

Analytical Psychotherapy

A Swiss State Recognized Postgraduate Training Program



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 that 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, helps to treat them psychotherapeutically. Jungian Psychotherapy promotes the development of one's own resources and further regards a psychic problem as a challenge to an essential personal development: individuation.

In practical psychotherapeutic work, the interpretation of dreams, typology, pictures, sand play and active imagination, amongst others, are very important for an understanding of the conscious and unconscious psychic processes. Working with the unconscious means coming in contact with the essence of the soul and with the individual creative possibilities. This is why Jungian Psychology and Psychotherapy touches upon questions of meaning and spirituality.

The transcultural orientation of Jungian Psychology facilitates finding answers to the challenges of a globalized world and of multicultural societies in an interdisciplinary exchange.

To become a Jungian psychoanalyst, the C. G. Jung Institute offers three programs in the Psychoanalysis training curriculum:

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

The diploma received at the C. G. Jung Institute leads to the Swiss state recognized postgraduate title Psychotherapy and enables to independently manage a psychotherapeutic practice in Switzerland.

According to the Swiss Psychology Profession Act (PsyG Art. 38), every graduate is entered in the professional register of the Federal Department of Home Affairs (FDHA).

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 provide evidence of a Master's degree in psychology or medicine from a university or college, as well as enough credits in clinical psychology and psychopathology (12 ECTS points).

Each applicant will be assigned three members of the Admissions Committee. The admission interviews assess the personal aptitude of the applicant for the profession of psychotherapist and decide about admitting them to the training program. The members of the Admissions Committee accompany the students throughout the 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 Psychotherapists¹ accredited at the Institute.

Structure and Essential Elements of the Training

The training in two phases

The first phase of the training lasts at least two semesters and has as its goal that students acquire the theoretical knowledge necessary to work with patients psychotherapeutically after they have passed the Intermediate Exam I “Fundamentals of Analytical Psychology”.

After passing the Intermediate Exam I “Fundamentals of Analytical Psychology”, the student is appointed diploma candidate and is eligible to work with patients under the guidance of a Swiss state recognized supervisor² 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, as a diploma candidate, entitles the student to work independently as a Jungian Analytical Psychotherapist.

Self-Experience

The self-experience practice with a Training Analyst/Self-Experience Psychotherapist with Federal Recognition³ is the core of the training. It accompanies the entire course of training, comprises at least 150 sessions 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 their studies, students must provide evidence that they have accumulated at least 500 credits of theory. One credit corresponds to a teaching unit of 45 minutes. In the first two semesters, a total of 125 credits must be earned in the basic subjects and the Intermediate Exam I “Fundamentals of Analytical Psychology” must be passed in order to be appointed diploma candidate with case authorization. Afterwards, the advanced courses must be taken. Those who study part-time can take longer to take the Intermediate Exam I.

The lectures and seminars should impart the theoretical knowledge necessary to be able to graduate and, additionally, offer insights into the areas of knowledge that are relevant for Analytical Psychology and Psychotherapy. Depending on the program, several written papers must be completed that are evaluated by a main examiner, training analyst/self-experience psychotherapist, supervisor candidate or supervisor. However, neither the personal training analyst/self-experience psychotherapist nor the members of the students own Admissions Committee are eligible to do this.

¹ Training Analyst/Self-Experience Psychotherapist are synonymous terms.

² Supervisors with a federally recognized psychotherapy title or a federal specialist recognition in Psychiatry and Psychotherapy are referred to as “Supervisors with Federal Recognition”.

³ Training Analysts/Self-Experience Psychotherapists with a federally recognized psychotherapy title or a federal specialist recognition in Psychiatry and Psychotherapy are referred to as “Training Analysts/Self-Experience Psychotherapists with Federal Recognition”.

Clinical Experience

Clinical practice (at least two years full-time with 40 hours per week, part-time takes correspondingly longer) aims to provide students with psychotherapeutic experience across a broad spectrum of mental illnesses and disorders.

The clinical practice must be completed in psychosocial care facilities, with at least one year working in a facility for outpatient or inpatient psychiatric/psychotherapeutic care. Generally speaking, clinical practice is case-responsible employment (in the fields of psychology or medicine), under the supervision of a psychologist or psychiatrist. The 2-year clinical practice required for the diploma studies is not sufficient for the Cantonal Practice Permit for an Activity that is reimbursed by the Mandatory Health Care Insurance (OKP). For such a license to practice at the expense of the OKB, every federally recognized psychotherapist must provide evidence of 3 years of clinical practice at 100% activity according to the so-called "order model"⁴.

