

# SPSI

PSYCHOANALYTIC REFERRAL SERVICE

A PUBLIC INFORMATION SERVICE

# SPSI

SEATTLE  
PSYCHOANALYTIC  
SOCIETY & INSTITUTE

4020 East Madison, Suite 230  
Seattle, WA 98112

## *What is the SPSI Referral Service?*

The SPSI Referral Service places interested individuals in contact with psychoanalytic clinicians who have their own private practices. These clinicians are either pursuing or have completed psychoanalytic training at The Seattle Psychoanalytic Society and Institute.

The Referral Service does not provide psychoanalytic treatment directly.

## *How do I make arrangements for psychoanalytic treatment?*

Please call **206-328-5315** to speak with the SPSI administrator. We will contact you promptly to arrange a consultation and help you decide if psychoanalysis is right for you. If psychoanalysis is not appropriate for you, we will try to help you find the appropriate treatment.

*So You Are Thinking  
About Psychoanalysis...*

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# *Here are some questions you might be asking...*

## *What is psychoanalysis?*

Psychoanalysis is a highly specialized treatment based on the observation that people are often unaware of the many factors that determine their emotions and behavior. Because it addresses core problems as well as symptoms, psychoanalysis is a comprehensive treatment for many psychological and emotional difficulties in appropriate individuals. It enables people to become aware of the inner forces that affect their behavior and helps them master those inner forces that are out of conscious control. The goal is to bring about health through increased self-understanding.

## *Is it for me?*

Psychoanalysis may be uniquely helpful for individuals of any age – children, adolescents and adults – who have achieved satisfaction in many areas but still have difficulties with relationships or full use of their creativity. The difficulty may be a pattern of self-defeating behavior or failure to obtain meaningful satisfaction from relationships or work. These difficulties may relate to ongoing psychological conflicts or to past relationships that were abusive or neglectful. Symptoms of these difficulties may be long-standing and may include depression, anxiety, low self-esteem, or physical symptoms with psychological aspects. In successful treatment, as symptoms come under control and conflict and trauma resolve, capacity to work, love, and relate can expand in a lasting manner.

## *How does psychoanalysis work?*

While meeting frequently and regularly with a psychoanalyst in a quiet and safe setting, you are encouraged to talk about whatever is on your mind – everyday life, dreams, feelings, or any other thoughts that may come to mind. In this atmosphere, you learn about the inner conflicts you have built up over the years and how these have affected your life. As you become increasingly aware of the nature of these conflicts and their effects, other solutions to your conflicts may be developed. You can become freer and emotionally healthier as you are able to apply some of these new solutions.

Essentially, psychoanalysis is a collaborative relationship between you and your analyst, which can ease restricting life patterns and relieve symptoms. Over time, the understanding reached during treatment may affect many aspects of your life, leading to changes in behavior, relationships, and sense of self.

## *What are the benefits of psychoanalysis?*

People find that they may improve their relationships and attain greater inner freedom. This can lead to a more pleasurable life with increased energy and greater creativity and fulfillment. People can work better to achieve their goals. Because of these changes, psychoanalysis may also have a profound effect on spouses, children, other relatives, friends, and work colleagues.

## *Who are psychoanalysts?*

Psychoanalysts are physicians, psychologists, clinical social workers, registered nurses, and mental health counselors who, having completed professional training, undertake additional training in psychoanalysis.

Typically, such training is lengthy, lasting six to ten years. Psychoanalysts are the only mental health professionals for whom undergoing a personal psychoanalysis is a required part of professional training.

## *What does psychoanalysis cost?*

Fees are based on your ability to pay, as well as clinician availability. Treatment will occur in the private offices of graduate psychoanalysts or psychoanalysts in training in the greater Puget Sound metropolitan area.