

NYPSI is...

“ a wonderful place where people can go to get somewhere. ”
—JOAN L

WHO PROVIDES THE TREATMENT AND TESTING?

Through the Treatment Center, individuals work with experienced therapists who are in advanced psychoanalytic training at our Institute or with NYPSI externs and interns enrolled in doctoral programs in clinical psychology. Supervision is provided by our highly experienced senior faculty. Psychological testing is conducted by NYPSI psychology externs and interns under the supervision of senior psychologists.



The New York Psychoanalytic Society & Institute, founded in 1911, is the oldest psychoanalytic organization and training center in the U.S. and among the most important institutes of its kind in the world. Our renowned Adult Psychoanalytic Training Program is complemented by our Child and Adolescent Psychoanalytic Training Program, founded in 1938 and widely considered to be one of the best in the country.

Our graduates and candidates maintain private practices in psychoanalysis and psychotherapy, serve in our Treatment Center, and work in a variety of school and community settings. They also teach and supervise mental health professionals in hospitals, medical schools, universities, and other sites throughout the New York area. Much of our members' service to institutions is contributed *pro bono*.

NYPSI is an esteemed and influential leader in its field. We integrate our strong analytic tradition and broad historical perspective with contemporary theory and practice. Our work encompasses five dynamic, interrelated spheres of operation: training in adult and child psychoanalysis and psychotherapy; psychological treatment and evaluation; research and scholarship, including a world-renowned library and archives; community outreach; and public education.



For further information or to apply to NYPSI's Treatment Center, visit our website or contact the Treatment Center at 212.879.0196 or TC@nypsi.org. Inquiries and services are confidential.

Support NYPSI's work with a tax-deductible donation. NYPSI is a 501(c)(3) not-for-profit organization. An audited financial statement is available upon request.

NEW YORK PSYCHOANALYTIC SOCIETY & INSTITUTE
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www.nypsi.org



NEW YORK PSYCHOANALYTIC SOCIETY & INSTITUTE

nypsi

THE TREATMENT CENTER

Helping people of all ages to heal, learn, change, and grow

The Treatment Center of the New York Psychoanalytic Society & Institute (NYPSI) is the oldest outpatient psychoanalytic treatment facility in the country. It was established to help soldiers returning from World War II who were suffering from the traumas of combat. In the years since, the Treatment Center has continued to be a highly valued service to the community, providing affordable psychoanalysis and psychodynamic psychotherapy for hundreds of New Yorkers of all ages and backgrounds.

We specialize in talk therapies aimed at understanding and improving each individual's particular situation. We also provide high-quality psychological and educational testing.

www.nypsi.org





NYPSI is committed to the principle that a person's finances will not be an obstacle to obtaining treatment or testing. No insurance is needed to use our services, and no one is turned away for lack of funds.

WHO COMES TO THE TREATMENT CENTER?

The Treatment Center serves adults, adolescents, and children who can benefit from talking with a trained professional about their psychological and emotional difficulties. Those in treatment gain valuable self-understanding both intellectually and on a deeper emotional level. Psychotherapy and psychoanalysis address underlying causes of problems and help individuals move forward into happier and healthier lives.

People of all ages who come to us may be struggling with

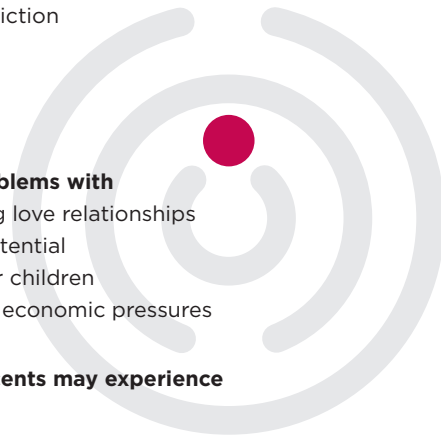
- stress
- anxiety
- depression
- poor self-esteem
- sleep disturbances
- family crises such as death and divorce
- drug or alcohol addiction
- eating disorders
- identity issues
- sexual problems

Adults may have problems with

- sustaining satisfying love relationships
- living up to their potential
- relating well to their children
- dealing with severe economic pressures

Children and adolescents may experience difficulties related to

- learning
- socialization
- hyperactivity
- attention deficit
- bullying and other aggressive behavior



HOW DOES ONE APPLY FOR TREATMENT?

Those interested in treatment can complete an application on our website (www.nypsi.org), or we can send you the application in the mail. Applicants are welcome to call 212.879.0196 to have our Treatment Center Coordinator walk you through the necessary steps and answer any questions you may have. When we receive your application, we will call and set up an appointment for you to meet with one of our doctors. After one or more consultations, the doctor will arrange for you to get the best kind of treatment for your problem at a price you can afford. There is a nominal application processing fee.

WHAT IS THE CENTER'S APPROACH TO TREATMENT FOR CHILDREN AND ADOLESCENTS?

NYPSI's Child and Adolescent Psychoanalytic Training Program is renowned and widely considered to be one of the best in the country. Our approach is to understand the whole child in the context of his or her individual development and family and social environment.

We look at the child or adolescent's unique history, development, inner life, strengths, and challenges. We provide a safe, supportive environment that enables children and teens to fully express themselves. We aim to alleviate their distress and to foster their emotional, social, and intellectual growth, nurture their sense of well-being and self-esteem, and enhance their ability to pursue positive goals. Parents and guardians also take part in this process. After careful assessment, behavioral techniques or medication may be added to the psychotherapeutic treatment to help with the child's or adolescent's difficulties.

WHAT ABOUT PSYCHOLOGICAL TESTING FOR CHILDREN AND ADOLESCENTS?

The Treatment Center offers comprehensive psychological testing for children and adolescents, including evaluations for emotional and developmental difficulties, learning disabilities,

and attention disorders. Many parents want to know what is standing in the way of their child's academic success. Testing can help to pinpoint the nature of the problem and may also help parents document to the school and the State the need for remedial educational services.

WHAT IS PSYCHOANALYSIS?

There are many forms of talk therapy. The most intensive is psychoanalysis, which is considered the "parent" of today's psychodynamic therapies and counseling. **Analyst and patient meet four or five times a week** in a quiet, private setting. Psychoanalysis differs from many other current psychological approaches. **This deeper method of treatment helps individuals to more fully explore and understand the origins of their difficulties, so they can work through these problems in the most complete, long-lasting way possible.**

Psychoanalysis involves very attentive, open-minded listening on the part of the highly trained analyst, to obtain a clear picture of the person in treatment as a unique individual. Together, analyst and patient explore the latter's dreams and fantasies, emotional conflicts, childhood experiences, and memories. Through this process, the individual gains valuable emotional and intellectual insights. Increased self-knowledge and the analyst's support help the patient to deal with distressing thoughts and feelings, break destructive patterns, develop positive relationships, and make other important and lasting changes that increase the enjoyment of life.

WHAT IS PSYCHODYNAMIC PSYCHOTHERAPY?

Psychodynamic psychotherapy incorporates a psychoanalytic perspective toward underlying issues and involves many of the same techniques and goals, but is less intensive. Therapy is usually conducted once or twice a week.