



PRE-GRADUATION CERTIFICATION

The Pre-Graduation Certification program provides candidates with the opportunity to have their work in progress evaluated blindly by the Certification Committee (CEC). Part I consists of submitting two written case reports during training, with the option to have an interview. Part II, subsequent to graduation, consists of an interview where the applicant presents process material from a total of three cases with one of them being a terminated case. Candidate Members in good standing are eligible to apply.

Part I of the Pre-Graduation Certification process entails writing up a report of up to but not more than 20 double-spaced pages each on two patients who are in the middle phase of their analyses (*description below*). They may both be of the same gender. However, if that is the case, the third case to be presented for Part II will need to be of the other gender and requires a complete write-up. The Certification Committee has learned that the committee gets the fullest understanding of one's analytic thinking if in addition to reading case reports they have an opportunity to discuss the applicant's work with the applicant. As a result, we recommend but do not require an interview for Part I.

The cases for the middle phase write-ups should demonstrate the Core Competencies as outlined in Appendix C of the ABP Certification Committee's *Standards, Procedures and Guidelines*. The Certification Committee is looking for the demonstration of these basic psychoanalytic competencies in the work (*additional information included with the application*). While these concepts are important to consider, demonstrating the aliveness of the encounter between analyst and patient is essential in order to communicate to the reader the analytic process taking place. What is often most useful for those who read cases is that they hear a story about what has occurred between the analytic dyad, while demonstrating an understanding of basic, core psychoanalytic ideas. This can be done in a variety of ways using one's personal style of writing while weaving in essential aspects of the psychoanalytic competencies.

If the case reports are favorably reviewed, the applicant will have passed Part I of the Certification process and upon graduating and having a patient who has gone through a termination experience may go on to Part II. If the Committee concludes that additional work needs to occur, the applicant will be continued. A mentor will be recommended to assist the applicant in rethinking and editing the write-up.

*Please refer to **Appendix D** of the *Standards, Procedures and Guidelines* for a more detailed description of the program including Part II.*

Child Training

The Pre-Graduation Certification program is also available for those candidates in child/adolescent training. Similar to adult pre-graduation certification, two write-ups are

required for Part I with both reporting on cases that are in the middle phase of analytic work. The Part I reports can be of two patients of the same gender and in the same age group. If that is the case, for Part II both genders need to be represented as well as both a latency age child and an adolescent. Specifically, the latency child either begins treatment in latency, or begins in pre-latency and transitions into latency during treatment. The adolescent case should be of a treatment begun in some phase of adolescence. An adolescent is defined, for the purpose of certification, as someone in the second decade of life who is in a psychological phase of adolescence when treatment is begun. The full written reports should each be a maximum of 20 pages.

Deadline Dates

For the January Meeting the applicant must notify the ABP office no later than **September 1** of his/her intention to submit an application for the January meeting. *Deadline for submitting written material is September 15. (17 copies required)*

For the June Meeting the applicant must notify the ABP office no later than **March 1** of his/her intention to submit an application for the June meeting. *Deadline for submitting written material is March 15. (17 copies required)*

The application and supporting materials can be downloaded from our website under the Pre-Graduation Program page under the Certification Page.

Pre-Grad Application fees:

The Pre-Grad Application fee for PART I is \$250 and for PART II is \$350.

In order to make the Pre- Graduation Certification Program accessible and user-friendly it is recommended that you directly contact the Chair of the Certification Committee with any questions you may have. You may also contact the ABP office with questions concerning scheduling or to request an application at 702 875-2040; certification@abpsa.org

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Chair, Certification Committee
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The Middle Phase of Analysis
(for Part I Pre-Graduation Certification)

Please note that this list of the characteristics of the middle phase is intended to be a guide and not a checklist. Its purpose is to describe a trajectory while recognizing that all analyses have their own unique rhythms.

1. Frame
 - a. The candidate has been able to establish the analytic frame (fee, schedule, use of couch, neutrality) and the patient has been able to work relatively consistently within this frame.
2. Alliance
 - a. The alliance can be described and is well established, i.e. patient can collaborate in recognizing and reflecting on resistances, regressive transference reactions, maladaptive extra-transference behaviors, etc.
3. Free Association
 - a. Free association is demonstrable – the patient can increasingly express whatever comes to mind including thoughts, feelings, body sensations etc. Oscillations are increasingly recognizable between past and present, transference and extra-transference, imaginings etc.
 - b. The analyst is able to more or less maintain a psychoanalytic stance that includes free-floating attention, technical neutrality and an awareness of countertransference pressures.
4. Transference
 - a. Transference paradigms are evident and have been interpreted.
 - b. Analytic work focuses on the transference, leading to a deepening of associations in service of gaining understanding into defensive operations, enactments and genetics.
5. Resistances
 - a. Character resistances have increasingly become the focus of joint curiosity and exploration.
6. Countertransference
 - a. Major countertransference reactions are evident and used to better understand the patient's unconscious processes.
 - b. The analyst is sensitive to the distinction between countertransference reactions that reflect the patient's dynamics and those that reflect his/her own dynamics.
7. Working through
 - a. The analyst understands and addresses the patient's core dynamics that have been revealed and recognizes them when they emerge over time in the transference and in extra-transferential material.
 - b. The analysts' repeated interventions result in change including the patient's deepened understanding and experiencing of his/her core dynamics with shifts in defense and resistance, shifts in transference manifestations of the core dynamic and more adaptive extra-transferential behavior and object relationships.
8. Dreams and Fantasies
 - a. Patient and analyst are able to work with dreams and conscious and unconscious fantasies using them to deepen the analytic process particularly in relation to the transference.
9. Genetics
 - a. Major genetic antecedents of transference reactions and extra-transferential dynamics have begun to be understood.
10. Self-Reflective functioning
 - a. The patient is increasingly able to take an active and curious attitude toward his inner states rather than presenting them passively to the analyst to be understood.
 - b. The analyst demonstrates the ability to intervene in ways that both promote self-reflection and to analyze resistances to doing so.

(This list is an edited and elaborated version of the Columbia Middle-Phase criteria)