Intermediate Exams I and II

In all programs, the first part of the training concludes with the intermediate oral exam I: "Fundamentals of Analytical Psychology". It can be taken in the 2nd semester at the earliest. After this intermediate exam, the two oral intermediate exams II must be taken within the following two semesters and at the earliest in the 3rd semester. For example, in program E this would be: "Dreams in Adults from the Perspective of Depth Psychology" and "Myths and Fairy Tales from the Perspective of Depth Psychology".

Supervised psychotherapeutic casework with patients

Following the promotion to diploma candidate, at least 500 treatment sessions (casework) with patients are to be completed in all programs. At least 10 completed cases must be demonstrated and each documented with a case report. One treatment session lasts at least 45 minutes. The psychotherapeutic casework with patients within the framework of the training is subject to the supervision of the Institute and must be overseen regularly during the training by accredited supervisors with federal recognition (see list of Accredited Instructors with Federal Recognition).

The casework must be accompanied by a total of 150 supervision sessions. A minimum of 50 sessions must be completed in an individual setting with at least two supervisors and at least 70 sessions as group supervision (in program E and K in at least two groups, and in program C in at least three). The remaining 30 sessions can be completed either as individual or as group supervision. An individual supervision session lasts at least 45 minutes, a group supervision session lasts 90 minutes.

⁴ Federally recognized psychological psychotherapists with a practice permit will be able to work independently and on their own account at the expense of the mandatory health insurance (OKB) from July 1, 2022. The requirement is a doctor's order.

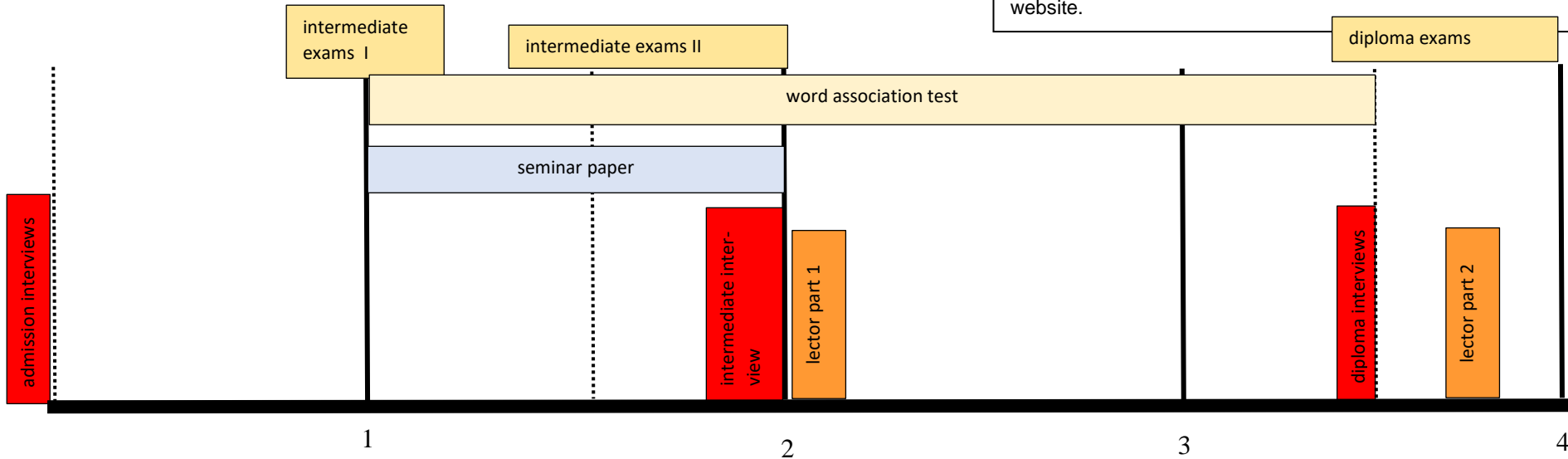
Diploma Exams

The second phase of the training ends with three diploma exams in the programs E and K and with four exams in program C. These diploma exams can be taken in the 7th semester at the earliest.

In program E, for example, the following fields of study are examined orally: "Individual Case Examination of an Adult including the Understanding of Dreams from the Perspective of Depth Psychology"; as well as "The Understanding of Pictures or Sandplay Processes in Adults from the Perspective of Depth Psychology and Clinical Practice". In addition, a written exam must be taken on topics from the module "Existential Questions and Societal Challenges and their Relevance for Psychotherapy".

