



ICPA



Training Program

in Contemporary
Psychodynamic Therapy



INSTITUTE FOR CONTEMPORARY
PSYCHOTHERAPY ATHENS | ICPA

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Introduction

Welcome to the Training Program in Contemporary Psychodynamic Therapy, a comprehensive 24-month program designed to equip professionals with advanced theoretical knowledge, clinical skills, and practical experience in the field of psychotherapy. Rooted in the principles of Relational Psychoanalysis, Intersubjectivity, and Contemporary Psychodynamic Therapy, this program integrates classical psychoanalytic concepts with modern therapeutic approaches, addressing the evolving challenges of psychotherapy in individual, couple, and online therapy settings.

This program has been developed in alignment with the educational philosophy of the Institute of Contemporary Psychoanalysis & Psychotherapy (ICPA) and follows international standards for psychodynamic and relational psychotherapy training. Inspired by the structure of ICPA this manual provides a clear roadmap for students, offering a structured yet flexible learning experience that emphasizes experiential learning, theoretical depth, and ethical clinical practice.

Program Overview

Duration & Structure



- ✓ **Total Duration:** 24 months
- ✓ **Total Theoretical Training:** ~318 hours
- ✓ **Personal Therapy Requirement:** 200 hours
(100 individual 's session and 100 Hours process group).
- ✓ **Clinical Supervision:** 120 hours
- ✓ **Internship & Clinical Practice:** 300 hours

The curriculum is structured into four semesters, covering psychopathology, therapeutic methodologies, clinical interventions, and specialized training in cyber-therapy, couple therapy, and existential psychotherapy. Each semester combines lectures, case studies, experiential exercises, and supervision to ensure a holistic understanding and application of psychodynamic therapy principles.

PHILOSOPHY & EDUCATIONAL APPROACH

Integrative & Relational Perspective

Our program embraces **Relational Psychoanalysis** as the foundation of contemporary psychotherapy. We emphasize:

- The **co-creation of meaning** between therapist and client.
- The importance of **transference-countertransference** dynamics in therapy.
- The **therapist's subjectivity & self-awareness** as key tools for healing.

Neuroscience & Psychoanalysis

The curriculum integrates **neuroscientific insights** on **affect regulation, trauma, and attachment theory**, drawing from leading researchers such as Schore, Porges, and Fonagy.

Clinical Application & Experiential Learning

- **Case Studies:** Real-world case discussions to bridge theory and practice.
- **Supervision Groups:** Guided feedback and peer learning.
- **Personal Therapy:** Required to ensure therapist self-awareness and emotional readiness.

Ethical & Multicultural Considerations

We emphasize **ethical practice, therapist boundaries, and cultural competence**, preparing therapists for **diverse clinical settings**, including **digital therapy** and **global client** populations.

KEY LEARNING AREAS



Psychopathology & Diagnosis

- ✓ Understanding personality disorders, mood disorders, OCD, stress and anxiety, from a relational and developmental perspective.
- ✓ The impact of early relational trauma on psychopathology.



The Therapeutic Relationship

- ✓ Transference & countertransference as core elements of therapeutic work.
- ✓ Managing erotic transference, enactments, and ruptures in therapy.
- ✓ The therapist's vulnerability and ethical challenges in therapy.



Advanced Clinical Training

- ✓ Multiplicity of the Self: Working with dissociated self-states and conflicting self-parts.
- ✓ Trauma & Dissociation: Understanding & treating attachment trauma & affect dysregulation.
- ✓ Dream Analysis: Exploring dreams as relational narratives in therapy.



Specialization Areas

- ✓ Cyber-Therapy (E-Therapy): Ethics, boundaries, and clinical applications of online therapy.
- ✓ Couple Therapy: Integrative approaches, transference dynamics, and relational healing.
- ✓ Existential Psychoanalysis: Bridging existential concerns with psychodynamic therapy.

Who Should Enroll?

This program is designed for:

- ✓ Psychologists, psychotherapists, counselors, and mental health professionals seeking advanced psychodynamic training.
- ✓ Clinicians interested in contemporary relational psychoanalysis and intersubjectivity.
- ✓ Therapists aiming to integrate existential, couple, or online therapy into their practice.

Certification & Professional Recognition

Graduates receive a Certificate in Contemporary Psychodynamic Therapy, meeting the educational standards of ICPA and international psychoanalytic associations.

This program is designed to align with professional licensing requirements in various countries, preparing participants for clinical practice, private practice, or further academic training in psychoanalysis.

