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

Application Process

Applications accepted year-round for psychiatrists and due by December 1 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 APPIC-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

For additional information, contact the Director of Human Resources Bertha M. Connelly, PHR, SHRM-CP, at: bertha.connelly@austenriggs.net or 413.931.5206

Jennifer L. Stevens, PhD, ABPP
Director of Training

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

Psychodynamic Fellow and elected Trustee of the American Academy of Psychoanalysis and Dynamic Psychiatry, Former leader of the American Psychiatric Association Psychotherapy

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.

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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.