

**WESTCHESTER CENTER  
FOR THE STUDY  
OF PSYCHOANALYSIS  
AND PSYCHOTHERAPY**

**Training Programs**

**WSPP**

**260 Stuyvesant Avenue • Rye, New York 10580  
914-967-1300**



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# Westchester Center for the Study of Psychoanalysis and Psychotherapy

CHARTERED BY THE REGENTS OF THE UNIVERSITY OF THE STATE OF NEW YORK

## ADMINISTRATIVE OFFICERS

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Steven Spitz, Ph.D.

*Administrator:*

Nancy D. Bobker

*Director of Admissions:*

Jane Kuniholm, M.S.W.

*Chair, Marketing Committee:*

Michael Wald, Ph.D.

*Chair, Curriculum Committee:*

James Rembar, Ph.D.

*Chair, Faculty Appointments Committee:*

William A. Behr, M.S.W.

*Treasurer:*

William A. Behr, M.S.W.

*Counsel:*

Bruce Hillowe, J.D., Ph.D.

## PAST DIRECTORS

Paul Stark, Ph.D. 1974-1979

Murray Z. Safian, Ph.D. 1979-1984

Sabert Basescu, Ph.D. 1984-1989

Sylvia Rosenblum, M.S. 1989-1992

Elliot M. Adler, Ph.D. 1992-1995

Harold R. Galef, M.D. 1995-1998

Helen O. Adler, M.S.W. 1998-2001

George Goldstein, Ph.D. 2001-2004

Diane Girdwoyn Caspe, M.S. 2004-2007

Arnold Zinman, Ph.D. 2007-2010

## DIRECTORS OF PROGRAMS AND SERVICES

**Psychoanalytic Training Program:** Judith Berenson, M.S.W.

**Adult Psychotherapy Training Program:** Suzanne Weisman, M.S.W.

**Child and Adolescent Psychotherapy Training Program:** Kate Washton, M.S.W.

**Couples Psychotherapy Training Program:** Ruth Greer, Ph.D., John Turtz, Ph.D.

**Supervisory Training Program:** Linda Fleischman, M.S.W.

**Treatment Service:** Angela LaManna, M.S.W.

## BOARD OF TRUSTEES

Helen O. Adler

Elliot M. Adler

Diane Girdwoyn Caspe

Harold R. Galef

George Goldstein

Alan Grey

Sylvia Rosenblum

Paul Stark

Arnold Zinman

## PURPOSE

The Westchester Center for the Study of Psychoanalysis and Psychotherapy (WCSPP) was chartered in 1974 by the Regents of the University of the State of New York to meet the training needs of mental health professionals. WCSPP provides formal training in psychoanalysis, adult psychotherapy, child and adolescent psychotherapy and couples psychotherapy. In addition, a supervisory training program is offered.

WCSPP is interdisciplinary, non-hierarchical and committed to the collaboration between

faculty and candidates in the development of curriculum, policies, and a strong educational milieu. WCSPP sponsors an annual conference, scientific meetings and workshops which are open to the community. In addition, WCSPP provides consultation and service to a variety of institutions in the larger community.

The faculty represents a range of contemporary psychoanalytic perspectives. It is committed to a continuing reassessment of psychoanalysis and psychotherapy in the light of new knowledge and developments in the profession.

## PSYCHOANALYTIC TRAINING PROGRAM (FOUR YEAR)

This program is designed to provide candidates with a firm grounding in psychoanalytic theory and practice upon which they can develop their own styles as psychoanalysts.

### ADMISSION

■ **PSYCHIATRY:** M.D. from an accredited medical school, completion of one year of psychiatric residency plus ongoing residency while in training. Two years of supervised clinical individual psychotherapeutic experience, at least one year of which must be with adults. Eligibility for state licensure.

■ **PSYCHOLOGY:** Ph.D. or Psy.D. in psychology from an accredited university or professional school. Two years of postgraduate supervised clinical individual psychotherapeutic experience, at least one

year of which must be with adults. Eligibility for state licensure.

■ **SOCIAL WORK:** Masters or doctoral degree from an accredited school of social work. Two years of postgraduate supervised clinical psychotherapeutic experience, at least one year of which must be with adults. Eligibility for state licensure.

■ Other Licensed **MENTAL HEALTH** professionals from accredited programs. This includes marriage and family therapists, creative arts therapists, and mental health counselors. Others are considered on an individual basis.

Admission is by application and interview. Applicants are encouraged to apply prior to June 15. Each applicant must have current professional liability insurance, a copy of which will be retained in the WCSPP office.

## REQUIREMENTS

■ **PERSONAL ANALYSIS:** Personal analysis, the foundation of a psychoanalytic education, must be concurrent with training and begin by January of the first year in the program. The **minimum** requirement is 400 hours with 200 hours of at least three sessions per week and 200 hours of at least two sessions per week.

A training analyst at WCSPP must be a graduate of a recognized institute program in psychoanalysis and have five years of experience beyond certification. Analysts trained outside WCSPP must be approved by the Training Committee. Training analysts do not participate in administrative decisions about the candidate nor do they report on the candidate's progress.

■ **SUPERVISION:** Supervision of 200 hours must be distributed among at least four faculty supervisors. Candidates are required to treat at least two training patients and have at least 40 hours with the same supervisor to earn credit. It is expected that candidates continue in supervision for the duration of their training. An additional year (40 hours) of supervision is required with a candidate in, or graduate of, the WCSPP Supervisory Program at no cost. Candidates have the option of working with a faculty supervisor at the usual fee if a supervisor-in-training or graduate is not available. Additional supervision may be required of some candidates to address their individual training needs.

■ **COURSE WORK:** The four year academic program is organized as a trimester system with two courses per trimester. Each course meets for one hour and twenty minutes for 11 weeks; classes take place on Tuesday evenings from 7 to 10 PM. On the twelfth Tuesday of each trimester candidates attend a Town Meeting where WCSPP candidates, graduates, and faculty assemble for discussion.