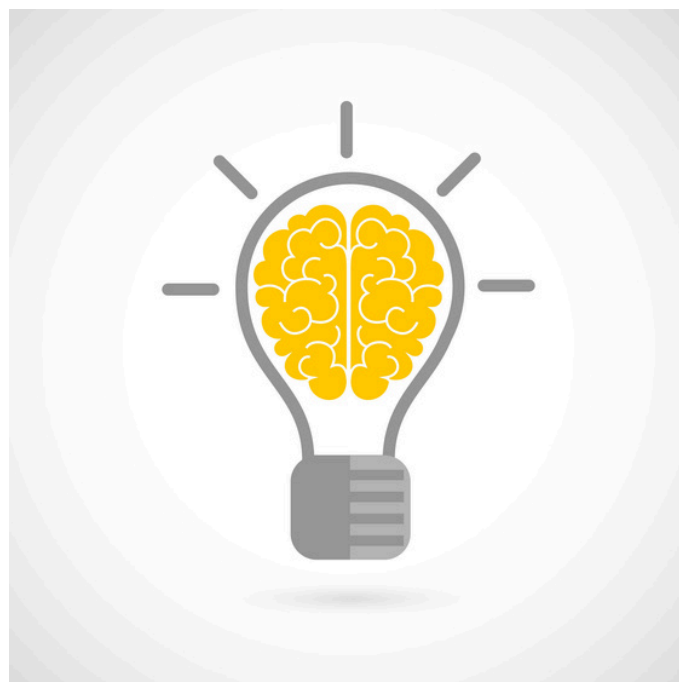
Conclusion

The Training Program in Contemporary Psychodynamic Therapy is a rigorous, immersive, and transformative experience that prepares mental health professionals to work effectively and ethically in diverse therapeutic settings.

With a strong foundation in relational psychoanalysis, neuroscience, and clinical application, this program empowers therapists to:

- ✓ Develop deeper therapeutic relationships.
- ✓ Navigate complex transference-countertransference dynamics.
- ✓ Adapt to modern clinical challenges such as cyber-therapy and multicultural therapy.

We look forward to welcoming you to this enriching journey of professional and personal growth.





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Program Overview



Training Program Overview

FIRST SEMESTER (MONTHS 1-6)

Foundations of Contemporary Psychotherapy

Lessons: 27 | Duration: 81 hours

SECTORS	LESSONS / DURATION
PSYCHOPATHOLOGY I	15 lessons (3 hours each)
THERAPY MODELS & METHODOLOGY	12 lessons (3 hours each)

SECOND SEMESTER (MONTHS 7-12)

The Relational and Intersubjective Approach

Lessons: 32 | Duration: 84 hours

SECTORS	LESSONS / DURATION
SOCIAL BOND THEORIES & ATTACHMENT	12 lessons (2 hours each)
RELATIONAL PSYCHOANALYSIS	10 lessons (3 hours each)
TRANSFERENCE, COUNTERTRANSFERENCE & THE THERAPIST'S SELF	10 lessons (3 hours each)

THIRD SEMESTER (MONTHS 13-18)

Foundations of Contemporary Psychotherapy

Lessons: 24 | Duration: 72 hours

SECTORS	LESSONS / DURATION
CONTEMPORARY PSYCHOANALYTIC TECHNIQUE	12 lessons (3 hours each)
TRAUMA & DISSOCIATIVE PROCESSES	6 lessons (3 hours each)
THEORY OF MULTIPLICITY OF THE SELF	6 lessons (3 hours each)

FOURTH SEMESTER (MONTHS 19-24)

Specific applied experience. Working with Contemporary Challenges

Lessons: 27 | Duration: 81 hours

SECTORS	LESSONS / DURATION
CYBER-THERAPY (E-THERAPY) [NEW]	5 lessons (3 hours each)
COUPLE THERAPY (INTEGRATIVE & RELATIONAL APPROACHES) [NEW]	8 lessons (3 hours each)
EXISTENTIAL THERAPY & ITS INTEGRATION WITH PSYCHOANALYSIS [NEW]	2 lessons (3 hours each)

SECTORS	LESSONS / DURATION
SPECIAL TOPICS	4 lessons (3 hours each)
TRAINING MODULE: PLAYFULNESS, CREATIVE THERAPIES, AND PLAY THERAPY IN PSYCHOTHERAPY	4 lessons (3 hours each)
ETHICS & CLINICAL CHALLENGES	4 lessons (3 hours each)



Curriculum



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FIRST SEMESTER (MONTHS 1 - 6) | Foundations of Contemporary Psychotherapy**PSYCHOPATHOLOGY I (15 lessons / 45 hours)****Lesson 1 - 2: Introduction to Psychopathology**

- The shift from DSM diagnoses to relational diagnoses
- The role of early relational trauma in symptom development.

Lesson 3 - 5: Personality Disorders – Developmental & Relational Perspectives

- Personality disorders as adaptive responses to relational trauma.
- The dissociative nature of personality disorders (Bromberg, Howell).

Lesson 6 - 7: Borderline Personality Disorder (BPD)

- Affect dysregulation and attachment trauma.
- Splitting and idealization-devaluation cycles in therapy.

