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://wmaaapp.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://bpsi.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