■ **CLINICAL REQUIREMENT:** Candidates are required to provide psychoanalytic treatment to at least two training patients at a minimum of two times per week throughout their training. Training patients are assigned through the Treatment Service. Upon graduation, training patients may be transferred to the candidate's private practice.

■ **REQUIREMENTS FOR GRADUATION:** Candidates are required to successfully complete course work and supervision, fulfill the personal psychoanalysis requirement, and be granted the final approval of the Training Committee.

■ **FEES:** There is an annual \$100 registration fee for each academic year to cover administrative costs. Course tuition is \$450 per course per trimester; tuition is to be paid prior to the start of each trimester. If needed, individual payment plans can be arranged. Supervision is \$50 per individual session.

# PSYCHOANALYTIC TRAINING PROGRAM COURSES

Courses are designated as F (fall), W (winter) and S (spring).

## FIRST YEAR

### ■ 101 F Principles of Psychoanalysis –

This seminar will introduce candidates, through selected readings, to central ideas in the field of psychoanalysis. Most seminars will be led by a different faculty member, thereby providing candidates with an opportunity to become acquainted with our faculty. The seminar will be focused on both theoretical and clinical issues. Case material will be provided by faculty and candidates.

### ■ 102 F An Introduction to Contemporary Freudian Psychoanalytic Technique –

This course will provide an overview of the basic technical concepts that characterize a uniquely psychoanalytic vision of the therapeutic process. The meaning and utility of free-association, transference, resistance and countertransference will be reviewed with special regard to their importance in the opening phase of treatment.

### ■ 103 W Development of Freudian Theory –

The focus of this course will be on Freud's early theories prior to the development of structural theory. The relationship between theory and practice will be emphasized.

### ■ 104 W Evolution of Psychoanalytic Technique –

This course offers an historical perspective on the origins of psychoanalytic technique.

### ■ 105 S Clinical Seminar: Introduction to Interpersonal Technique –

Harry Stack Sullivan's theoretical emphasis on interpersonal experience greatly expanded

psychoanalytic technique. This course will introduce the key concepts that Sullivan first formulated to organize his "practical" approach to "interviewing." His theoretical themes will be used to anchor and illuminate weekly class discussion of candidates' clinical work.

### ■ 106 S Harry Stack Sullivan and the Development of Interpersonal Psychoanalysis –

This course considers the origins of interpersonal psychoanalysis. It focuses on the historical and clinical contexts in which Sullivan's work evolved, on his core metapsychological, developmental and clinical conceptualizations, and on his lasting influence.

## SECOND YEAR

### ■ 201 F Clinical Seminar: Transference –

This course provides an integration of theoretical readings and technical applications. It introduces the candidate to the initial phases of working with the transference. Examples of transference from the candidates' cases will be discussed.

### ■ 202 F Freud's Clinical Writings –

This course examines the development of Freud's thought through a reading of his major case studies and other clinical writings. Readings will also include commentaries and re-evaluations of these classic writings by more contemporary psychoanalytic authors.

### ■ 203 W Readings in Early Interpersonal Theory –

This course examines the work of early interpersonalists who laid the groundwork for and expanded theoretical

# PSYCHOANALYTIC TRAINING PROGRAM COURSES

and clinical applications of interpersonal psychoanalysis. It includes an examination of the work of Fromm, Horney and Thompson as well as subsequent writers who formed a bridge to contemporary interpersonal theory.

■ **204 W Clinical Seminar: Working from a Two-Person Psychology** – The manner in which enactments are played out within the transference-countertransference matrix, and the concept of the unconscious from an interpersonal perspective will be considered in this course.

■ **205 S Dream Analysis** – This course combines a didactic and theoretical approach to dream analysis. Freudian theoretical and technical foundations of dream interpretation will be emphasized. Clinical presentations will be used to sensitize candidates to understanding the language of the unconscious.

■ **206 S Development of the Self** – This course is designed to acquaint candidates with ideas associated with the self. Beginning with the self as a product of the individual's biologically based development and incorporating infant research, attachment theory, systems theory and, to a lesser extent, neuropsychology, the course reconsiders classical, object relations and self psychology psychoanalytic theories of development.

## THIRD YEAR

■ **301 F Clinical Seminar: Survey on Countertransference** – Case material will be used to explore changing perspectives about countertransference theory from its origin in Freud's early writings to the

seminal contributions of today's most influential psychoanalytic thinkers. As clinical material and participants' own countertransferences are integral to developing an understanding of and ability to work with countertransference, there is strong emphasis upon maintaining a respectful, safe and encouraging atmosphere in which this work can take place.

■ **302 F British Object Relations Theory** – This course explores the origins of Object Relations Theory, reviewing the work of Melanie Klein, Donald Winnicott, Ronald Fairbairn and W.R. Bion. Clinical application is emphasized, using case vignettes presented by the instructor and class members.

■ **303 W Clinical Seminar: Exploration of Contemporary Classical Theory and Technique** – This course develops further the concepts of conflict, compromise formation, unconscious processes, transference, countertransference, listening, and interventions.

■ **304 W Foundations of Relational Theory** – This course will address a number of the seminal contributions to relational theory, both past and present. After a review of the object relations theorists who provided the historical antecedents of the relational opus (Klein, the Contemporary Kleinians, Ferenczi, Fairbairn and Winnicott) the course will consider the works of current relational thinkers, including Aron, Bromberg, Davies, Ghent, Ogden, Skolnick and Slochower. Basic concepts of relational theory will be covered, including intersubjectivity, enactment and multiplicity.

# PSYCHOANALYTIC TRAINING PROGRAM COURSES

■ **305 S Introduction to Self Psychology** – Kohut's seminal ideas and their extension by later theorists into the broader concepts of contemporary self psychology are examined with particular emphasis on changes in analytic technique.

■ **306 S Clinical Seminar: Self-Psychology** – This course is organized around the presentation of case material by candidates. Using clinical material from ongoing therapy cases, candidates learn how to organize and present their work in a way that best illustrates the actual workings of self-psychological analysis.