Lesson 8 - 9: Narcissistic Personality Disorder (NPD)

- Grandiose vs. vulnerable narcissism (Kernberg vs. Kohut).
- Therapeutic challenges with shame, envy, and rage.

Lesson 10 - 11: Schizoid & Avoidant Personality Structures

- Emotional detachment as a protective mechanism
- Difficulties in relational engagement.

Lesson 12 - 13: Obsessive-Compulsive Disorder (OCD)

- Perfectionism, control, and anxiety regulation.
- From cognitive rigidity to relational flexibility.

Lesson 14 - 15: Histrionic Personality Disorder & Dependent Personality Disorder

- Emotional excess, validation-seeking, and theatricality in therapy
- Dependency, fear of abandonment, and lack of autonomy in relational patterns.

FIRST SEMESTER (MONTHS 1 - 6) | Foundations of Contemporary Psychotherapy**THERAPY MODELS & METHODOLOGY (12 Lessons / 36 Hours)****Lesson 1 - 2: Classical vs. Contemporary Psychoanalysis**

- Freud vs. Relational Psychoanalysis.
- How intersubjectivity challenges classical neutrality.

Lesson 3 - 4: The Relational Turn

- Stephen Mitchell & Lewis Aron: Therapy as a co-constructed relationship.

Lesson 5 - 6: The Therapist's Role

- The analyst intention, Therapeutic passion, Analyst's gratification

Lesson 7 - 10: Therapeutic neutrality & Self-Disclosure

- Neutrality, resistance and self-disclosure in an intersubjective matrix
- When self-disclosure deepens therapeutic connection.
- Minding the gap between expression and restrain
- Resolving clinical paradox

Lesson 11 - 12: Clinical Case Integration

- Applying multiple models to real therapy cases.
- The therapist's emotional reactions and their ethical implications.

SECOND SEMESTER (MONTHS 7-12) | The Relational and Intersubjective Approach**SOCIAL BOND THEORIES & ATTACHMENT (12 lessons / 24 hours)****Lesson 1 - 3: Attachment Theory & Development of the Self**

- Bowlby, Fonagy: How early attachments shape personality.

Lesson 4 - 6: Attachment and Affect Regulation in Developmental Trauma

- The impact of early relational trauma on adult psychopathology.

Lesson 7 - 8: The Role of Intersubjectivity in Attachment

- Benjamin & Orange: Recognition and mutual influence.

Lesson 9 - 12: Applying Attachment Theory in Therapy

- How attachment styles impact transference and countertransference.

SECOND SEMESTER (MONTHS 7-12) | The Relational and Intersubjective Approach**RELATIONAL PSYCHOANALYSIS (10 lessons / 30 hours)****Lesson 1 - 3: Stephen Mitchell & Lewis Aron**

- How relationships create psychological structures.

Lesson 4 - 6: Jessica Benjamin & Recognition Theory

- Mutual recognition: "The Third" in analysis.

Lesson 7 - 10: Enactments & Therapeutic Action

- How unconscious patterns emerge in therapy.

SECOND SEMESTER (MONTHS 7-12) | The Relational and Intersubjective Approach**TRANSFERENCE, COUNTERTRANSFERENCE & THE THERAPIST'S SELF
(10 lessons / 30 hours)****Lesson 1 - 3: Beyond Classical Transference**

- The therapist's active participation in the transference.

Lesson 4 - 6: Countertransference as a Diagnostic Tool

- When therapist's feelings reveal client's unconscious material.

Lesson 7 - 8: Managing Erotic Transference

- How to work with love, hate, and longing in therapy.

Lesson 9 - 10: The Vulnerability of the Therapist

- Therapist's emotional exposure, countertransference, and relational enactments.

THIRD SEMESTER (MONTHS 13 - 18) | Advanced Clinical Practice & Special Topics**CONTEMPORARY PSYCHOANALYTIC TECHNIQUE
(12 lessons / 36 hours)****Lesson 1 - 4: Interpretation & Therapeutic Relationship**

- How interpretation co-creates meaning in therapy.

Lesson 5 - 6: Dream Analysis in Relational Work

- How dreams reflect relational dynamics.

Lesson 7 - 9: The Analyst's Subjectivity

- Countertransference disclosure and the asymmetry/mutuality dilemma
- The patient's experience of the analyst's subjectivity
- The patient as interpreter of the analyst's experience.

Lesson 10 - 12: Managing Resistance & Enactments

- How to move through ruptures and complicated dilemmas in therapy.

THIRD SEMESTER (MONTHS 13 - 18) | Advanced Clinical Practice & Special Topics**TRAUMA & DISSOCIATIVE PROCESSES (6 lessons / 18 hours)****Lesson 1 - 3: The Dissociated Self & Trauma Theory**

- Bromberg, Howell: Working with dissociated self-states.

