental Health Center” and
2. the “self-study”: the homework for studies, reading books, preparing theory, doing clinical work, writing case reports and the final case report.

The workload contains ca. 1.000 hours: 350 hours “on-campus-program” and ca. 650 hours “self-study”.

5.2.3 Evaluation

The success and out-come of the participants find out by the active participation and the final case report.

After every part of the program the participants should evaluate the contents and the teaching by a questionnaire.

6. Fee

The fees for the participation of the training program (theoretical seminar, clinical seminar, self-experience) will be fixed by the head of program of the Shanghai Mental Health Center.

Head of program

Dr. med. Dipl. Soz. Alf Gerlach
Specialist in Psychosomatic Medicine,
Psychotherapy, Psychoanalysis, Group Analysis
Training Analyst (DPV, IPA)

Members of program committee

Xiao Zeping MD & PhD
Psychiatrist & Psychotherapist
President
Shanghai Mental Health Center
Professor of Psychiatry
Medical School of Jiaotong University

Qiu Jianyin MD & PhD
Psychiatrist & Psychotherapist
Shanghai Mental Health Center

Xu Yong MD
Psychiatrist & Psychotherapist
Shanghai Mental Health Center

Zhang Haiyin MD
Psychiatrist & Psychotherapist
Shanghai Mental Health Center

1. Teachers

Werner Beck (*1938), academically qualified psychologist. 1972 - 1975 Group-Analytic Training in London and Altaussee as Student of S.H. Foulkes. 1975 Full Member of the Group-Analytic Society London. 1984 Cofounder of the Institute of Group-Analysis Heidelberg (IGA HD). Training Group-Analyst and Supervisor of the IGA HD.
1970 - 1985 Psychoanalytic Training in Freiburg and Straßburg, Member of the German Society for Psychoanalysis, Psychotherapy, Psychosomatics and Depth Psychology DGPT
Working Practice: 1967 - 1972 Psychosomatic Clinic Gengenbach, 1972 - 1983 Private Practice in Gengenbach, since 1983 Psychotherapeutic and Group-Analytic Practice in Darmstadt
1974 - 1999 Trainer in Psychoanalytic Counseling for Pro Familia Germany in Cooperation with Sigmund-Freud-Institute Frankfurt. Member, German Working Party for Group Psychotherapy and Group-Dynamics DAGG, German Society for Supervision DGSv
beck.da@gmx.de

Alf Gerlach (*1951), MD, academically qualified sociologist, studied sociology and medicine at the Universities Saarbruecken and Frankfurt am Main. From 1974 till 1986 he worked at the Department for Psychotherapy and Psychosomatics in the University Hospital of Frankfurt. Since 1986 he works in private practice, since 1992 in Saarbruecken. Research work in the field of mass hysteria in South-China since 1983. Lecturer for psychoanalytic oriented psychotherapy in the program of the German-Chinese Academy for Psychotherapy since 1997. Scientific publications about clinical psychoanalysis and ethnopschoanalysis. He is a member of the German Psychoanalytic Association and of the International Psychoanalytic Association and a training analyst at the Psychoanalytic Institutes in Mainz and Saarbruecken. From 2001 until 2003 chair of the German Society for Psychoanalysis, Psychotherapy, Psychosomatics and Depth Psychology (DGPT). Member, China Committee, International Psychoanalytic Association.
alf.gerlach@pulsaar.com

Britta Heberle (*1943), MD, studied medicine at the Universities of Munich, Vienna and Frankfurt. She specialised in psychiatry and neurology, psychosomatic medicine, psychotherapy and psychoanalysis. Member of the German and the International Psychoanalytic Association. From 1982 to 1988 assistant medical director at the Department of Psychiatry in the Municipal Hospital of Offenbach. Since 1988 she has been working as a psychoanalyst in private practice. She trains and supervises analysts at the Frankfurt Psychoanalytic Institute and since 1995 has been director of its psychotherapeutic out-patient clinic. Publications include papers on female development, the role and importance of fathers, supervision and psychoanalytic technique e.g. of traumatised patients.
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Annemarie Laimböck, PhD, academically qualified psychologist. Working in private praxis in Innsbruck, Austria. Teacher in the Psychoanalytic Group of Innsbruck. Member of the German and International Psychoanalytic Association. Publications in the field of psychoanalytic technique.
anne.laimboeck@gmx.at