## FOURTH YEAR

■ **401F Advanced Relational Theory** – The course will review the theoretical and clinical relational literature. It will refer to the work of contemporary relational authors, including Mitchell, Hoffman, Davies, Bromberg and Maroda.

■ **402 F Contemporary Interpersonal Theory** – This course highlights the unique contributions of the varying interpersonal perspectives, with emphasis on the self, the interplay of transference and countertransference, and the nature of the therapeutic process.

■ **403 W Advanced Clinical Seminar on Dreams** – Contemporary theories of dream analysis will be explored and applied to candidates' clinical work. This course compares the different theories and techniques that psychoanalysts currently utilize in their work with dreams.

■ **404 W Comparative Psychoanalytic Case Studies** – This course presents a comparison of different schools of psychoanalytic thought. Published case studies are used to explore theoretical perspectives.

■ **405 S Elective** – Arranged by class, with instructor and topic of their choice.

■ **406 S Elective** – Arranged by class, with instructor and topic of their choice.

# ADULT PSYCHOTHERAPY TRAINING PROGRAM (TWO YEAR)

**T**he Adult Psychotherapy Training Program is designed for mental health professionals who wish to further their skills and understanding of the psychotherapeutic process. Courses explore assessment, psychopathology, psychodynamics, and core clinical concepts in conjunction with clinical case seminars. Supervision will be arranged for eligible participants. Personal psychotherapy is strongly recommended. A limited number of spaces are available to students who wish to pursue only course work without the clinical component.

## ADMISSION

■ **PSYCHIATRY:** M.D. from an accredited medical school, completion of one year of psychiatric residency plus ongoing residency while in training.

■ **PSYCHOLOGY:** Ph.D. or Psy.D. in psychology from an accredited university or professional school. Eligibility for state licensure.

■ **SOCIAL WORK:** Masters or doctoral degree from an accredited school of social work. Eligibility for state licensure.

■ Other Licensed **MENTAL HEALTH** professionals from accredited programs. This includes marriage and family therapists, creative arts therapists, and mental health counselors. Others are considered on an individual basis.

Admission is by application and interview. Applicants are encouraged to apply prior to June 15. Each applicant must have

current professional liability insurance, a copy of which will be retained in the WCSPP office.

## REQUIREMENTS

■ **COURSE WORK:** The two year academic program is organized as a trimester system with one course per trimester. The course meets for one hour and twenty minutes for 11 weeks on Tuesday evenings from 7 to 8:20 PM. On the twelfth Tuesday of each trimester, candidates attend a Town Meeting where WCSPP candidates, graduates, and faculty assemble for discussion.

■ **SUPERVISION:** A minimum of 80 hours of faculty supervision are required over two years. In order to earn credit, participants must have at least 40 hours with the same faculty supervisor.

■ **CLINICAL REQUIREMENT:** Candidates are required to provide treatment on a weekly basis to patients. Training patients are assigned through the Treatment Service for a minimum of 80 hours over two years. Upon graduation, training patients may be transferred to the candidate's private practice.

■ **FEES:** There is an annual \$75 registration fee for each academic year to cover administrative costs. Course tuition is \$450 per course and the tuition is to be paid prior to the start of each trimester. If needed, individual payment plans can be arranged. Supervision is \$50 per individual session.

# ADULT PSYCHOTHERAPY TRAINING PROGRAM COURSES

## FIRST YEAR

- **FALL: Psychoanalytic Principles I** – The basic psychoanalytic concepts of transference, countertransference, resistance, and interpretation are studied. The focus of the course consists of adapting the analytic attitude to the psychotherapy situation.
- **WINTER: Psychoanalytic Principles II** – The primary objectives of the course are to increase the students' abilities to identify and understand latent content. The focus is on understanding the unconscious, fantasy, dreams, symbolism and metaphor.
- **SPRING: Contemporary Issues in the Therapeutic Relationship** – The therapeutic relationship has been seen as transference, a working alliance, a frame, a holding environment and a source of new experience. This course will review these aspects to focus on ways of integrating them into the therapist's clinical work.

## SECOND YEAR

- **FALL: Psychoanalytic Listening** – The course focuses on expanding the clinician's capacity to hear the complexity of meaning of the patient's communications. Emphasis is on the importance of unconscious processes, conflict and the use of language.
- **WINTER: Comparative Theory and Technique from a Contemporary Clinical Perspective** – The focus of the course is to provide through clinical material and readings a contemporary clinical perspective comparing various psychoanalytic approaches.
- **SPRING: Treatment of Patients with Severe Pathology** – The course reviews psychoanalytic theory and techniques relevant to working with more disturbed patients. Readings address mood disorders, substance abuse, trauma, sexual abuse, ethical dilemmas, and the integration of psychoanalytic psychotherapy and psychopharmacology.

# CHILD AND ADOLESCENT PSYCHOTHERAPY TRAINING PROGRAM (TWO YEAR)

**T**he Child and Adolescent Psychotherapy Training Program is a course of study exploring the clinical and theoretical aspects of the treatment of children, adolescents and their families. A limited number of spaces are available to students who wish to pursue only course work without the clinical component.

## ADMISSION

- **PSYCHIATRY:** M.D. from an accredited medical school, completion of one year of psychiatric residency plus ongoing residency while in training.
- **PSYCHOLOGY:** Ph.D. or Psy.D. in psychology from an accredited university or professional school. Eligibility for state licensure.
- **SOCIAL WORK:** Masters or doctoral degree from an accredited school of social work. Eligibility for state licensure.
- Other Licensed **MENTAL HEALTH** professionals from accredited programs. This includes marriage and family therapists, creative arts therapists, and mental health counselors. Others are considered on an individual basis.

Admission is by application and interview. Applicants are encouraged to apply prior to June 15. Each applicant must have current professional liability insurance, a copy of which will be retained in the WCSPP office.

