COLUMBIA | CENTER FOR PSYCHOANALYTIC TRAINING AND RESEARCH
DEPARTMENT OF PSYCHIATRY

75 Years

Training Analyst Waiver Process and Consent Forms

The following policy, adopted in February 2025, updates the Center's prior waiver policy. It is currently in a pilot phase and will be evaluated following its use for several admissions seasons.

A. Introduction

Candidates at the Center must begin their training analysis on or before the start of their first semester of classes and at least six months prior to starting their first psychoanalytic training case. We expect that candidates will select as their analyst a Columbia Psychoanalytic faculty member who has been trained and credentialed to analyze and supervise candidates (typically referred to as a training and supervising analyst, or TSA). Candidates who wish to work with a Columbia analyst who is not a TSA or with an analyst at another institute may apply for a waiver. A candidate may seek a waiver if they are already in a treatment they wish to continue or if they are not yet in treatment but believe they can find a better match outside the Center's community of training analysts. Our goals in offering waivers are to allow productive ongoing treatments to continue whenever possible and to support candidate choice, while ensuring that our trainees receive analyses from qualified analysts whose clinical approach is reasonably consistent with the methods they will be learning at the Center.

All applicants should understand that waivers represent exceptions granted on a case-by-case basis. There is no guarantee that a waiver will be granted. Therefore, applicants should plan for what they may do if their chosen analyst is not approved.

B. Eligibility Criteria

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 graduate of an APsA or an International Psychoanalytical Association (IPA) institute. In the New York metropolitan area, these institutes are:
    a. American Institute for Psychoanalysis
    b. Columbia University Center for Psychoanalytic Training and Research
    c. Institute for Psychoanalytic Training and Research (IPTAR)
    d. New York Psychoanalytic Society and Institute (NYPSI)
    e. The NYU Postdoctoral Program in Psychotherapy and Psychoanalysis
    f. Psychoanalytic Association of New York (PANY)
    g. The Psychoanalytic Training Institute of the Contemporary Freudian Society
    h. William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology
3. The analyst graduated from an adult psychoanalytic training program at least five years before the candidate's anticipated start of psychoanalytic training

4. The analyst demonstrates an active, ongoing practice of psychoanalysis, as demonstrated by their present treatment of two or more patients in three- to four-times-weekly analysis. At least one of these analyses must have been begun after their graduation from analytic training.
5. The analyst demonstrates experience and competence in conducting psychoanalysis, including reflective capacity and flexibility in thinking about theory and technique in step with what we teach candidates at Columbia.

C. Waiver Procedure

Any prospective candidate 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 prospective candidate will apply as usual. Before, during, or after the admissions process (according to the prospective candidate's preference), the Applicant will initiate a waiver request by signing a consent form agreeing to the process. (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
    b. the analyst graduated from an APsA or IPA institute
    c. The analyst completed training in adult psychoanalysis five or more years prior to the candidate's training is expected to begin
4. If all of the above is in order, then the chairs of CAPE will contact the analyst to schedule one or more confidential meetings with an ad-hoc committee. These meetings will entail collegial conversations focused on understanding
    a. the scope and depth of the analyst's clinical work and teaching, possibly including the discussion of clinical material,
    b. the resources available to the analyst for their own continued learning and professional development, and
    c. The ethical standing of the analyst.
5. The ad hoc committee will determine if a waiver should be approved and will inform the chairs of CAPE who will inform the analyst and prospective candidate of their decision.
6. 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.
7. If at any point before, during, or after the application or waiver process, the prospective candidate 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 a prospective candidate or the granting of a waiver. To arrange a consultation, a prospective candidate may directly contact one of the members of the consulting panel (contact information is available on the Center's website under Training Analysis).

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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 have my training analysis conducted by Dr. _____. I understand that I am requesting an exception to the expectation that my training analysis be conducted by a Columbia training and supervising analyst and that the approval of a waiver is not guaranteed. I understand the Center's eligibility requirements for waivers and can affirm that my analyst meets those criteria.

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, their graduation date, and that they are in good ethical standing.

2) An ad hoc committee of Columbia faculty will conduct a series of meetings with my analyst in order to consider my waiver request. At no point during these meetings will I or my treatment be discussed.

3) 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.

4) At any time, I can request a free, confidential consultation on my analysis by contacting 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_____

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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 initiate or continue their personal analysis with me while in psychoanalytic training. I understand that approval of this waiver would represent an exception to the expectation that a candidate's training analysis be conducted by a Columbia training and supervising analyst and that, as such, approval of a waiver is not guaranteed. 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 graduate of an APsA or an International Psychoanalytical Association (IPA) institute.
3. The analyst graduated from an adult psychoanalytic training program at least five years before the candidate's anticipated start of psychoanalytic training.
4. The analyst demonstrates an active, ongoing practice of psychoanalysis, as demonstrated by their present treatment of two or more patients in three- to four-times-weekly analysis. At least one of these analyses must have been begun after their graduation from analytic training.
5. The analyst demonstrates experience and competence in conducting psychoanalysis, including reflective capacity and flexibility in thinking about theory and technique in step with what we teach candidates at Columbia.

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 date, and that I am in good ethical standing.

2) I will furnish documentation confirming that I am a member in good standing of APsaA.

3) An ad-hoc committee of Columbia faculty will conduct a series of meetings with me in order to determine the outcome of my waiver application.

4) At no point during this process will my prospective candidate patient or their treatment be discussed.

My signature below attests to the fact that I meet the eligibility requirement for a waiver as detailed above. In addition, my signing 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_____