Timeline Analytical Psychotherapy Program

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



training candidate	diploma candidate
125 credits in the basic subjects	375 credits in the advanced subjects
	500h casework
	150 sessions supervision
75h training analysis (self-experience)	75h training analysis (self-experience)
clinical experience, 2 years full time	

Costs of the training

Approximate costs for program E and K (as of January 2022):

enrollment, admissions committee, exam fees and fees for the BAG-diploma	3'790 CHF
semester fees	25'600 CHF
self-experience (per session/45 mins: 135 CHF ⁵)	20'250 CHF
individual supervision (per session/45 mins)	6750 CHF
group supervision (per session/90 mins: 50 CHF)	3'500 CHF
30 sessions individual or group supervision	1'500 – 4'050 CHF
Total	(at least) 61'390 CHF
<i>Similarly, program C has costs of at least 61'740 CHF</i>	

This fee summary does not include travel, board, accommodation costs and individual study materials that may be required as well as possible additional fees (e.g. entry into professional register, practice license etc.).

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 form⁶ 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
- Payment of the application fee (CHF 320.00, no refund)

⁵ Average fee in Switzerland.

⁶ The application form can be found under www.junginstitut.ch.

Contact

C. G. Jung-Institut Zürich, Küsnacht, Hornweg 28, CH-8700 Küsnacht

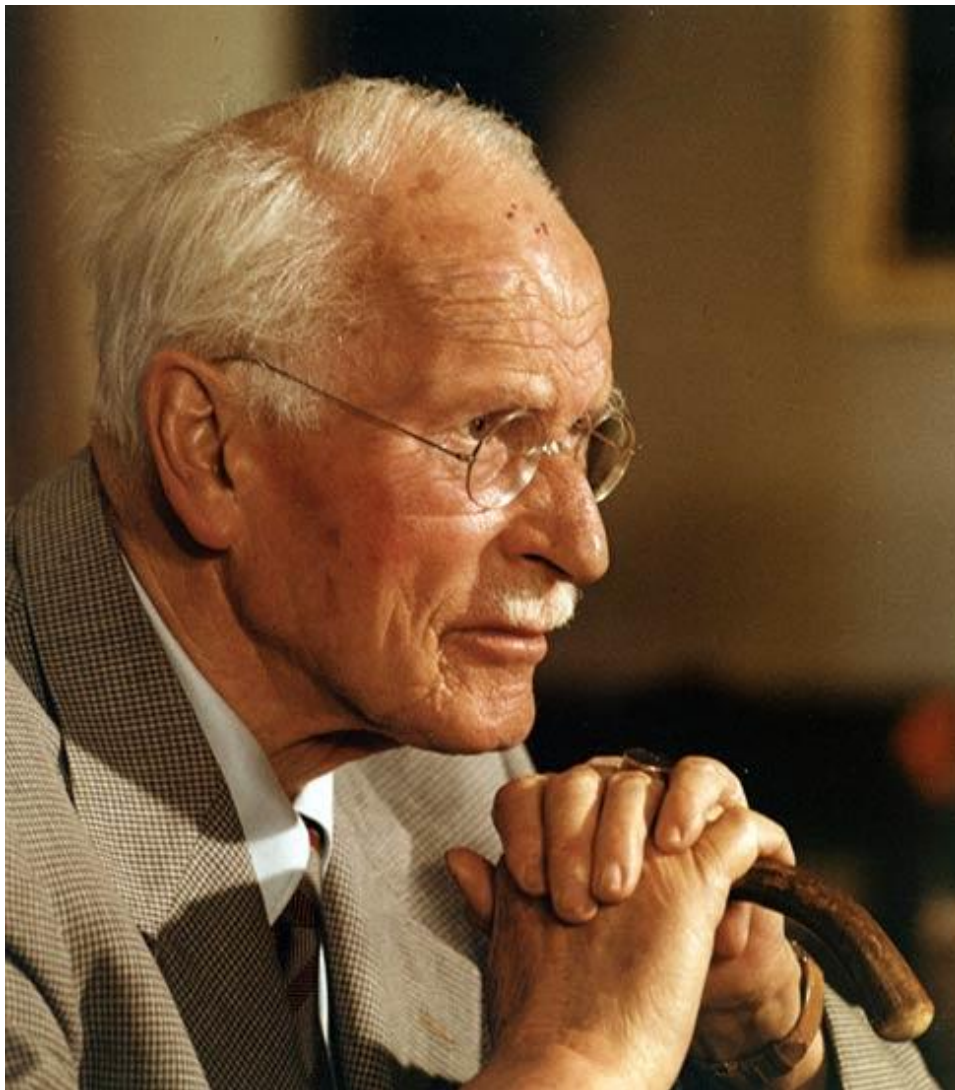
Phone +41 44 914 10 40
URL www.junginstitut.ch
E-Mail cg@junginstitut.ch

Natascia Quaglia (Administration of Studies)

E-Mail quaglia@junginstitut.ch

Dr. phil. Lea-Sophie Richter (Director of Studies)

E-Mail richter@junginstitut.ch



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