## REQUIREMENTS

- **COURSE WORK:** The two year academic program is organized as a trimester system with one course per trimester. The course meets for one hour and twenty minutes for 11 weeks on Tuesday evenings from 7 to 8:20 PM. On the twelfth Tuesday of each trimester candidates attend a Town Meeting where WCSPP candidates, graduates, and faculty assemble for discussion.
- **SUPERVISION:** A minimum of 80 hours of faculty supervision are required over two years. In order to earn credit, candidates must have at least 40 hours with the same faculty supervisor.
- **CLINICAL REQUIREMENT:** Candidates are required to provide treatment on a weekly basis to patients. Training patients are assigned through the Treatment Service for a minimum of 80 hours over two years. Upon graduation, training patients may be transferred to the candidate's private practice.
- **FEES:** There is an annual \$75 registration fee for each academic year to cover administrative costs. Course tuition is \$450 per course and the tuition is to be paid prior to the start of each trimester. If needed, individual payment plans can be arranged. Supervision is \$50 per individual session.

# CHILD AND ADOLESCENT PSYCHOTHERAPY TRAINING PROGRAM COURSES

## FIRST YEAR

■ **FALL: In the Beginning** – This course examines the fundamentals of working with children and adolescents. The focus is both practical and theoretical and covers a variety of clinical issues ranging from setting up a playroom to working with families, and understanding the nature of play.

■ **WINTER: Approaches to Child Psychotherapy** – This course uses a case study approach to understand the process of change in child psychotherapy. Readings include published case reports by therapists of different theoretical orientations to study the nature of effective clinical work with children.

■ **SPRING: Approaches to Adolescent Psychotherapy** – This course reviews early theoretical understandings of adolescence, examines contemporary research on normal adolescent development, and explores modern theoretical conceptions of adolescence. The course then focuses on contemporary adolescent treatment from interpersonal, self-psychological and post-Freudian as well as DBT/mind-body viewpoints.

## SECOND YEAR

■ **FALL: Child Development** – This course emphasizes the relevance of attachment theory for enriching the psychotherapist's understanding of the child's behavior and sense of self. It includes a review of the history of attachment theory, comparisons with other theories of development, and the impact of this model on psychotherapy with children.

■ **WINTER: Disorders of Childhood** – This survey course considers the problems of childhood that typically lead to a consultation. The course considers ways of thinking about psychopathology and looks at children's difficulties from the vantage points of attachment theory, neuropsychology, and affect regulation. Theoretical material is linked with clinical material in classroom discussion.

■ **SPRING: Working with Parents** – Helping parents think about their children can offer significant benefit alongside of and/or as a corollary to individual clinical work with children. This course provides readings as springboards for discussing how to involve parents in the work, helping them through different modalities to develop their own successful styles. Clinical material is focused on promoting and realizing these goals.

# COUPLES PSYCHOTHERAPY TRAINING PROGRAM (ONE YEAR)

**T**he Couples Psychotherapy Training Program is a one-year course of study which focuses on the theory and practice of couples therapy. It integrates contemporary psychoanalytic thinking with systems theory from a clinical perspective.

## ADMISSION

- **PSYCHIATRY:** M.D. from an accredited medical school, completion of one year of psychiatric residency plus ongoing residency while in training.
- **PSYCHOLOGY:** Ph.D. or Psy.D. in psychology from an accredited university or professional school. Eligibility for state licensure.
- **SOCIAL WORK:** Masters or doctoral degree from an accredited school of social work. Eligibility for state licensure.
- Other Licensed **MENTAL HEALTH** professionals from accredited programs. This includes marriage and family therapists, creative arts therapists, and mental health counselors. Others are considered on an individual basis.

Admission is by application and interview. Applicants are encouraged to apply prior to June 15. Each applicant must have current professional liability insurance, a copy of which will be retained in the WCSPP office.

## REQUIREMENTS

- **COURSE WORK:** The one year academic program is organized as a trimester system with one course per trimester. The course meets for one hour and twenty minutes for 11 weeks on Tuesday evenings from 7 to 8:20 PM. On the twelfth Tuesday of each trimester candidates attend a

Town Meeting where WCSPP candidates, graduates, and faculty assemble for discussion.

- **FEES:** There is an annual \$75 registration fee to cover administrative costs. Course tuition is \$450 per course and the tuition is to be paid prior to the start of each trimester. If needed, individual payment plans can be arranged.

## COURSES

- **FALL: Introduction to Couples Therapy –** This course will focus on basic concepts in the treatment of couples as well as practical issues. Included will be the process of engaging the couple, setting the treatment frame and working with concurrent in-dividual treatment. The assessment process will consider the couple's degree of attachment/separation from the family of origin and the couples mutual ability to communicate and deal with differences.
- **WINTER: Beginning Couples Therapy – Looking through the Dual Lens of the Intrapsychic and the Systemic –** This course will bring together psychoanalytic and family systems models that are helpful to beginning a couples therapy. Some of the topics we will explore are: how to enter the couple's world, how to assess the couple's attachment styles, how to understand how they have co-created their problems, how to evaluate the negative cycles of conflict and begin to de-escalate tensions, how to instill hope for change, how to stay on both of their sides, and how to deal with one's countertransference.
- **SPRING: Special Topics –** This course will focus on special topics related to couples therapy, including secrets, extra marital affairs, divorce, nontraditional families, sex therapy, infertility, substance abuse issues, and multicultural issues.

# SUPERVISORY TRAINING PROGRAM (ONE YEAR)

The Supervisory Training Program is a course of study designed to develop the skills and theoretical background consistent with supervisory responsibilities in practice, agencies and training institutes.

## ADMISSION

Applicants must have four years of clinical experience after having completed psychoanalytic training.

Admission is by application and interview. Applicants are encouraged to apply prior to June 15. Each applicant must have current professional liability insurance, a copy of which will be retained in the WCSPP office.

## REQUIREMENTS

■ **COURSE WORK:** The one year academic program is organized as a trimester system with one course per trimester. The course meets for one hour and twenty minutes for eleven weeks. Classes are held in the instructors' office.

