



COLUMBIA

CENTER FOR PSYCHOANALYTIC
TRAINING AND RESEARCH
DEPARTMENT OF PSYCHIATRY



Training Analyst Waiver Process and Consent Forms

A. Introduction

Training analysis waivers represent an exception to our rule that all psychoanalytic trainees must be in treatment with an analyst whose training, experience, and skills has allowed them to be designated as a Training Analyst at Columbia, NYPSI, or PANY. Our goal in offering waivers is to allow productive ongoing treatments to continue whenever possible while ensuring that our trainees receive analyses from the most highly qualified analysts.

All applicants should understand that waivers are rare, and there is no guarantee that a waiver will be granted. Therefore, applicants should plan for what they may do if their analyst is not approved.

B. APsA Criteria

The criteria for waivers set forth by the American Psychoanalytic Association's Department of Psychoanalytic Education (DPE) are as follows:

Institutes may waive the requirement for an analysis with a TA for an applicant who is already engaged in an ongoing analytic treatment of significant direction with an analyst who is not a Training Analyst, provided that the analyst meets the criteria below for suitability and eligibility. These waivers are granted on a case-by-case basis. Institutes are not required to adopt this policy. If an institute does adopt this policy, it will have procedures for determining an analyst's suitability and eligibility for performing this function. Institutes are encouraged to work with the DPE over time in their efforts to develop guidelines and best practices for such waivers.

To be considered for a waiver the analyst must meet the following criteria:

1. The analyst is in good ethical standing.
2. The analyst is a member of the American Psychoanalytic Association.
3. The analyst is a graduate of a member of the American Psychoanalytic Association.
4. The analyst demonstrates experience and competence in conducting psychoanalysis.

C. Additional Columbia Criteria

At Columbia, in addition to these criteria, we require the following:

1. The Analyst whose Applicant is requesting a waiver must be at least 5 years post-graduation (in keeping with our own rule that our graduates must be 5 years post-graduation before they are eligible to treat or supervise candidates).
2. The Analyst may either be a graduate of Columbia, NYPSI, or PANY who is not yet a designated training analyst, or a graduate of an APsA institute other than these three who has already been designated as a training analyst at their home institute.

3. The Analyst can have *one lifetime exemption* for one candidate only; if the issue were to arise with another applicant, a second waiver would not be granted and the analyst would have to complete their own institute's or the Center's process for becoming a Training Analyst.

D. Waiver Procedure

Any Applicant interested in obtaining a waiver to remain in treatment with a non-TSA will speak to the Chair of Training who will discuss the criteria outlined above and the process.

1. The Applicant will apply as usual. Before, during or after the admissions process (according to the Applicant's preference), the Applicant will initiate a waiver request by signing a consent form agreeing to the process and allowing the Chair of Training and heads of the Faculty Advancement Committee to contact their analyst to discuss the process with them and get their written consent. (Consent Forms are included below in this document.)
2. The Analyst will sign and submit a consent form.
3. The Director will contact the Analyst's Institute and request a letter that confirms:
 - a. the Analyst is in good standing at their institute (DPE criterion 1)
 - b. the Analyst graduated from an institute of the American (DPE criterion 3)
 - c. the year in which the Analyst graduated (Columbia criterion 1)
4. The Analyst will be asked to provide a letter from the American Psychoanalytic Association confirming the analyst is a member in good standing of the Association (DPE criterion 2)
5. The Center Administrator will confirm that the Analyst has not been granted other waivers for other trainees (CU criterion 3)
6. If all of the above is in order, then the Chairs of Faculty Advancement will contact
 - a. First, the Applicant to schedule a meeting to discuss the waiver request
 - b. Second, the Analyst to schedule 1-4 confidential meetings with an ad-hoc committee appointed by the Chairs of Faculty Advancement to "assess their experience and competence in conducting psychoanalysis" (DPE Criterion 4). This meeting will involve:
 - i. a general review of the analyst's practice and experience
 - ii. a presentation of two cases the Analyst has analyzed, either in process or terminated, including a presentation and discussion of microprocess (i.e. verbatim process notes) and macroprocess (i.e. course of treatment and therapeutic action). These cases may include control cases but may not include the case of the Applicant.
 - iii. the current Applicant will not be discussed (in keeping with our non-reporting TSA system)
7. If on the basis of that assessment the Chairs of Faculty Advancement and Columbia Center Director concur that a waiver is in keeping with the above, they will present the case to the Steering Committee for approval of the Waiver. A letter stating only that the waiver is approved will be placed in the Applicant's file.
8. If the Chairs of Faculty Advancement and Columbia Center Director do not believe that a waiver should be granted, they will present this to the Steering Committee. The Applicant will be informed and given the option to continue with their current Analyst and train elsewhere or to change analysts to an approved TSA and begin training at Columbia if admitted.
9. If the waiver is declined, both the candidate Applicant and the applying Analyst will be informed of the decision by the Chair of Training. The rationale for the decision will be shared with the applying Analyst. The Applicant has the option to be informed of the reason why their analyst did not receive a waiver and may elect to meet with the Chair of Training to review the decision.
10. The waiver process is not a consultation on the analysis of the applicant. At no point is the applicant's treatment discussed. Waivers are approved or denied on the basis of the Analyst's other work; therefore,

the granting or denial of a waiver should not be understood as an endorsement or critique of the clinical value of the Analyst's treatment of the candidate.

