



Training in psychoanalytic psychotherapy

*"Finding a way to adapt to your
circumstances, and applying the
principles that will best guide you, is
called Applied Philosophy or Practical
Wisdom. Aristotle*

PARIS - LILLE - BRUSSELS - STRASBOURG - HOULGATE - REIMS - BORDEAUX

www.eepa-eu.com

Who we are

EEPA was born out of the need to create a new space for experience-based education.

Its program is based on the great philosophical and psychoanalytical currents which, from Plato to Jung, via Aristotle, Socrates, Spinoza, Freud..., have had an influence on knowledge.

• Objectives

- training in psychoanalytic psychotherapy ;
- knowledge of psychic functioning ;
- harmonization of being and relationships between human beings through discernment between illusion and reality;
- integration of acquired knowledge.

• The specificity of teaching

Teaching is designed to alternate between theory and practice, based on each student's authentic experience. Students are free to set their own pace.

• Founding members and lead teachers

- Nicole AKNIN, Director of the Sigmund Freud University in Paris (SFU Paris) ;
- Nicole ATTALI, Founding member of ECPP-France ;
- other members of the teaching staff: *visit our website.*

The ethic of each of them is to teach what they experience or have experienced.

Cooperative ventures

ECPP

The school is accredited by the European Confederation of Psychoanalytic Psychotherapy (ECPP).

It is accredited to issue the European Certificate of Psychoanalytic Psychotherapy, equivalent to the CEP subject to additional criteria:

- supervised practice,
- institutional internships.



SFU-Paris

EEPA works closely with SFU Paris (Centre Universitaire Privé de Psychologie Appliquée et Intégrative).



**Etablissement privé
d'Enseignement Supérieur**

Paris - Vienne

www.sfu-paris.fr



EEPA

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CURRICULUM DESCRIPTION

CREATING A NEW SPACE OF EDUCATION BASED ON
NEXT EXPERIENCE

♦ **Target audience**

- students or practitioners wishing to begin training in psychoanalytic psychotherapy;
- anyone seeking to expand their knowledge of psychology and engage in personal development based on "*Know thyself*" (*Socrates*);
- anyone looking for a career change.

• **Prerequisites**

French Baccalauréat or European equivalent.

♦ **General training objectives**

- training in psychoanalytic psychotherapy (theoretical, experiential and practical) ;
- knowledge of psychic functioning and psychopathology ;
- harmonization of being and relationships between human beings;
- integration of acquired knowledge.

♦ **Duration**

- 5 years with 5 cycles of 15 hours per year (3 theory sessions of 3 hours and an integration session of 6 hours per cycle);
- 375 hours;
- excluding time devoted to course validation :
 - a) 3 additional weeks of intensive training ;
 - b) dissertation writing + oral defense.

♦ **Teaching methods**

- the entire training course takes place face-to-face (theoretical and experiential courses) or by videoconference when attendance at the training site is not possible - with attendance validation;
- the training is divided into theoretical courses and an integrative situational setting based on each person's authentic experience.

- **Requirements (excluding training time)**

- psychotherapy follow-up ;
- personal work.

- **Training validation**

After a level assessment, the entire course is validated by the presentation of a 50-60 page written dissertation, defended orally before an accredited jury.

This validation of the EEPA training is the first step towards obtaining the CEPP (Certificat Européen de Psychothérapie Psychanalytique), which meets additional criteria in terms of practice under supervision and internships in institutions (see 3. Criteria for obtaining the CEPP).

- **Program details**

Cycle titles: *see 2 Program.*

Each cycle develops a theme in an identical format:

- presentation of the problem,
- its various developments,
- its psychotherapeutic application,
- knowledge integration.

Depending on the group, the order of topics may be modified, but the training framework remains the same.

- **Resources**

- access to the library and documentary resources
- bibliography
- filmography

- **EEPA Solidaire**

Therapists in training or at the start of their professional career are on hand to offer consultations accessible to all.



EEPA

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TRAINING PROGRAM

3HEURES PAR CYCLE-5CYCLES PAR AN
5YEARS OF TRAINING

YEAR 1

CYCLE

THEME

DESCRIPTIC
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1	EEPA objectives, morals, ethics, love	<ul style="list-style-type: none">◆ School philosophy: objectives and ethics of the school◆ What is morality?◆ Attitudes consistent with this moral◆ Beliefs and life positions Love:◆ Eros, Philae and Agape
2	Individuation	<ul style="list-style-type: none">◆ The individuation process◆ Attitudes, behaviors, states and obstacles to individuation◆ The individuation process in parenting◆
3	Attachment, the unconscious and its defense mechanisms	<p>Attachment typologies and stages</p> <ul style="list-style-type: none">◆ The state of attachment in today's society◆ What is the unconscious? The◆ different defense mechanisms
4	Personality structures and psychopathology	<p>Personality structures</p> <ul style="list-style-type: none">◆ Associated pathologies according◆ to stage of development◆
5	Freud and Jung	<p>Introducing the Freudian approach</p> <ul style="list-style-type: none">◆ Introducing the Jungian approach◆ A comparative study of the approaches of Freud, Jung and Lacan