Lesson 4 - 6: Healing Trauma Through Relational Therapy

- The therapist as an attuned witness.

THIRD SEMESTER (MONTHS 13 - 18) | Advanced Clinical Practice & Special Topics

THEORY OF MULTIPLICITY OF THE SELF [NEW] (6 lessons / 18 hours)

Lesson 1 - 3: The Self as a Multiple Structural Construct (Bromberg, Davies, Stern, Slavin, Mitchell)

- How self-states shift in response to relational contexts
- Dissociative processes and fluid identity.

Lesson 4 - 6: Clinical Work with Multiple Self-States

- Understanding enactments and conflicting self-parts
- Helping clients integrate dissociated self-states

FOURTH SEMESTER (MONTHS 19 - 24) | Specific applied experience. Working with Contemporary Challenges**Cyber-Therapy (E-Therapy) [NEW] (5 lessons / 15 hours)****Lesson 1: Introduction to E-Therapy**

- Definitions, historical development, and ethical considerations.

Lesson 2: Therapeutic Boundaries and Online Presence

- Confidentiality, boundaries, and therapist self-disclosure online.

Lesson 3: Advantages and Limitations of Online Therapy

- Research findings and practical guidelines.

Lesson 4: Cyber-Therapeutic Relationship & Digital Transference

- Digital therapeutic dynamics and its impact on relational psychoanalysis.

Lesson 5: Case Studies and Ethical Dilemmas in E-Therapy

- Analyzing real cases of online therapy interventions.

FOURTH SEMESTER (MONTHS 19 - 24) | Specific applied experience. Working with Contemporary Challenges**Couple Therapy (Integrative & Relational Approaches) [NEW] (8 lessons / 24 hours)****Lesson 1: The Relational Perspective in Couple Therapy**

- Object relations and intersubjectivity in couple dynamics.

Lesson 2: Intersubjective Systems Theory and Couples

- The role of unconscious processes in couple conflicts.

Lesson 3: Relational Psychoanalysis and Attachment in Couples

- Working with attachment wounds and reenactments.

Lesson 4: Conflict, Aggression, and Repair in Couples

- Psychoanalytic and emotion-focused interventions.

Lesson 5: Sexuality, Intimacy, and Psychodynamic Approaches

- Working with desire discrepancies and erotic transference.

Lesson 6: Therapist's Role and Countertransference in Couple Therapy

- Managing strong emotions and projections in couples work.

Lesson 7 - 8: Inclusivity, diversity, gender

FOURTH SEMESTER (MONTHS 19 - 24) | Specific applied experience. Working with Contemporary Challenges

**Existential Therapy & Its Integration with Psychoanalysis [NEW]
(2 lessons / 6 hours)**

Lesson 1: Existential Psychotherapy

- Core principles: freedom, responsibility, meaning, death anxiety and loss.
- How psychoanalysis can integrate existential themes.

Lesson 2: The Existential Approach & Meaning-Making in Therapy

- How existential questions (meaning, mortality, isolation) impact psychotherapy.

FOURTH SEMESTER (MONTHS 19 - 24) | Specific applied experience. Working with Contemporary Challenges

Special topics (4 lessons / 12 hours)

Lesson 1: Spirituality or the body

- Toward An Understanding Of Unmentalized Experience

Lesson 2: Psychoanalysis and Psychosomatics: A New Synthesis

Lesson 3: Desomatizing Selfobject Transference

FOURTH SEMESTER (MONTHS 19 - 24) | Specific applied experience. Working with Contemporary Challenges**Training Module: Playfulness, Creative Therapies, and Play Therapy in Psychotherapy (4 lessons / 12 hours)****Lesson 1: The Role of Playfulness in Psychotherapy**

- Playfulness as an Intersubjective space
- Psychoanalytic Foundations of Playfulness & Contemporary Psychoanalytic View
- Practical Techniques for Playfulness in Therapy

Lesson 2: Creative Therapies in Psychotherapy

- Creativity as a Pathway to the Unconscious
- Psychoanalytic and Neuroscientific Perspectives
- Types of Creative Modalities

Lesson 3: Introduction to Play Therapy in Psychotherapy

- What is Play Therapy?
- Theoretical Foundations of Play Therapy
- Core Techniques in Play Therapy

Lesson 4: Play Therapy for Adults and Adolescents:

- Why Use Play Therapy with Adolescents and Adults?
- Techniques for Adolescents and Adults

ETHICS & CLINICAL CHALLENGES (4 lessons / 12 hours)**Lesson 1 - 2: Ethical Boundaries in Relational Psychoanalysis**

- Managing intimacy, erotic transference, and power dynamics.

Lesson 3 - 4: Working with Therapist's Shame & Guilt



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