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NEW YORK, NEW YORK 10017

**POLICIES GOVERNING WAIVER OF STANDARDS  
FOR PSYCHOANALYTIC TRAINING  
AND  
PROCEDURES FOR APPLYING**

**COMMITTEE ON RESEARCH AND SPECIAL TRAINING  
OF THE  
BOARD ON PROFESSIONAL STANDARDS**

June 2000

# THE AMERICAN PSYCHOANALYTIC ASSOCIATION

## COMMITTEE ON RESEARCH AND SPECIAL TRAINING (CORST) OF THE BOARD ON PROFESSIONAL STANDARDS

### Waivers of Standards for Full Training at American Psychoanalytic Institutes

The Committee on Research and Special Training (CORST) reviews applications for waivers of the usual standards for training of the American Psychoanalytic Association (the American). Any of the American's Institutes may nominate an applicant for waiver. After reviewing the applicant's file, CORST recommends action to the Board on Professional Standards of the American. The Board considers the committee's recommendation, then reports its decision to the CORST chair, who, in turn, reports the Board's decision to the Institute officer who sought the waiver.

#### **A. Partial Training Requires No CORST Application**

CORST review is required only if the Institute wishes to offer full psychoanalytic training, which includes supervised psychoanalytic practice, to persons who do not fulfill the usual Standards. Institutes may admit persons to psychoanalytic education that does not include supervised psychoanalytic practice, without seeking CORST review.

#### **B. Full Training Requires CORST Review**

Nomination: The applicant must be nominated by an Institute approved by the American Psychoanalytic Association. The waiver is granted to the Institute on behalf of the applicant. The Institute may activate, deactivate, or reactivate the waiver at its discretion. A waiver is not automatically transferable to another Institute.

Requirements: CORST assesses applicants on their research program and on the relevance of full psychoanalytic training to their professional development. They must meet the following requirements: (1 ) Be enrolled in a program which will award the highest academic degree in the applicant's field of specialization, or hold at least a master's degree (or its equivalent) in that field of specialization, or hold equivalent recognition in non-academic fields. (2) Plan a research or scholarly career. Applicants should be either accomplished investigators, or show promise as investigators, or be academics or administrators who can contribute to psychoanalysis. (3) Meet the standards of maturity and character expected of all candidates.

#### **C. How to Apply for a CORST Waiver**

1. Communicate early with CORST and review the CORST Application Form.

CORST grants waivers to Institutes to train individuals who would not otherwise be eligible to receive full clinical training. To facilitate the application process we urge

Institute officers to communicate with the CORST chair as soon as the Institute has identified a potential applicant for waiver. A lead time of six to eight months prior to application gives the Institute, candidate, and CORST time to facilitate the review. Please note application deadlines below.

2. Complete all items requested in the Application Form, using it as the coversheet for the application materials.
3. Mail ten copies of all application materials (including applicant's publications) to:  
The American Psychoanalytic Association  
Chair, CORST Waiver  
309 East 49<sup>th</sup> Street  
New York, New York 10017
4. Deadlines. CORST reviews applications twice a year. The fall deadline for receipt of all application material is November 15. Fall applicants are notified in late December. The spring deadline is April 15. Spring applicants are notified in late May. In special circumstances, CORST may also review applications on a rolling admissions basis.

#### **D. CORST Review Criteria**

Is the applicant well-established in his or her field? Does the candidate meet standards of maturity and character? If at the beginning of his or her career, will the candidate become well-established? What is the evidence for this? How will the candidate's research or teaching plans enhance the science and discipline of psychoanalysis? For applicants with little or no clinical experience, how will the Institute provide the applicant clinical training sufficient to begin analytic work? Under what auspices will the candidate practice during training?

#### **E. CORST Application Form and Organization of the Application Materials**

The appended Application Form is both the coversheet for the CORST application and serves as a table of contents for the application materials, which should be organized in the sequence, indicated. Applications that lack any required items will be returned to the Institute for completion.