Friedrich Markert (*1939), MD, studied medicine in Munich; specialist in psychiatry and psychotherapeutic medicine (training at the university of Frankfurt); psychoanalyst (training at the Sigmund-Freud-Institute in Frankfurt); member of the German Psychoanalytic Association and the International Psychoanalytic Association; group analyst (training in Zurich, Switzerland); Balint-group-supervisor and supervisor in different psychosomatic and psychiatric hospitals; from 1974 till 1981 working at the Department for Psychotherapy and Psychosomatic of the J.-W.-Goethe University in Frankfurt. Now working in private practice in Frankfurt as a psychiatrist, psychotherapist, psychoanalyst and group analyst. Publications dealing with hypnoanalysis, panic disorders, group analysis etc.

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Thomas Pollak (*1947), MD, studied Medicine at the Universities in Vienna, Berlin and Frankfurt. He is specialist in Psychiatry, Psychosomatic Medicine, Psychotherapy and Psychoanalysis. From 1982 till 1984 he was Medical Director of the Psychiatric Day Hospital in Offenbach, from 1984 till 1990 research scholar at the Departments for Psychosomatics and Psychotherapy in the University Hospitals of Mainz and Frankfurt, from 1994 till 1997 Professor of Social Medicine and Psychiatry at the University of Applied Sciences in Darmstadt. From 2000 till 2004 he was Chairman of the Frankfurt Psychoanalytic Institute. He is member of the German Psychoanalytical Association and the International Psychoanalytical Association. Working in private practice in Frankfurt, he is training and supervising analyst at the Frankfurt Psychoanalytic Institute. Publications on social work, supervision, psychoanalytic training, professional identity of the psychoanalyst, psychoanalytic theory of anxiety.
mail@t-pollak.de

2. General Time Table

Time	Activity
08:30 - 09:40	Theoretical topic of the curriculum (plenary lecture)
09:45 - 10:45	Discussion in small groups
11:45 - 11:00	Break
11:00 - 12:30	Group self experience
12:30 - 14:00	Lunch break
14:00 - 15:30	Case presentation (individual therapy or group therapy)
15:45 - 17:15	Group self experience (days 1-7, 16-23)
17:15 - 18.30	Break
18:30 - 20:30	Evening Lecture by GT/CT/participant/guest

3. Schedule for 32 days: Advanced groups

Part / Day	Theme	Literature
	Basics of psychoanalytic group theory	
Part 1 / Day 1	Opening Ceremony	
Part 1 / Day 2	Essentials of group analysis and group psychotherapy	Text by F. Markert, Shanghai May 2010
Part 1 / Day 3	Essentials of group analysis and group psychotherapy	Text by F. Markert, Shanghai May 2010
Part 1 / Day 4	Assessment for groups	Behr/Hearst Ch. 3,4,5 Bateman/Holmes 1995
Part 1 / Day 5	The setting of analytic groups	
Part 1 / Day 6	Starting a new group	Behr/Hearst Ch. 7
Part 1 / Day 7	Newcomers in a group	Behr/Hearst Ch. 8
Part 1/Day 8	The group in action	Behr/Hearst Ch. 9

	Aspects of psychoanalytic group therapy	
Part 2 / Day 9	Opening ceremony; warming-up in small group	
Part 2 / Day 10	Defence mechanisms in group psychotherapy	Gerlach,A.: Psychosocial defence in psychoanalytic group therapy
Part 2 / Day 11	Projective identification in group psychotherapy	Ogden,T.: On Projective Identification Heberle
Part 2 / Day 12	Life events in the group	Behr/Hearst Ch. 10 Beck
Part 2 / Day 13	Ending therapy	Behr/Hearst Ch. 11 Markert
Part 2 / Day 14	Therapeutic pitfalls	Behr/Hearst Ch. 12 Laimböck
Part 2 / Day 15	Challenges in group therapy	Behr/Hearst Ch. 13 Laimböck
Part 2 / Day 16	The group analyst in trouble	Behr/Hearst Ch. 14 Pollak