■ **SUPERVISION:** Supervisors in training will supervise candidates or graduates from within WCSPP or other institutes, or therapists from the community. Each trainee will be supervised individually on a weekly basis by a senior faculty supervisor.

■ **FEES:** There is an annual \$75 registration fee to cover administrative costs. Course tuition is \$450 per course and the tuition is to be paid prior to the start of each trimester. If needed, individual payment plans can be arranged.

## COURSES

■ **FALL: Review of Historic and Contemporary Literature on Supervision** – This course examines current and historical thinking about the nature and practice of supervision through an overview of the literature. Topics covered include transference, countertransference and parallel process, use of authority, dangers of collusion, supervisor and supervisee's narcissism and unanticipated negative effects of supervision. Responsibility and accountability to the supervisee and to the patient will be considered.

■ **WINTER: Who We Are and What We Do as Supervisors** – This course considers the tasks and processes of supervision and who we are as supervisors. Topics include methodology, supervision of the therapist vs. supervision of the case, boundaries of supervision and analysis, subjective elements in analytic technique, collaborative and conflictual aspects of the supervisory relationship and one's motivation for doing the work.

■ **SPRING: Synthesis of Theory and Clinical Experience** – With the use of formal case presentations, the candidates have the opportunity to integrate their thinking on supervision. A cohesive group allows for discussion and exploration of what approaches best resonate and fit their personalities and how their own values and belief systems play central roles. Candidates will develop a clearer and more formulated understanding of supervision and their own clinical process.

## TREATMENT SERVICE

**T**he Treatment Service provides the basic clinical training for candidates at WCSPP. It is designed to provide psychoanalysis and psychoanalytically-oriented psychotherapy for those in the community interested in obtaining such treatment at low cost. Fees are based on a sliding scale.

WCSPP candidates are experienced and licensed professionals engaged in postgraduate training. Their work with patients is supervised by certified

psychoanalysts. All treatment is provided in the private office of the individual therapist. Treatment is available throughout Westchester and Rockland Counties, and lower Fairfield County, Connecticut.

In addition, WCSPP maintains a list of therapists affiliated with the Institute who are willing to accept low fee patients. For further information about the Treatment Service, call the WCSPP office at 914-967-1300 or go to the WCSPP website, [info@wcspp.org](mailto:info@wcspp.org).

## PSYCHOANALYTIC ASSOCIATION OF WCSPP

**T**he Psychoanalytic Association of WCSPP was formed for the purpose of fostering the development and interests of WCSPP. It is comprised of faculty, graduates, and candidates from the four year psychoanalytic training program who pay annual membership dues to the Association. Application for affiliate membership to the Association is also accepted from graduates of other accredited psychoanalytic training programs. The

Association sponsors a range of professional activities including scientific meetings that are open to the public, and informal workshops throughout the year for members. Additionally, for members, the Association holds an annual weekend retreat organized around a professional theme. Together with WCSPP, the Association publishes a semi-annual newsletter. An annual directory lists all current members.

## PSYCHOTHERAPY ASSOCIATION OF WCSPP

**T**he Psychotherapy Association of WCSPP comprises graduates and candidates from the Adult Psychotherapy Training Program, the Child and Adolescent Psychotherapy Training Program and the Couples Psychotherapy Training Program. Through annual membership dues, the

Association sponsors several seminars each year on wide ranging topics of interest to the WCSPP community. These meetings provide an opportunity for members to network and socialize. Together with the Psychoanalytic Association, an annual directory of current members is published.

## FACULTY

Adler, Elliot M., Ph.D.  
Adler, Helen O., M.S.W.  
Austin, Nancy, Psy.D.  
Bachant, Janet L., Ph.D.  
Barish, Kenneth J., Ph.D.  
Basescu, Sabert, Ph.D., Emeritus  
Behr, William A., M.S.W.  
Berenson, Judith, M.S.W.  
Bieber, Elaine Eaton, Ph.D.  
Bloomgarden, Jane W., Ph.D.  
Bushra, Annabella, Ph.D.  
Casper, Diane Girdwoyn, M.S.  
Crane, Stewart, M.S.W.  
Eliot, Stephen V., Ph.D.  
Finn, Mark G., Ph.D.  
Fleischman, Linda, M.S.W.  
Futterman, Linda, Ph.D.  
Gaines, Robert J., Ph.D.  
Galef, Harold, M.D.  
Goff, Beverley, M.S.W.  
Golden, Linda, M.S.W.  
Goldstein, George, Ph.D.  
Greer, Ruth, Ph.D.  
Grey, Alan, Ph.D.  
Grey, Carolyn, Ph.D.  
Gruenthal, Ruth, M.S.W.  
Hartman, William, Ph.D.  
Hodys, Helen, M.S.W.  
Katz, Robert, Ph.D.  
Kuniholm, Jane, M.S.W.  
LaManna, Angela, M.S.W.  
Levy, Judith S., Ph.D.  
Lopez, Thomas, Ph.D.  
Mahlstedt, Carol, Psy.D.  
Maniscalco, Philip, Psy.D.  
Menaker, Elsa, Ph.D.  
Menaker, Thomas, Ph.D.  
Mencher, Edythe Held, M.S.W.  
Mendelsohn, Eric, Ph.D.  
Messer, Barbara Hyde, M.S.W.  
Moses, Ira, Ph.D.  
Newman, David, M.S.W.  
Ortmeyer, Dale H., Ph.D.  
Pearson, Barbara, Ph.D.  
Picard, Sharon, M.S.W.  
Rembar, James, Ph.D.  
Rosenblum, Sylvia, M.S.W.  
Sasso, Gail Wittkin, Ph.D.  
Singer, Dale, M.S.W.  
Skolnick, Neil J., Ph.D.  
Sloate, Phyllis L., Ph.D.  
Spitz, Steven, Ph.D.  
Stark, Paul, Ph.D.  
Stuntz, Elizabeth, M.S.W.  
Taub, Sandra, Ph.D.  
Turtz, John, Ph.D.  
Verlen, Deborah, Ph.D.  
Wald, Michael, Ph.D.  
Washton, Kate, M.S.W.  
Weisman, Suzanne S., M.S.W.  
Zinman, Arnold, Ph.D.  
Zuckerman, Janet, Ph.D.

