



application fee: \$25.00
make check payable to Columbia University

The Center for Psychoanalytic Training and Research
Columbia University

1051 Riverside Drive, New York, NY 10032
212-927-5000

Application for Psychoanalysis

date:

name:

address:

home phone:

work phone:



year of birth:

occupation:

sex: F M

marital status: S M D W

domestic partner:

age:

sex:

children:

personal monthly income:

other monthly income:

Referred to Center by:

(please, give name and address if by professional person)



What previous psychiatric or psychotherapeutic help, if any, have you had?

Name and address of your treating doctor or therapist:

May we get in touch with them?

(if yes, please sign attached consent form)

yes no

Have you been hospitalized for psychiatric problems?

yes no

if yes,
diagnosis:

treatment:

when:

where:

Has anyone else in your family undergone psychiatric treatment?

if yes, indicate relationship:

yes no



Are you at present on any form of medication?

yes no

if yes, please cite

Do you have, or have you ever had, any persistent or recurrent physical symptoms or problems with your health?

yes no

if yes, please describe

Have you been hospitalized or consulted a physician in the past ten years for medical or surgical reasons?

yes no

if yes, please describe

name and address of physician or hospital

May we get in touch with them?

yes no

(if yes, please sign last the attached consent form)

Have you applied to the Center previously?

yes no

if yes, please give year:

Do you have medical insurance coverage currently?

yes no

name of company:

policy and/or group numbers:



1) What are your reasons for seeking help at this time and how might psychoanalysis help you?

2) Please, describe the history of your emotional and psychological difficulties and prior efforts to deal with them.



3) Please, describe your family background and your personal history.

4) Please, describe the people currently most important to you and your feelings.



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This is to give permission to the Psychoanalytic Center to secure from therapist or agency any information pertinent to processing my application for treatment.

date: _____

signed: _____

Consultation Information

The Columbia University Center for Psychoanalytic Training and Research was established in 1945 in the Department of Psychiatry of the Columbia University College of Physicians and Surgeons to provide high quality psychoanalytic treatment for patients, to train candidates in psychoanalysis and to conduct research to further understand the mechanisms of action and effectiveness of psychoanalysis. The Center was founded with the belief that psychoanalytic training could enrich and be enriched by a University setting where the biological, social sciences and humanities dimensions could be fully integrated.

Patients applying for treatment to the Center are carefully evaluated to be sure that undertaking an analysis is in their best interests at this time. Our evaluation process has several parts which help both the Admissions service and you evaluate your current situation. First, applicants are mailed an application form to complete. This form asks for information regarding current life circumstances, past treatment, physical health and reasons for seeking analytic treatment at the present time. The application fee, which should accompany your application, is \$25.

Once you have returned the application form, you will be contacted by a member of the Center Admissions Service who will schedule a clinical interview to explore aspects of your past history and current life issues in greater detail. Most applicants are seen on several different occasions to complete this process; having several different opportunities to reflect on your experiences may give you a better sense of the nature of psychoanalytic treatment as well as giving the doctor conducting your evaluation a chance to formulate an impression of what type of treatment is best for you. The fee for the initial evaluation session is \$35 and each additional session is \$15. The doctor evaluating you for analysis may or may not be the analyst who will be treating you if you undertake analytic treatment. The evaluating doctor will, however, write a detailed report about your evaluation. The evaluating clinician may wish, with your consent, to contact previous therapists or physicians who have treated you in the past to gather additional information regarding your history.

Following your evaluation, the evaluating analyst will notify you as soon as possible, usually within a month, about what form of treatment appears indicated. If analysis is not considered the most appropriate form of treatment for you at this time, we will assist you in finding a referral for the appropriate type of treatment. If analysis is the treatment of choice, we will pair you with a candidate (analyst-in-training) at the Center who will contact you to begin treatment. Your analyst will speak with you about the details of scheduling, will set a fee with you based upon your income and will provide you with the information you need to know to begin treatment.

Psychoanalytic treatment consists of four sessions weekly with the patient lying on a couch, which helps facilitate self reflection. It often continues for 4 to 6 years. All analyses at the Columbia University Center for Psychoanalytic Training and Research are conducted by candidates (analysts-in-training) under the supervision of a senior supervising psychoanalyst from the faculty of the Center. This supervision, combined with the high caliber of our candidates, helps to ensure that you will receive good treatment.

You should also be aware that because of the educational mission of the Center, material from your analysis may be discussed at clinical conferences within the Center. In any circumstance where material from your analysis is used for teaching or research purposes, anonymity and confidentiality are always carefully preserved by using a case number only for identification purposes and by eliminating any potentially identifying details.

Finally, we would also like you to know that our Center has traditionally been a leader in psychoanalytic research and currently has several projects in progress. Your case records and initial evaluation may be used for research purposes within the Center by our researchers. In addition, a research assessment is a required part of the initial evaluation for psychoanalysis. Once accepted into psychoanalytic treatment, your active participation in the research is voluntary and unrelated to your psychoanalytic treatment. In the past our patients and analysts have been supportive of research efforts at the Center, which represent our attempt to further develop our knowledge and understanding of psychoanalytic treatment.

We look forward to your application to our Center and will do our best to meet your evaluation and treatment needs in an efficient, thorough and respectful manner. The Admissions Service staff would be happy to answer any questions you may have and may be reached at 212-927-5000. Please sign the attached page indicating that you have read and understood the above information and return with your application form.



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Research Evaluation Addendum

Dear Applicant,

Attached is your application for treatment at the Columbia University Center for Psychoanalytic Training and Research. Once we receive your application we will refer you to for a research evaluation and for a clinical evaluation with an analyst in training. Participation in research assessment is a standard component of the clinic evaluation process. The purpose of the research study is to learn more about the kinds of problems people have who apply for psychoanalytic treatment. If you do not wish to participate in this study, we can refer you to other psychoanalytic clinics in the city.

We would like to familiarize you with our evaluation procedures. At the beginning of your evaluation you will meet with a physician from the clinic who will explain our research study, tell you more about the evaluation process in general and answer any questions you might have. At that meeting you will be given a packet of questionnaires to fill out at home. It will take between 75 and 90 minutes to fill out the questionnaires. After completing the questionnaires you will have two sessions with an interviewer that will last from 60 to 90 minutes each. During that time the interviewer will ask you questions about your thoughts and feelings and life experiences. After these sessions you will proceed with a clinical evaluation which involves interviews with an analyst in training. If you enter psychoanalytic treatment, at 3 months, 6 months and every 6 months thereafter, you will receive a packet of some of the same self-report questionnaires in the mail and be asked to fill them out and return them to the psychoanalytic center. This packet will take about 20 minutes to complete. The questionnaires will have a code number, which is a way of maintaining confidentiality.

If you have further questions about your application, please contact Dr. Margaret Hamilton, Dr. Eve Caligor or Dr. Steven Roose at 212-927-5000.

Sincerely,

Eve Caligor, MD
Admissions and Treatment Service

To complete your application please sign below!

I have read and understood the Consultation Information for Applicants regarding psychoanalytic treatment and the process of evaluation, treatment and research at the Columbia University Center for Psychoanalytic Training and Research.

date: _____

signed: _____