11. If at any point before, during, or after the application or waiver process the Applicant would like a clinical consultation on their treatment, the Center is happy to provide a free and entirely confidential consultation with a senior analyst member of our Consultation Panel. These consultations are entirely private, are done for the sole benefit of the applicant, and have no bearing on the acceptance of an Applicant or the granting of a waiver. To arrange a consultation, an Applicant may either contact the Chair or Training or one of the members of the Consulting Panel (contact information is available on the Center's website under Training Analysis).



Training Analyst Waiver Request and Consent Candidate form

I, _____ request a waiver from the Columbia University Center for Psychoanalytic Training and Research (the Center) in order to continue my personal analysis with my current psychoanalyst, Dr. _____. I realize that my psychoanalyst is not currently a Training and Supervising Analyst at Columbia, NYPSI, or PANY. I understand the Center’s eligibility requirements for waivers are as follows:

1. The Analyst is in good ethical standing.
2. The Analyst is a member of the American Psychoanalytic Association.
3. The Analyst graduated at least five years ago from the Center, NYPSI, or PANY (formerly IPE).
4. The Applicant has been in treatment with the Analyst for a substantial length of time.
5. The Analyst can have *one lifetime exemption* for one candidate only.

I understand and agree that, as part of my waiver request, my analyst will complete a consent form as well and then:

- 1) The Director of the Center will contact the Director of the Institute from which my analyst graduated to verify that my analyst is a graduate of that institute, his/her graduation date, and that he/she is in good ethical standing.
- 2) The Director of the Center will request a letter from APsaA confirming that my analyst is a member in good standing of APsaA.
- 3) An ad-hoc committee of Columbia Training Analysts appointed by the Chairs of the Faculty Advancement Committee will conduct a series of meeting with my analyst in order to assess his/her experience and competence in conducting psychoanalysis. At no point during these meetings will I or my treatment be discussed.
- 4) If my Analyst is not granted a waiver, I may elect to be informed why that determination was made.
- 5) I understand that the waiver process is not a consultation on my analysis. Waivers are approved or denied on the basis of my Analyst’s other work; therefore, the granting or denial of a waiver does not represent an endorsement or critique of the clinical value of my analysis with him/her.
- 6) At any time, I can request a free, confidential consultation on my analysis by contacting the Chair of Training or any member of the Center’s Consultation Panel.

My signature below indicates my understanding of and agreement to the process outlined above.

Signature _____ Date _____

Print name _____



Training Analyst Waiver Request and Consent Analyst form

I, _____ understand that my analysand _____ is requesting a waiver from the Columbia University Center for Psychoanalytic Training and Research (the Center) in order to continue his/her personal analysis with me while in psychoanalytic training. I understand the Center's eligibility requirements for waivers are as follows:

1. The Analyst is in good ethical standing.
2. The Analyst is a member of the American Psychoanalytic Association.
3. The Analyst graduated at least five years ago from the Center, NYPSI, or PANY (formerly IPE).
4. The Applicant has been in treatment with the Analyst for a substantial length of time.
5. The Analyst can have *one lifetime exemption* for one candidate only.

I understand and agree that as part of my analysand's waiver request:

- 1) The Director of the Center will contact the Director of the Institute from which I graduated to verify that I am a graduate of that institute, my graduation, and that I am in good ethical standing.
- 2) The Director of the Center will request a letter from APsaA confirming that my analyst is a member in good standing of APsaA.
- 3) An ad-hoc committee of Columbia Training Analysts appointed by the Chairs of the Faculty Advancement Committee will conduct a series of meetings with me in order to assess my experience and competence in conducting psychoanalysis. At no point during these meetings will my candidate patient or his/her treatment be discussed.
- 4) I understand that if my candidate patient's waiver is granted, a simple note stating that it has been granted will be placed in his/her educational file.
- 5) In the event that a waiver is not granted, I understand that I or my patient can elect to be informed of the reasons the waiver wasn't granted.

My signature below indicates my understanding of and my agreement to the process outlined above as part of my analysand's application for a waiver.

Signature _____ Date _____

Print name _____