## FACULTY

- **ADLER, ELLIOT M., PH.D.** – Director, 1992-1995, WCSPP; Training Analyst, Senior Supervisor, The Postgraduate Psychoanalytic Institute; Invited Faculty, Supervisor, The Institute for the Psychoanalytic Study of Subjectivity; Faculty, The National Training Program in Contemporary Psychoanalysis; Faculty, The NIP Regional Psychoanalytic Training Program at Kansas City; Past President, Section 1, Division 39, American Psychological Association; Certificate in Psychoanalysis, Postgraduate Center for Mental Health.
- **ADLER, HELEN O., M.S.W.** – Director, 1998-2001, WCSPP; Faculty, Senior Supervisor, Training Analyst, Postgraduate Center for Mental Health; Certificate in the Supervision of the Psychoanalytic Process, Postgraduate Center for Mental Health; Certificate in Psychoanalysis, WCSPP.
- **AUSTIN, NANCY, PSY.D.** – Associate Director, Lucio Bini Mood Disorder Center; Adjunct Faculty, Ferkauf School of Psychology, Yeshiva University; Certificate in Psychoanalysis, WCSPP.
- **BACHANT, JANET L., PH.D.** – Faculty, Supervisor, Postgraduate Center for Mental Health; Coordinator, NY Disaster Counseling Coalition; Certificate in the Supervision of the Psychoanalytic Process, Postgraduate Center for Mental Health; Certificate in Psychoanalysis, WCSPP.
- **BARISH, KENNETH J., PH.D.** – Clinical Associate Professor of Psychology in Psychiatry, Weil Medical College, Cornell University; Certificate in Psychoanalysis, WCSPP.
- **BASESCU, SABERT, PH.D.** – Emeritus.
- **BEHR, WILLIAM A., M.S.W.** – Treasurer, WCSPP; Chair, Faculty Appointments, WCSPP; Former Director, Adult Psychotherapy Program, WCSPP; Faculty, Senior Supervisor, Postgraduate Center for Mental Health; Faculty, Supervisor, National Institute for the Psychotherapies; Certificate in Psychoanalysis, WCSPP.
- **BERENSON, JUDITH, M.S.W.** – Director, Psychoanalytic Program, WCSPP; Former Director of Adult Psychotherapy Program, WCSPP; Director of Ambulatory Mental Health Services, Montefiore Medical Center/Albert Einstein College of Medicine, Department of Psychiatry and Behavioral Sciences; Certificate in Psychoanalysis, WCSPP.
- **BIEBER, ELAINE EATON, PH.D.** – Former Director, Psychoanalytic Program, WCSPP; Certificate in the Supervision of the Psychoanalytic Process, Postgraduate Center for Mental Health; Certificate in Psychoanalysis, WCSPP.
- **BLOOMGARDEN, JANE WILLNER, PH.D.** – Associate Director, Adult Psychotherapy Program, WCSPP; Former Associate Director, Child and Adolescent Psychotherapy Program, WCSPP; Adjunct Faculty, Supervisor, Ferkauf School of Psychology, Yeshiva University; Certificate in Psychoanalysis and Psychotherapy, NYU.
- **BUSHRA, ANNABELLA, PH.D.** – Supervisor, NIP Psychology Externship; Supervisor, Doctoral Program in Clinical Psychology, Ferkauf Graduate School, Yeshiva University; Certificate in Psychoanalysis, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis.

## FACULTY

■ **CASPE, DIANE GIRDWOYN, M.S.**

– Director, 2004-2007, WCSPP; Voluntary Faculty, NY Presbyterian Hospital-Westchester Division; Former Chief Social Worker, Division of Child & Adolescent Psychiatry, Jacobi Hospital, Albert Einstein College of Medicine; Certificate in Psychoanalysis, WCSPP.

■ **CRANE, STEWART M., M.S.W.** –

Supervisor and former Faculty, Postgraduate Center for Mental Health; Certificate in Psychoanalysis, Certificate in Supervision, Postgraduate Center for Mental Health.

■ **ELIOT, STEPHEN V., PH.D.** – Former

Chair, Faculty Appointments, WCSPP; Certificate in Psychoanalysis, WCSPP.

■ **FINN, MARK G., PH.D.** – Certificate in

Psychoanalysis, WCSPP.

■ **FLEISCHMAN, LINDA, M.S.W.** –

Director of Supervisory Program, WCSPP; Certificate in Psychoanalysis, WCSPP.

■ **FUTTERMAN, LINDA, PH.D.** –

Former Co-Director, Supervisory Program, WCSPP; Former Director of Training, Psychoanalytic Program, WCSPP; Certificate in Psychoanalysis, WCSPP.

■ **GAINES, ROBERT J., PH.D.** –

Fellow, Training Analyst, Director, Child and Adolescent Training Program, William A. White Institute; Faculty, Supervisor, Manhattan Institute for Psychoanalysis; Certificate in Psychoanalysis, William A. White Institute.

■ **GALEF, HAROLD, M.D.** – Director,

1995-1998, WCSPP; Associate Clinical Professor, Albert Einstein College of Medicine; Fellow, American Psychiatric Association, American Academy of Psychoanalysis; Certificate in Psychoanalysis, New York Psychoanalytic Institute.

■ **GOFF, BEVERLEY, M.S.W.** –

Certificate in Psychoanalysis, NPAP.

■ **GOLDEN, LINDA, M.S.W.** –

Certificate in Psychoanalysis, WCSPP.

■ **GOLDSTEIN, GEORGE, PH.D.** –

Director, 2001-2004, WCSPP; Faculty, Supervisor, The Adelphi University Postdoctoral Program in Psychotherapy and Psychoanalysis; Supervisor, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis; Supervisor, Faculty, Suffolk Institute for Psychotherapy and Psychoanalysis; Certificate in Psychoanalysis, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis.