#### **Further description of parts A, B and C of the CORST Application Form**

**A. Institute's request for a waiver.** This letter should explain how clinical psychoanalytic training would help the applicant achieve his or her goals in the applicant's primary field of activity. The letter should report the Institute's current

evaluation of the applicant's research and aptitude for doing clinical psychoanalysis. It should also outline the Institute's plans for supplementing the candidate's clinical training, if necessary.

**B. Applicant's CV and statements.** The curriculum vitae should include birth date, birthplace, sex, education (name and location of college or university, dates attended, degree if any, major field), positions held (specify department, rank, institution, department head or supervisor, whether full or part time, and dates), academic and professional honors (including all scholarships, traineeships, or fellowship awards, with dates), professional certifications, names of professional societies and related organizations.

A complete list of publications and performances (where relevant). Works not yet published should be so marked. For works with several authors, indicate the degree of the applicant's responsibility.

Copies of no more than five publications selected by the applicant as best representing him or her. Articles will not be returned. Books and other media will be returned if requested and should bear a return address label.

A brief autobiography tracing the history of the candidate's interest in psychoanalysis and its relevance to the candidate's research. The autobiography should describe the applicant's professional activities, past, present and planned.

A statement describing the applicant's reasons for seeking clinical training and explaining how it will enhance the applicant's work in his or her primary field and how it relates to the research or other program in which he or she is engaged.

If the applicant has had clinical experience, describe it and any supervision, the nature of the clinical practice, and the auspices under which the clinical work occurred.

A statement of the place, if any, that continuing psychoanalytic practice or other clinical practice will have in the applicant's professional life following the completion of psychoanalytic training.

**C. Institute Documents and Reports.** If the Institute evaluated the applicant previously for admission to other training programs, it must re-evaluate the candidate for full training in the same way it would a new applicant for full training. The reevaluation should focus on the candidate's capacity for conducting clinical psychoanalysis. Copies

of all admission interviews (for both partial and full training) and all committee deliberations should be included.

If the applicant has already attended Institute courses, include a copy of his or her course record and instructors' comments. Summarize these comments and evaluate the candidate's competence with psychoanalytic theory and his or her aptitude for clinical psychoanalysis.

Attach also three current recommendations from other scholars, colleagues, or research collaborators assessing the applicant's standing within his or her primary field.

The Institute should comment on the applicant's statement about his or her clinical experience. If the applicant has none or little, the Institute should describe its plans to provide appropriate preparatory clinical experience. Include also summaries of supervisory reports, if available.

Append any other material that the applicant or Institute believes would help the Committee come to a proper decision.

### **For More Information**

Enclosed is a Supplemental Guideline for further clarification. The current Chair of the Committee on Research and Special Training (CORST) is Robert A. Paul, Ph.D. ([rpaul@emory.edu](mailto:rpaul@emory.edu) or 404-636-9822). Contact the National Office for updates.

Enclosures: CORST Waiver Application Cover Sheet

Supplemental Guidelines:

1. CORST Waiver for Full Clinical Training of Psychoanalytic Candidates from Academic, Non-clinical Backgrounds
2. Requirements for Training and Waiver Application for CORST Candidates Seeking to do Clinical Psychoanalysis

**COMMITTEE ON RESEARCH AND SPECIAL TRAINING**  
**Application for Waiver of Mental Health Degree Requirements for Training**

**COVERSHEET**

Applicant: \_\_\_\_\_  
(First Name) (Last Name) (Degree)

Institute Requesting Waiver: \_\_\_\_\_ Date: \_\_\_\_\_

***Instructions:*** In column one, indicate if the required document or statement is enclosed. In column two, designate its number. In column three, make comments relevant to the status of this item.

