

The School of Human Studies and Centre of Psychotherapy and Clinical Research jointly offer one of the unique programmes of Ambedkar University Delhi—MPhil in Psychoanalytic Psychotherapy. Anchored by the larger values and principles which Ambedkar University Delhi stands for, namely, engaged scholarship, praxis based generation of knowledge that seeks to approximate the contours of lived life, an active concern for social justice and equity and regard for those existing at socio-economic margins, this three-year-long MPhil programme for training psychoanalytic psychotherapists, hopes to create reflective and involved professionals who will make significant contributions to the field of mental health.

The major concern of the MPhil programme is to enable a future psychoanalytic psychotherapist to work with a range of psychological states and to respond to emotional distress and conflict in an in-depth and empathic manner. While being grounded in the psychoanalytic tradition, the course draws from a strong inter-disciplinary basis, where traditions of psychoanalytic psychotherapy are enriched by contributions from literature, art and aesthetics, psychiatry, clinical psychology and, history, feminist studies, sociology, and philosophy. We encourage our students to note the flows and oscillations of the dynamic unconscious as it traverses alongside—sometimes in conjunction and at other times in disjunction—with the currents of cultural and historical streams in the patient's being and articulations.

Clinical and community-based internships, reflective immersions, supervision, an ongoing series of lectures on psychosocial clinical processes, psycho-diagnostic and projective testing with clinical populations along with the research dissertation, constitute the practice-based components of the programme. On the other hand, a stress on clinical thinking and a rigorous take on theory enable this programme to actualize its promise of becoming a praxis based enterprise—balancing traditions of theoretical value with immersed and reflective practice. It is our hope that our trainees will inculcate

an ethic of care and sustained relational engagement with states of emotional despair and psychic trauma, even as they grow to appreciate the diverse and complex intersections leading to suffering in the psyche—the play of instincts and drives, difficult childhood experiences, histories of social and structural neglect and deprivation.

### **Distinctive features of the MPhil Programme**

#### ***A focus on unconscious life, psychological conflict and early childhood***

The MPhil Programme in Psychoanalytic Psychotherapy is premised on a belief in the unconscious and the dynamic processes through which it reveals itself in dreams, fantasy, spontaneous associations and reveries, playing and free floating thinking, slips of the tongue, forgetting and states of mental blankness and numbness. A study of the unconscious as form, content and process reveals that humans are often caught in ambivalent states of psychic conflict. Understanding psychological conflict and/or deficit thus becomes central to any attempt directed toward amelioration of psychological distress. Further, while this perspective values the development of the human across the life cycle, yet the stage of childhood is considered crucial as the experiences one goes through during the early years are understood as critical and foundational for the rest of one's life.

#### ***Psyche as formed through relationships***

A study of the human as a bio-psycho-social being who grows within a relational ambit is of value to this perspective. Healing too, as envisioned here, takes place within the context of a caring, trusting relationship between the therapist and the patient. At the theoretical level as well as in its practice oriented dimension, the programme will engage with the intrapsychic and interpersonal conflicts lived and experienced in human relationships by focusing on themes of intimacy, loss, separation and trauma.

#### ***Culture and its symbolic processes: A special focus on "Indianness"***

The MPhil programme aims to provide the students with a deep going understating of the relationship between culture and psyche. Through an ongoing immersion in cultural processes such as myths, epics, folk tales, stories and native systems of understanding life and forms of traditional healing, students will be ushered into a proximal relationship with culture, Indianness and its diverse experiential renderings.

#### ***Focus on personal work, clinical supervision, clinical seminars, reflective groups and experiential immersions***

From semester 1 onward, the trainee will be encouraged to seek compulsory personal therapy and thus to also experience what it feels like being a patient oneself. 150 sessions of personal therapy are mandatory and the cost of therapy has to be borne by the student. There will be regular supervision of ongoing clinical work- psychological testing, intake interviews, crisis intervention and of course long term therapeutic work undertaken by the trainee. Apart from supervision, there will be clinical seminars and clinical lectures every month in which students will present their ongoing clinical work.

### **OBJECTIVES**

- To cultivate an ethic of care and sustained relational engagement with states of emotional conflict, despair, trauma and psychic suffering
- To place questions of suffering, healing, health and maturation in relation to the Indian cultural and ethical order.
- To evolve and establish a professional identity of Indian psychotherapist as a reflective-practitioner-thinker in a budding "scientific" system founded on the praxis of Clinical work with individuals and with groups
- To engage closely, learn from, feel its ways and then gradually respond to the needs of the community.

- To enable the growth of a future professional who is open, flexible and has a perspective vast and deep enough to see psychological distress as emanating from the bio-psycho-social matrix.
- To draw from literature as well as portrayals from lived life- the inspiration to represent nuances of affects and emotions in Clinical interactions in durable ways which accomplish a delicate balance between authenticity and curiosity;
- To incorporate ways of writing Clinical work which does justice to cultural processes marked by psychological modernity but not exclusively /necessarily by life-historical traditions as evolved in the West.
- To facilitate the growth of a person with a deep interest in clinical work, culture and social justice who wants to deepen her capacity to relate to and contain suffering of various types – with origin in familial or social pathology or in biological dysfunction.

**Duration: 3 years**

**Medium of Instruction: English**

**Nature of Programme: Interdisciplinary**

**Total No of Credits: 100**

**Eligibility: Masters with 55% in Psychology or related disciplines**

**Fee: As per University norms**

**Stipend:Rs. 12000/- per month (at par with NIMHANS stipend)**

Psychosocial Clinical Thinking and Practice  
 Psychological Assessment - A focus on Projective Techniques  
 Introduction to Family therapy

On Becoming a Practitioner  
 The Early Development of Human Psyche - Infant Observation-1  
 First Experiential Immersion for 10 days  
 Psychological Testing in Clinical Context

**Semester 2**

Preparing to Work in the Community  
 The Early Development of Human Psyche- Infant observation continued- 2  
 Gender, Body and Subjectivity  
 Reading Freud: Relating with States of Conflict in the Psyche  
 Introduction to Psychoanalytical Psychotherapy in Indian Context  
 Special Clinical Lecture Series

**Semester 3**

Second Experiential Immersion  
 Psychoanalytic Ideas in Indian culture  
 Psychic Development of the Human: Pre latency Stage and Adolescence.  
 Relational and Inter-Subjective Perspectives in Psychoanalysis and Psychotherapy  
 Transference, Dreaming and Unconscious Communication  
 Introduction to Models in Psychosocial Research  
 Guided Reading course-1

**Semester 4**

The Psychological Complexity of the Human: Representations from Literature, Poetry and Films  
 Clinical Processes in Cultural Crucible  
 Working with States of Psychic Disintegration: A focus on Psychosis, Disintegrating Self-States, Break Down  
 Clinical Research Methods  
 Intensive Reading of Selected Clinical Case Studies  
 Special Interest Internship during vacation period

**Semester 5**

Guided Reading Course-2  
 Intensifying Clinical Work at Ehsaas- Psychotherapy and Counselling Clinic of CPCRC  
 Clinical Seminars

**Semester 6**

Guided Reading Course-3  
 Clinical Work at Ehsaas and/or other Clinical Sites  
 Clinical Seminars  
 Research Dissertation

**MPhil Psychoanalytic Psychotherapy**

**School of Human Studies**

**&**

**Centre of Psychotherapy and Clinical Research**



**Ambedkar University Delhi**

**Lothian Road, Kashmere Gate, Delhi – 110006**