

## **Training/Education Resources for Psychotherapy**

Each listing was vetted and added subject to a vote by the Psychotherapy Committee of the Massachusetts Psychiatric Society. Criteria considered included availability of CME Category I credit, sponsorship by a recognized professional association or other reputable host organization, and evidence of efficacy of the approach from published research. We did not require that CME Category I credit be given, as there are many excellent programs which do not give such credit.

Boston Psychoanalytic Society and Institute – Psychoanalytic Psychotherapy Fellowship/Advanced Training Programs: <https://bpsj.org/training/advanced-psychoanalytic-psychotherapy/>

Austen Riggs Center: <http://www.austenriggs.org/fellowship>

Western New England Psychoanalytic Institute:  
<http://westernnewengland.squarespace.com/psychodynamic-psychotherapy-pr/>

Psychoanalytic Institute of New England:  
<http://www.pineanalysis.org/content/psychodynamic-psychotherapy-fellowship-program>

Massachusetts Institute of Psychoanalysis: <http://mipboston.org/post-graduate-fellowship-program/>

The Center for Psychoanalytic Studies at William James College offers an online “fellowship” program for study in psychoanalytic psychotherapy with “distinguished international faculty” in the psychoanalytic field. Martha Stark MD and Andrea Celenza PhD are highly respected experienced clinicians and teachers who co-direct the Center for Psychoanalytic Studies. Detailed course information and registration links are available at: <https://www.williamjames.edu/academics/lifelong/ce/psychoanalytic-studies.cfm>

McLean Hospital: <https://www.mcleanhospital.org/training/continuing-education>  
<https://www.mcleanhospital.org/events/list>

American Psychoanalytic Association:  
Psychoanalytic Psychotherapy Fellowship: <http://www.apsa.org/apsaa-fellowship>

Local Institutes’ Psychoanalytic Psychotherapy Training Programs:  
<http://www.apsa.org/psychoanalytic-psychotherapy-training>

The American Academy of Psychoanalysis and Dynamic Psychiatry:  
<http://www.aapdp.org/>

PCFINE - the Psychoanalytic Couples and Family Institute (training and some educational workshops etc): <http://pcfine.org/who-we-are/mission/>

MAPP - Massachusetts Association for Psychoanalytic Psychology:  
<http://www.mappsych.org/>

The Western Massachusetts and Albany Association for Psychoanalytic Psychology:  
<http://wmaapp.org/>

Academy of Cognitive Therapy: [www.academyofct.org](http://www.academyofct.org)

Association for Behavioral and Cognitive Therapies, [www.abct.org](http://www.abct.org)

Beck Institute for Cognitive Behavioral Therapy: [www.beckinstitute.org](http://www.beckinstitute.org)

Behavioral Tech (Marsha Linehan's program for dissemination of DBT): [behavioraltech.org](http://behavioraltech.org)

Harvard Medical School Department of Continuing Education: <https://cmecatalog.hms.harvard.edu/topics/psychiatry>\*

Mass. General Hospital Psychiatry Academy: [mghcme.org](http://mghcme.org)\*

American Psychiatric Association [www.psychiatry.org](http://www.psychiatry.org) \*

Institute for Solution Focused Studies at Framingham State University:  
<http://us10.campaign-archive2.com/?u=6b5208d4db0546c03ca3adb2a&id=faecad00ae>

The Institute for Solution-Focused Therapy

<https://solutionfocused.net/about-us/>

Executive Director Anne Bodmer Lutz, MD

Solution-Focused Brief Therapy (SFBT) is a short-term goal-focused evidence-based therapeutic approach which helps clients change by constructing solutions rather than dwelling on problems. In the most basic sense, SFBT is a hope friendly, positive emotion eliciting, future oriented vehicle for formulating, motivating, achieving and sustaining desired behavioral change.

CBT for Psychosis: An Individualized, Recovery Oriented Approach:  
<https://www.udemy.com/cbt-for-psychosis/?couponCode=ISPS2018S>

*\*These are providers of psychiatric CME programs of all kinds, including but not limited to various psychotherapy programs.*