

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 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 credit be given, as there are many excellent programs which do not give such credit.

Post-Residency Psychotherapy Training

Austen Riggs Center

- Four-year fellowship offering psychoanalytic training
<http://www.austenriggs.org/fellowship>

Beck Institute for Cognitive Behavioral Therapy (CBT): www.beckinstitute.org

Dialectical Behavior Therapy (DBT): Behavioral Tech (Marsha Linehan)
behavioraltech.org

Boston Psychoanalytic Society and Institute (BPSI)

- Psychoanalytic Psychotherapy Fellowship <https://bpsi.org/training/one-year-fellowship/fellowship-overview/>
- Advanced Training Programs
<https://bpsi.org/training/advanced-psychoanalytic-psychotherapy/>

Western New England Psychoanalytic Institute:

<http://westernnewengland.squarespace.com/psychodynamic-psychotherapy-pr/>

Psychoanalytic Institute of New England (PINE)

<https://www.pineanalysis.org/education-and-training/psychodynamic-psychotherapy-fellowship-program/>

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

William James College Center for Psychoanalytic Studies

<https://www.williamjames.edu/academics/lifelong/ce/psychoanalytic-studies.cfm>

for all licensed mental health professionals interested in pursuing an innovative and rigorous course of study in psychoanalytic psychotherapy with a distinguished national and international faculty; they also sponsor periodic CEU programs.

Local Institutes' Psychoanalytic Psychotherapy Training Programs (nationwide)

<http://www.apsa.org/psychoanalytic-psychotherapy-training>

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/>

Educational resources for specific types of psychotherapy

American Psychoanalytic Association (APsaA)

- Psychoanalytic Psychotherapy Fellowship <https://apsa.org/fellowship>

CBT for Psychosis: An Individualized, Recovery Oriented Approach:

- <https://www.udemy.com/cbt-for-psychosis/?couponCode=ISPS2018S>

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.

Psychotherapy-Oriented CME

American Psychiatric Association www.psychiatry.org

American Psychoanalytic Association (APsaA) Annual Meeting
<https://www.apsameeting.org/>

The Austen Riggs Center:

<https://www.austenriggs.org/education-research/training/cme-courses>

Harvard Medical School Department of Continuing Education:

<https://cmecatalog.hms.harvard.edu/topics/psychiatry> or

https://cmecatalog.hms.harvard.edu/search-results?as_q=Psychotherapy

They have psychedelic-assisted psychotherapy, attachment-related psychotherapy etc.

Massachusetts General Hospital Psychiatry Academy: mghcme.org

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

<https://www.mcleanhospital.org/events/list>

The Western Massachusetts and Albany Association for Psychoanalytic Psychology:

<http://wmaapp.org/>

Cambridge Health Alliance: <https://www.challiance.org/academics/psychiatry-continuing-education>

Meditation and Psychotherapy, Mindfulness, Psychedelic Assisted Psychotherapy

Boston Psychoanalytic Society and Institute: <https://bpsj.org/>

Organizations with a Psychotherapy Focus

The American Academy of Psychoanalysis and Dynamic Psychiatry (AAPDPP):

<http://www.aapdp.org/>

Academy of Cognitive Therapy: www.academyofct.org

Association for Behavioral and Cognitive Therapies, www.abct.org