

SPRING APSA 2024 EDUCATIONAL NEEDS SURVEY REPORT

EXECUTIVE SUMMARY

On March 14, 2024, the APSA CE Committee surveyed APSA's members and learners by conducting an educational needs assessment. This document reports the results of the 2024 APSA Educational Needs Survey designed to explore the educational interests and needs of APSA members and learners.

BACKGROUND

The purpose of the needs assessment is to gather data on educational topics of interest with the goal of developing educational activities tailored specifically to what our members and learners most want to learn in the field of psychoanalysis. We asked respondents to rank topics of interest for future educational activities in 3 categories: Specific Theories, Topics in Psychoanalysis, and Additional Topics.

KEY FINDINGS

The results of the survey revealed the following topics of interest as being the highest educational priority. For the entire survey results, please see the next section.

SPECIFIC THEORIES:

1. British Object Relations
2. Trauma theory
3. Relational Theory

TOPICS OF PSYCHOANALYSIS

1. Understanding the unconscious in 2024
2. Understanding transference in 2024
3. Frame issues

ADDITIONAL TOPICS

1. Analytic mind and attitude: how do we understand the analytic attitude in 2024?
2. How do providers recognize inevitable enactments, and how do they process them with patients?
3. How do we develop the therapeutic relationship?
4. How and when do we terminate treatments?

DEMOGRAPHICS

The survey was sent to 4,056 individuals resulting in 3,108 individuals opening the email. A total of 123 responses were received. Of the 123 responses, the largest pool of respondents identified their profession as Psychologist (31%), Physician (30%), and Social Worker (21%).

Other respondents indicated their profession as Counselor (7%), Student (3%), Nurse Practitioner (1%) and Other (7%). Of the 123 responses, the largest pool of respondents indicated the number of years they have in treating patients was 5-15 years (28%), More than 35 years (25%), 16-25 years (22%), 26-35 years (19%), and less than 5 years (6%).

SURVEY RESULTS

Participants reported the topics of interest to them for future educational activities in 3 categories: 1) Specific Theories, 2) Topics in Psychoanalysis, and 3) Additional Topics.

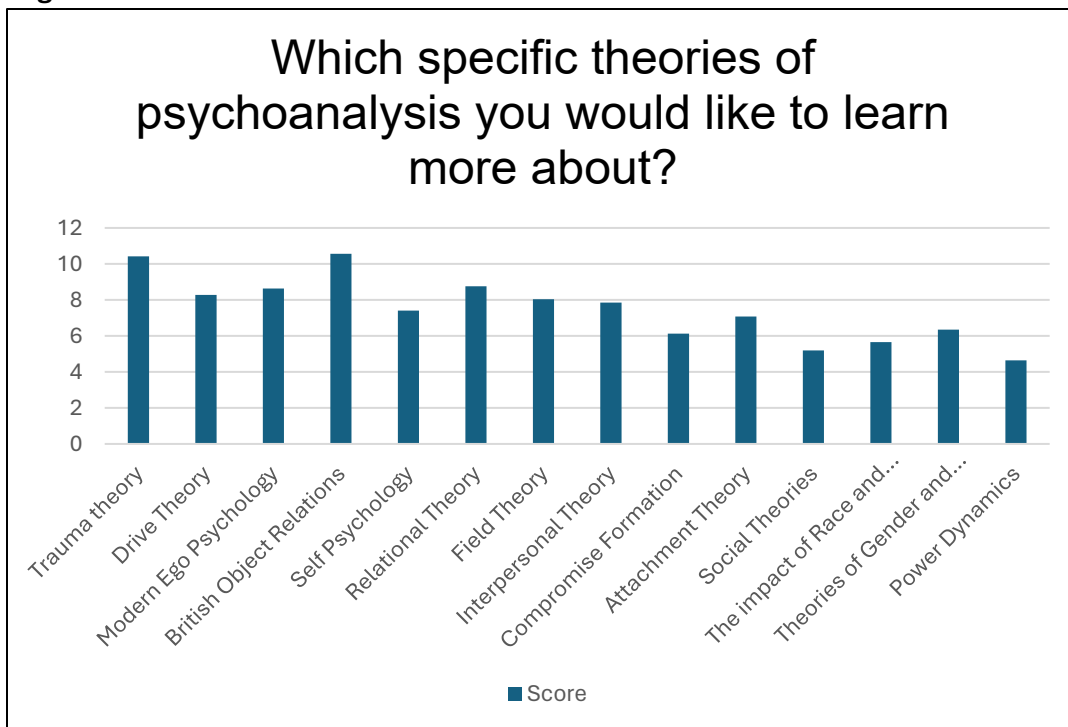
Specific Theories of Psychoanalysis

The majority identified British Object Relations (11%) and Trauma Theory (10%) as being of greatest interest. Other topics participants identified as of greatest interest include Relational Theory (9%), Modern Ego Psychology (9%), and Drive Theory (8%). See Table 1 below.

