

## What Leaders in the Field Say

“The Riggs Fellowship is unique among training programs and stands for a biopsychosocial approach that is increasingly relevant and necessary for the next generation of psychiatrists and psychologists.”

— **Dr. Steven Sharfstein**, former president of the American Psychiatric Association, former president and chief executive officer of Sheppard Pratt Health System, and member of the Board of Directors of the Lieber Institute for Brain Development

“During my time as an Erikson Scholar at the Austen Riggs Center, I was continually impressed by the quality of treatment, the sophistication of the staff, and the depth and breadth of the training offered. Riggs represents a way of thinking about and treating patients that we very much need in today’s world.”

— **Dr. Nancy McWilliams**, internationally recognized and award-winning author, psychoanalyst, and visiting professor at Rutgers University

“My experience at the Austen Riggs Center and the Pittsfield Clinic represented the best training I have ever received in psychotherapy. I received superb supervision from Joe Chassell and Margaret Brenman-Gibson, which was collaborative, flexible, practical, and sensible. Also, under the supervision of Bob Knight, I wrote a paper, which was the first in the field, entitled ‘Successful Psychotherapy of a Patient with Chronic Schizophrenia,’ which guided my more recent work in this area. Finally, the broad and open approach of the staff at Riggs laid the groundwork for my later research of the cognitive approach to the psychological disorders.”

— **Dr. Aaron T. Beck**, father of cognitive therapy and emeritus professor in the department of psychiatry at the University of Pennsylvania



**Jennifer L. Stevens, PhD, ABPP**  
Director of Training

Part-time Clinical Instructor in Psychology in the Department of Psychiatry at the Harvard Medical School; Division I Faculty member at the William Alanson White Institute in New York City.



**David Mintz, MD**  
Director of Psychiatric Education and Associate Director of Training

Elected leader of American Psychiatric Association Psychotherapy Caucus; Psychodynamic Fellow and elected Trustee of the American Academy of Psychoanalysis and Dynamic Psychiatry.

## Application Process

**Applications accepted year-round for psychiatrists and due by December 15 for psychologists.**

Prerequisites for psychiatry applicants include completion of a psychiatric residency. Psychology applicants must have a doctoral degree in psychology from an APA-accredited program and a year of clinical internship at an APA-accredited or APPLIC-listed site.

The Austen Riggs Center provides an excellent and competitive salary and benefits package, including support for two years of personal psychoanalysis.

Application materials, as well as more extensive information regarding the program, are available online at: [www.austenriggs.org/fellowship](http://www.austenriggs.org/fellowship)

For additional information, contact the Director of Human Resources Bertha M. Connelley, PHR, SHRM-CP, at: [bertha.connelley@austenriggs.net](mailto:bertha.connelley@austenriggs.net) or 413.931.5206



### EQUAL OPPORTUNITY EMPLOYER

The Austen Riggs Center is committed to equal opportunity, a diverse workforce, and an inclusive environment. We seek to recruit, develop, and retain the most talented people from a diverse candidate pool.

## AUSTEN RIGGS CENTER

25 Main Street PO Box 962 Stockbridge, MA 01262  
[www.austenriggs.org](http://www.austenriggs.org)

## AUSTEN RIGGS CENTER

# Adult Psychoanalytic Training Program

and

# Fellowship in Hospital-Based Psychotherapy

for psychiatrists and psychologists



Erikson Institute for Education and Research

EXCELLENCE ■ TRADITION ■ INNOVATION

**The Austen Riggs Center** is a leading psychiatric hospital and residential treatment program for individuals with complex psychiatric problems. Treatment takes place in a fully open setting with opportunities for interpersonal and social learning. Riggs is routinely ranked among the nation's top psychiatric hospitals by U.S. News & World Report, is a recognized leader in training and a pioneer in the theory and technique of psychoanalytic treatment of patients with complex psychiatric problems.

## Adult Psychoanalytic Training Program and Fellowship in Hospital-Based Psychotherapy

We offer a four-year adult psychoanalytic training program and Fellowship in hospital-based psychotherapy for both psychiatrists and psychologists. Psychiatrists are also eligible to apply for a two-year Fellowship. Our psychoanalytic training program is fully accredited by the Accreditation Council for Psychoanalytic Education (ACPEinc).

This program is part of the Austen Riggs Center's Erikson Institute for Education and Research. Our training includes a systems perspective, emphasizing cultural and familial contexts, as well as individual development across the lifespan.

Fellows learn to work with disturbances in patients' interpersonal and treatment contexts that reflect and illuminate patients' intrapsychic struggles, fostering a more integrative approach while developing leadership and consultative skills.

### THE FELLOWSHIP INCLUDES TRAINING IN

- adult psychoanalysis;
- psychoanalytic psychotherapy; and
- a hospital-based systems approach.

### FELLOWS BENEFIT FROM

- support for two years of personal analysis;
- didactic seminars by a distinguished faculty from Riggs, Yale, Harvard, Columbia, and other prestigious institutions;
- clinical supervision; and
- opportunities to engage in clinical research related to complex mental illness.



### CURRICULUM

Our robust, in-depth program prepares Fellows to

- work effectively with patients with complex psychiatric difficulties;
- understand a psychodynamic systems perspective in a therapeutic community program;
- teach and supervise others; and
- contribute to the body of knowledge about disturbed development and its treatment.

### FELLOWS ARE ENGAGED IN

- individual psychoanalytic psychotherapy four times a week;
- work with families;
- psychological testing (for psychologists);
- psychodynamic psychopharmacology (for psychiatrists); and
- work within a therapeutic community program, where learning is focused on the application of psychoanalytic understanding to group phenomena, and on the development of leadership and consulting skills.