■ **GREER, RUTH B., PH.D.** –

Co-Director, Couples Psychotherapy Program, WCSPP; Former Co-Director, Adult Psychotherapy Program, WCSPP; Certificate in the Supervision of the Psychoanalytic Process, Postgraduate Center for Mental Health; Certificate in Psychoanalysis, WCSPP.

■ **GREY, ALAN, PH.D.** – Professor

Emeritus of Psychology, Graduate School, Fordham University; Faculty, Supervising Analyst, William A. White Institute and Manhattan Institute; Assistant Editor, Contemporary Psychoanalysis; Certificate in Psychoanalysis, William A. White Institute.

## FACULTY

- **GREY, CAROLYN C., PH.D.** – Faculty, Supervisor, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis; Diplomate in Psychoanalysis, American Board of Professional Psychology; Certificate in Psychoanalysis, WCSPP.
- **GRUENTHAL, RUTH, M.S.S.** – Training Analyst, Faculty, Senior Supervisor, Postgraduate Center for Mental Health; Faculty, Supervisor, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis; Certificate in Psychoanalysis and Psychotherapy, Postgraduate Center for Mental Health.
- **HARTMAN, WILLIAM, PH.D.** – Certificate in Psychoanalysis, WCSPP.
- **HODYS, HELEN T., M.S.W.** – Former Director, Treatment Service, WCSPP; Supervisor, Schools of Social Work of Adelphi and Columbia Universities; Certificate in Psychoanalysis, WCSPP.
- **KATZ, ROBERT J., PH.D.** – Faculty, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis; Supervisor, Institute for Contemporary Psychotherapy; Member, Department of Psychiatry, Phelps Memorial Hospital; Certificate in Psychoanalysis, NYU Postdoctoral Program for Psychotherapy and Psychoanalysis.
- **KUNIHOLM, JANE, M.S.W.** – Director of Admissions, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **LAMANNA, ANGELA C. P., M.S.W.** – Director, Treatment Service, WCSPP; Certificate in Psychoanalysis, WCSPP; Certificate in Child and Adolescent Psychoanalysis, ICAFS.
- **LEVY, JUDITH SCHWEIGER, PH.D.** – Training Analyst, New York Freudian Society; Faculty, Supervisor, Manhattan Institute of Psychoanalysis; Supervisor, Institute for Contemporary Psychotherapy. Certificate in Psychoanalysis, NYU Post Doctoral Program in Psychoanalysis and Psychotherapy, and New York Freudian Society.
- **LOPEZ, THOMAS, PH.D.** – Former Director, Cornerstone Therapeutic Nursery; Certificates in Psychoanalysis from the Anna Freud Centre and the New York Freudian Society.
- **MAHLSTEDT, CAROL, PSY.D.** – Associate Director, Treatment Service, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **MANISCALCO, PHILIP, PSY.D.** – Supervisor of Clinical-School Psychology Psy.D. Program, Yeshiva University; Certificate in Psychoanalysis, WCSPP.
- **MENAKER, ELSA, PH.D.** – Certificate in Psychoanalysis, WCSPP.
- **MENAKER, THOMAS, PH.D.** – Supervisor, Faculty in Psychoanalysis and Psychotherapy, William A. White Institute; Supervisor, Faculty, Institute for Contemporary Psychotherapy; Supervisor, Faculty, Manhattan Institute for Psychoanalysis; Supervisor, NYU Postdoctoral Program in Psychoanalysis; Certificate in Psychoanalysis, William A. White Institute.
- **MENCHER, EDYTHE HELD, M.S.W.** – Certificate in Psychoanalysis, WCSPP.

## FACULTY

- **MENDELSON, ERIC, PH.D.** – Conference Committee Chair, WCSPP; Faculty, Supervisor, Postgraduate Programs in Psychoanalysis and Psychotherapy, Adelphi University; Faculty, Supervisor, National Institute for the Psychotherapies Training Institute, and National Institute for the Psychotherapies National Training Program; Former Co-Director, Kansas City Institute for Contemporary Psychoanalysis; Psychoanalytic Certificate, Postdoctoral Programs in Psychoanalysis and Psychotherapy, Adelphi University.
- **MESSER, BARBARA HYDE, M.S.W.** – Former Secretary, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **MOSES, IRA, PH.D.** – Director of Clinical Services, Training and Supervising Analyst, William A. White Institute; Clinical Instructor, Department of Psychiatry, Yale University; Certificate in Psychoanalysis, William A. White Institute.
- **NEWMAN, DAVID, M.S.W.** – Faculty, Supervisor, Manhattan Institute for Psychoanalysis; Certificate in Psychoanalysis, Manhattan Institute for Psychoanalysis. Author of *Talking With Doctors*, The Analytic Press, 2006.
- **ORTMEYER, DALE, PH.D.** – Fellow Emeritus, Training and Supervisory Analyst, William A. White Institute; Clinical Professor, Training and Supervisory Therapist, Postdoctoral Program in Psychotherapy, Adelphi University; Instructor in Psychiatry, Columbia University; Certificate in Psychoanalysis, William A. White Institute.
- **PEARSON, BARBARA, PH.D.** – Former Director, Community Counseling Center; Certificate in Psychoanalysis, WCSPP.
- **PICARD, SHARON MEDOFF, M.S.W.** – Certificate in Psychoanalysis, WCSPP.
- **REMBAR, JAMES, PH.D.** – Director of Curriculum, WCSPP; Former Director, Child and Adolescent Psychotherapy Program, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **ROSENBLUM, SYLVIA, M.S.W.** – Director, 1989-1992, WCSPP; Faculty, Supervisor, Manhattan Institute for Psychoanalysis; Certificate in Psychoanalysis, WCSPP.
- **SASSO, GAIL WITTKIN, PH.D.** – Certificate in Psychoanalysis, WCSPP.
- **SINGER, DALE, M.S.W.** – Certificate in Psychoanalysis, WCSPP.
- **SKOLNICK, NEIL, PH.D.** – Faculty, Supervisor, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; Certificate in Psychoanalysis, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis.
- **SLOATE, PHYLLIS L., PH.D.** – Training and Supervising Analyst, Faculty, The New York Freudian Society; Supervising Analyst, Faculty, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis; IPA Fellow; Certificate in Psychoanalysis, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis.