	<b>Item Enclosed: Yes/No</b>	<b>Number</b>	<b>Comments</b>
<b>A. Institute Request for Waiver</b>	_____	_____	_____
<b>B. Applicant's CV and Statements</b>			
Curriculum Vitae	_____	_____	_____
Bibliography	_____	_____	_____
Up to 5 publications	_____	_____	_____
Autobiography	_____	_____	_____
Reasons for full training	_____	_____	_____
Plans for clinical work	_____	_____	_____
<b>C. Institute Documents and Reports</b>			
Basis for waiver request	_____	_____	_____
Admission Data:			
Interviews	_____	_____	_____
Committee minutes	_____	_____	_____
Re-evaluation data	_____	_____	_____
Course record	_____	_____	_____
Special training needs	_____	_____	_____
Three letters of recommendation	_____	_____	_____
Institutional support for Candidate's program	_____	_____	_____
Clinical experience:			
Preparatory work	_____	_____	_____
Supervisors' reports	_____	_____	_____



## **Supplemental Guidelines**

### **Guidelines for Requesting a CORST Waiver for Full Clinical Training of Psychoanalytic Candidates from Academic, Non-clinical Backgrounds**

1. CORST expects the Institute to have one to two years of ongoing relationship with the prospective candidate. This may or may not include acceptance of the candidate as an academic, special or partial candidate, depending on local institute bylaws and policies.
2. Prospective candidates should participate in regular classes, prematriculation classes, institute or society sponsored psychotherapy training program courses or similar activities that would allow the institute to assess clinical aptitude and a capacity to integrate with clinical trainees in didactic settings.
3. Prospective candidates should have, via classroom exposure and clinical assignments, familiarity with diagnostic interviewing, clinical assessment, psychopathology including severe mental illness, indications for various treatment modalities and the ethics of clinical practice.
4. CORST expects the institute to document that the applicant has done clinical psychotherapeutic work under supervision. Two supervisions, preferably by Institute faculty members, would be highly desirable.
5. The institute should research the local conditions for insurance and licensure to practice psychoanalysis, both during and subsequent to training for each applicant. These findings, after discussion with the applicant, should accompany the application for waiver.
6. The institute should be in contact with CORST whenever an individual is being considered for a waiver request. Ongoing preparation for a waiver request should be coordinated between the sponsoring institute and CORST.
7. CORST encourages each institute to designate a faculty liaison to CORST in order to encourage and facilitate psychoanalytic training for interested and appropriately prepared academics.



## **Guidelines for Institutes for Requirements for Training and Waiver application for CORST Candidates Seeking to do Clinical Psychoanalysis**

1 CORST waivers are limited to those who intend to remain productive in their original fields and wish to amplify the scope of their original research and academic work with insights gained by their experience doing clinical psychoanalysis. The CORST candidate's institute must demonstrate convincingly that the Candidate has **maintained continued productivity within and commitment to his or her original field**, and that the project of combining psychoanalytic training with that field continues to be convincingly in focus.

2 The institute must demonstrate that he or she has had the **basics of a mental health education such that, for purposes of evaluating his or her own case material and deciding when consultation is in order, he or she has had direct clinical and didactic experience with the diagnosis and clinical handling of severe psychiatric disorders that are not resolvable by psychoanalysis alone**: psychoses, severe characterological and substance abuse problems, organic brain diseases. It is not required that the CORST candidate have sole responsibility for the treatment of such cases. He or she must know how to recognize or at least get consultation on conditions in the mental illness spectrum for which psychoanalysis is neither the treatment of choice nor sufficient treatment if used as a single modality.

The institute must demonstrate that it has such a program in progress for the CORST candidate. **The program must be well under way, but need not be completed at the time the institute requests a CORST waiver.**

3 **The Candidate must have supervised psychotherapy experience with at least two cases and two supervisors who are trusted and senior analysts in the institute. The psychotherapy must be for at least a year for each case.** This must be well launched, say, six to nine months, but need not be completed.

4 It is important that supervisory reports be substantive. **CORST would like to read in detail what kind of progress IN THE CORST CANDIDATE (not simply in the patient) has been accomplished and what difficulties the supervisor has noted during the course of supervision. It is the institute's obligation to make clear to the supervisor that the written report detail an account of what progress and what difficulties have been noted in the supervision. Supervisory reports that are simple testimonials or simple statements of 'good enough to begin doing analysis' do not give CORST sufficient information and will result in a delay in processing the application**

5 The candidate's own write-up of each supervised psychotherapy case should also be included in the waiver application.