	Theoretical concepts in analytic group therapy	
Part 3 / Day 17	Opening ceremony; warming-up in large group	
Part 3 / Day 18	Group phenomena in Freud's psychoanalysis A. Gerlach	Freud, S.: Totem and Taboo Freud, S.: Group Psychology and the Analysis of the Ego
Part 3 / Day 19	Group phenomena in Freud's psychoanalysis II A. Gerlach	Freud, S.: Civilization and its discontents
Part 3 / Day 20	The social and cultural basis of group analysis T. Pollak	Behr/Hearst Ch. 1
Part 3 / Day 21	The network-model of S.H.Foulkes W. Beck	Pines 1984 Pines 1988
Part 3 / Day 22	Understanding the matrix W. Beck	Van der Kleij
Part 3 / Day 23	Dreams in Groups F. Markert	
Part 3 / Day 24	The group model of W.Bion: Work group and basic assumption group B. Heberle	Bion, W. 1961 Brown 1992

	Large groups and other group settings	
Part 4 / Day 25	Opening ceremony; warming-up in large group	
Part 4 / Day 26	The large group	Behr/Hearst Ch. 15; Kreeger?
Part 4 / Day 27	Conflicts in and between large groups	Gerlach 2009 Behr/Hearst Ch. 19
Part 4 / Day 28	Balint-groups; self-help groups	
Part 4 / Day 29	A group-analytic perspective in family therapy	Behr/Hearst Ch. 18
Part 4 / Day 30	Group therapy for children and adolescents	Behr/Hearst Ch. 17
Part 4 / Day 31	Supervision of group therapy	Behr/Hearst Ch. 20
Part 4 / Day 32	Open discussion in large group	

4. Literature:

Basic textbook for this training in analytic group psychotherapy:

Behr, H., Hearst, L. (2005): Group-Analytic Psychotherapy. A Meeting of Minds. London

Other papers:

Bateman, A., Holmes, J. (1995): Introduction to Psychoanalysis. Contemporary Theory and Practice. London, Routledge (engl. /chin.)

Bion, W.R. (1961): Experiences in Groups and Other Papers, London

Brown, D.G. (1992): Bion and Foulkes: basic assumptions and beyond. In: Pines, M., Bion and Group Psychotherapy, London 1992

Foulkes, S.H. (1964): Therapeutic Group Analysis, London

Foulkes, S.H. and Anthony, E.J. (1957): Group Psychotherapy. The psychoanalytic approach, London

Freud, S.: - Totem and Taboo. Some Points of Agreement between the Mental Lives of Savages and Neurotics (1913 [1912-13]), SE Vol. XIII

- Group Psychology and the Analysis of the Ego, SE Vol. XVIII

- Civilization and its discontents, SE Vol. XXI

Gerlach, A. (1985): Psychosoziale Abwehr in der psychoanalytischen Gruppenpsychotherapie, Frankfurt

Gerlach, A. (2009): Fascination, alienation and fear of contact: Ethnopsychanalytic considerations on large-group identity. Int Forum of Psychoanalysis 18, 214-218

Grotjahn, M. (1977): The Art and Technique of Analytic Group Therapy, N.Y.

Kadis Asya L., Jack D. Krasner, Charles Winick, S.H. Foulkes. A Practicum of Group Psychotherapy. New York, London. Hoeber Medical Division

Kaes, R. (2007): linking, alliances, and shared space. Groups and the psychoanalyst. The International Psychoanalysis Library

Ogden, T (1979): On projective identification. Int J Psychoanal 60, 357-373

Pines, M. (1998): Psychic Development and the Group Analytic Situation. In: Pines, M. (ed), Circulas Refelections. Selected Papers on Group Analysis and Psychoanalysis. London 1998

Pines, M. (1984): Reflections on Mirroring. Int Rev. Psa. 11, 27-42

Van der Kleij, G. (1982): About the Matrix. Group Analysis XV/3, 219-234

Yalom, I.D. (2005). The Theory and Practice of Group Psychotherapy. New York. Basic Books

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