## FACULTY

- **SPITZ, STEVEN, PH.D.** – Director, WCSPP; Former Director of Admissions, WCSPP; Consultant, Child Guidance Center of Southern Connecticut; Adjunct Clinical Faculty, Yeshiva University; Certificate in Psychoanalysis, WCSPP.
- **STARK, PAUL, PH.D.** – Director, 1974-1979, WCSPP; Former Dean, Psychoanalytic Institute of Postgraduate Center for Mental Health; Training Analyst, Faculty, Postgraduate Center for Mental Health; Certificate in Psychoanalysis, Postgraduate Center for Mental Health.
- **STUNTZ, ELIZABETH COHN, M.S.W.** – Associate Director, Child and Adolescent Psychotherapy Program, WCSPP; Supervisor, National Institute for the Psychotherapies; Certificate in Psychoanalysis, WCSPP.
- **TAUB, SANDRA, PH.D.** – Adjunct Clinical Supervisor, Yeshiva University; Analytic Certificate, New Hope Guild; Certificate in Psychoanalysis, WCSPP.
- **TURTZ, JOHN, PH.D.** – Co-Director, Couples Psychotherapy Program, WCSPP; Former Co-Director, Adult Psychotherapy Program, WCSPP; Faculty, Manhattan Institute for Psychoanalysis; Certificate in Psychoanalysis, WCSPP.
- **VERLEN, DEBORAH, PH.D.** – Former Director, Child and Adolescent Psychotherapy Program, WCSPP; Adjunct Clinical Supervisor, Pace University; Certificate in Psychoanalysis, WCSPP.
- **WALD, MICHAEL, PH.D.** – Chair, Marketing Committee, WCSPP; Faculty and Supervisor, Adelphi University Postdoctoral Program in Psychoanalysis and Psychotherapy and the Psychoanalytic Psychotherapy Study Center; Supervisor of Psychotherapy, Ferkauf Graduate School, Yeshiva University; Certificate in Family Therapy, Postgraduate Center for Mental Health; Psychoanalytic Certificate, Post Doctoral Program in Psychoanalysis and Psychotherapy, Adelphi University.
- **WASHTON, KATE, M.S.W.** – Director, Child and Adolescent Psychotherapy Program, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **WEISMAN, SUZANNE S., M.S.W.** – Director, Adult Psychotherapy Program, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **ZINMAN, ARNOLD, PH.D.** – Director, 2007-2010, WCSPP; Former Co-Director, Child and Adolescent Psychotherapy Program, WCSPP; Certificate in Psychoanalysis, WCSPP.
- **ZUCKERMAN, JANET, PH.D.** – Former Associate Director, Adult Psychotherapy Program, WCSPP; Adjunct Clinical Professor, Derner Institute, Adelphi University; Adjunct Clinical Supervisor, Ferkauf Graduate School, Yeshiva University; Certificate in Psychoanalysis, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis.

## APPLICATION PROCEDURE FOR ALL PROGRAMS

Application form is provided on the inside back cover. Please submit four copies of all required information together with an application fee of \$50 to the Administrator of WCSPP. Interviews will be arranged after all material is received. If you have any questions, please call the Administrator at 914-967-1300.

- 1 Current Curriculum Vitae
- 2 Graduate School Transcript
- 3 Copy of License
- 4 Copy of Certificate of Professional Liability Insurance
- 5 Transcript of any previous training in psychoanalysis or psychotherapy
- 6 Name(s) and address(es) of your personal psychotherapist(s) or psychoanalyst(s)  
Include where and when each was certified, frequency and dates of your treatment.
- 7 Names, addresses and telephone numbers of professional references to whom you will ask to send written recommendations to WCSPP: four references for the Psychoanalytic Training Program; two references for the Adult Psychotherapy Training Program, the Child and Adolescent Psychotherapy Training Program, Couples Psychotherapy Training Program and the Supervisory Training Program.

## FINANCIAL AID

**W**CSPP is committed to offering financial assistance to candidates in all training programs. Requests for

financial aid are handled by the Director of WCSPP in a confidential process. Applications are available upon request.

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Statements in this brochure reflect WCSPP's current determination of courses, programs, policies, tuition and fees. Admission to specific programs is dependent on qualifications of the applicant. WCSPP reserves the right to change its courses, programs, policies, tuition and fees subsequent to the publication of this brochure.

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WCSPP admits candidates of any race, color, sexual orientation, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to candidates at WCSPP. It does not discriminate on the basis of race, color, sexual orientation, national and ethnic origin in administration of its educational or admission policies and financial aid or other programs administered by WCSPP.



# APPLICATION FORM

Westchester Center for the Study of Psychoanalysis and Psychotherapy

■ **PROGRAMS**—Please check the appropriate box:

- Psychoanalytic Training Program (4 year)
- Adult Psychotherapy Training Program (2 year)
- Child and Adolescent Psychotherapy Training Program (2 year)
- Couples Psychotherapy Training Program (1 year)
- Supervisory Training Program (1 year)

Name \_\_\_\_\_  
(Last) (First) (Middle)

Address \_\_\_\_\_  
\_\_\_\_\_

Business Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_  
(Home) (Office) (Cell)

E-Mail Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Date of Application \_\_\_\_\_

Highest Degree \_\_\_\_\_ University \_\_\_\_\_ Date \_\_\_\_\_

■ **Mail application, \$50 fee and required documents to:**

Administrator, WCSPP  
260 Stuyvesant Avenue  
Rye, NY 10580

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of Psychoanalysis and Psychotherapy**  
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