Table 1

Which specific theories of psychoanalysis you would like to learn more about?	
British Object Relations	11%
Trauma theory	10%
Relational Theory	9%
Modern Ego Psychology	9%
Drive Theory	8%
Field Theory	8%
Interpersonal Theory	8%
Self-Psychology	7%
Attachment Theory	7%
Theories of Gender and Sexuality	6%
Compromise Formation	6%
The impact of Race and Ethnicity	6%
Social Theories	5%
Power Dynamics	5%

Figure 1



Topics in Psychoanalysis

The majority identified Understanding the unconscious in 2024 (8%) and Understanding transference in 2024 (7%) as being of greatest interest. Each topic area was then expanded upon and rated by the respondents.

Table 2

Which topics of psychoanalysis you would like to learn more about?	
Understanding the unconscious in 2024	8%
Understanding transference in 2024	7%
Frame issues	6%
Diagnosis and Formulation	6%
Affect	6%
Ethical questions	6%
Identifying and managing countertransference	5%
Developing the therapeutic relationship	5%
Money	3%
Diagnoses warranting more attention	3%

1. How do we understand the unconscious in 2024?

How do we help our patients engage in symbolic thought if they are not able to do so at the start of treatment?	2%
What are challenges to symbolic thought?	2%
What external factors, such as trauma, race, gender, culture, and the social influence the unconscious?	2%

2. How do we understand transference in 2024?

How can the provider help the patient to recognize transference?	2%
How does the provider identify transference?	2%
What distinguishes transference analysis from 'gas-lighting' about social reality?	2%

3. Frame issues

How do providers choose a frame?	3%
How do we understand patients' reluctance to follow the frame?	3%
How do we switch between virtual and in-person frames?	2%
What issues of the frame are sensitive to matters of race, culture and sexuality?	2%

4. Diagnosis and Formulation

What are ways to formulate dynamics, using different theories, during an ongoing treatment?	3%
How do we assess suitability for psychoanalysis, psychotherapy, medications, and other forms of treatment?	2%
Problems of dual diagnosis patients.	1%

5. Affect

How do providers manage intense affects?	2%
How do we bear witness to painful experiences in our patients lives?	2%
How do we manage affects between the dyad?	2%

6. Ethical questions

How do we address our own misjudgments and those of colleagues?	2%
When do we decide to get consultation?	2%
What are confidentiality concerns in 2024, e.g. internet therapy	2%

7. How do providers identify and manage their countertransference?

Erotic transference and countertransference specifically.	2%
Racial/ ethnic transferences and countertransferences specifically.	2%
Religious transferences and countertransferences.	2%

8. Developing the therapeutic relationship

What is meant by deepening the process?	4%
How do we identify a process of deepening a patient's self-understanding through the treatment?	3%
How do the provider and patient talk about the deepening of their relationship?	3%
When and how do we increase frequency of treatments?	3%
What makes providers reluctant to deepen treatments and/ or increase frequency?	2%

9. Money

Meaning expressed in money	3%
Practice building	3%
Money in patients' lives	3%
Practice will and closing a practice	2%

Topics in Psychoanalysis Continued

10. Diagnoses warranting more attention	
Masochism	10%
Pathological narcissism	10%
Borderline pathology	8%
Dissociation	8%
Co-Dependency	7%
Somaticization	7%
Sociopathy	6%
Drug and alcohol abuse	6%
Sex addiction	5%
Internet addiction	5%
Climate anxiety	4%
Cult survivors	3%

Additional Topics in Psychoanalysis

The majority identified Analytic mind and attitude: how do we understand the analytic attitude in 2024 (8%) and how do providers recognize inevitable enactments, and how do they process them with patients? (7%) as being of greatest interest.

Table 3

What additional psychoanalysis topics you would like to learn more about?	
Analytic mind and attitude: how do we understand the analytic attitude in 2024?	8%
How do providers recognize inevitable enactments, and how do they process them with patients?	7%
How do we develop the therapeutic relationship?	6%
How and when do we terminate treatments?	6%
Models and theories of child development.	5%
Analytically oriented work with families and groups.	4%
How is play used in child and adult treatments?	3%
How we can support under-represented populations within the APsA community.	3%
How providers can better reach out to underserved communities.	3%

Recommended Next Steps

While limited in scope and sample size, the survey revealed meaningful information that can be applied to develop new educational offerings. Based on the results, the following next steps include:

Dissemination of the Report:

1. The 2024 APsA Education Survey Report will be disseminated to the Chairs of the APsA CE Committee and Program Planning Committee to inform the decision-making of future educational offerings. We will revisit the format of the next survey in collaboration with the Program Committee, taking into account feedback we have received.
2. The report will be used to create a priority topics list for the APsA 2025 National Meeting.

For questions regarding the 2024 APsA Education Survey, please contact Kathryn Brundage, Director of Accreditation at kbrundage@apsa.org