YEAR 2

CYCLE	THEME	DESCRIPTIC N
1	The birth	<ul style="list-style-type: none">◆ The birth◆ Stanislas Grof's Fundamental Perinatal Matrices (FPM)◆ Birth attitudes
2	The death	<ul style="list-style-type: none">◆ Death anxiety◆ Stages of grief
3	From depression to joy	<ul style="list-style-type: none">◆ The 4 main types of symptoms of depressive syndromes◆ Clinical forms of depression◆ Etiological hypotheses◆ Supporting people with depressive disorders
4	Religion, psychoanalysis and spirituality	<ul style="list-style-type: none">◆ The psychological view of religion◆ Comparative study of religions and the place of spirituality in each one
5	The weather	<p>The structuring of time</p> <ul style="list-style-type: none">◆ The experience of time in◆ the psychological development from childhood to adulthood◆ Experiencing presence in the moment

YEAR 3

CYCLE	THEME	DESCRIPTIC N
1	Emotions	<ul style="list-style-type: none">◆ Definition of emotion◆ The place of emotion in human evolution◆ Emotions and personality structures◆ How to manage your emotions?◆ Psychopathology and emotions◆ Psychological games
2	Cellular memories	<ul style="list-style-type: none">◆ Life experiences intrauterine memory in our cells◆ The family unconscious and transgenerational memories◆ The benefits of cellular memories
3	Sexuality (life energy: sexual energy)	<ul style="list-style-type: none">◆ Vital energy and sexual energy◆ Some major psychological obstacles to a fulfilling sex life
4	Psychosomatic	Relationship between body and <ul style="list-style-type: none">◆ mind Psychosomatic illnesses◆ Analytical follow-up in psychosomatics
5	From competition to cooperation	<ul style="list-style-type: none">◆ From necessary competition to destructive competition Openness◆ to transformation towards cooperation◆

YEAR 4

CYCLE

THEME

DESCRIPTIC
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1	Collective unconscious and group consciousness	<ul style="list-style-type: none">♦ Defining the collective unconscious and group consciousness♦ The different forms of the collective unconscious♦ Group consciousness and individuation♦
2	From dependence to autonomy (addictions)	<ul style="list-style-type: none">♦ Characteristics of dependency The different types of dependency♦ Etiological hypotheses Supporting dependent people♦ Addiction and psychopathology
3	Money and abundance	<ul style="list-style-type: none">♦ Adaptation (to the human reality of money) or what is our relationship with money?♦ Attachment theory and the problem of money♦ Freudian theory and the problem of money: affective development and psychopathology♦ Therapeutic practice and this question
4	Initiations	<p>Defining the initiation process The</p> <ul style="list-style-type: none">♦ relative world of illusions and emotions
5	Social laws and universal laws	<ul style="list-style-type: none">♦ The individual and society♦ Influences of social and universal laws on evolution and individuation

YEAR 5

CYCLE	THEME	DESCRIPTIC N
1	From intellect to intuition	<ul style="list-style-type: none">◆ Definition of the two concepts◆ Importance of mental functioning, reasoning and intuitive creativity
2	Archetypes	<ul style="list-style-type: none">◆ Jungian approach to the unconscious◆ Definition of archetypes Importance of archetypes in psychic functioning and human relationships
3	Dreams and psychoanalyses	<ul style="list-style-type: none">● Freud's study of dreams and Jung● Use in psychotherapeutic follow-up● Becoming aware of unconscious issues
4	From duality to unity	<ul style="list-style-type: none">◆ Looking at oppositions◆ Moving beyond conflicts◆ Finding a conciliatory solution
5	General revision and preparation for dissertation writing	



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CEPP AWARD CRITERIA

CERTIFICATE EUROPEENNE
PSYCHOTHERAPIE PSYCHANALYTIQUE

1) Prerequisites

- Bac +3 level in human sciences preferred (or equivalent),
- CV,
- interview and level assessment.

2) 5 years of training + 1 year of dissertation writing (50 to 60 pages) and defense before a jury + 3 times 1 additional intensive week.

3) 250 sessions of individual and/or group psychoanalytic psychotherapy (with attestation).

4) 300 hours of **supervised** practice.

5) 150 hours of individual or group supervision (at least 2 supervisors).

6) 300 hours of **internships in institutions** (hospitals, clinics, medical centers) and/or outpatient clinics.

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