

## **FAQs ABOUT GETTING STARTED in Jungian Studies**

### **I would like to begin reading about Jung and Jungian ideas. Can you recommend books and educational resources?**

There is a vast library based on Jung's work by numerous authors and lecturers. Scroll to the bottom of the FAQ page for some suggestions. As you read, note each book's bibliography for additional references of interest.

### **I would like to study Jungian Psychology but am not interested in becoming a Jungian analyst. What can you recommend?**

One of the IRSJA's 8 local seminars would be a good place to start. Participants need not intend to become a Jungian analyst to participate. You can learn more about IRSJA seminars and their locations [here](#). Also, the IAJS (International Association for Jungian Studies) provides an extensive list of Jungian [associations and centers](#). There are many additional sources of information on Jungian programs, from immersive travel programs to study and reading groups. It may take a little research to find the learning experience you are looking for, but it is all available on the web.

### **Can you describe IRSJA's local seminars? Where are they located?**

Our 8 local seminars are designed for individuals seeking understanding of Jungian theory; for mental health professionals desiring to enhance their perspectives; and for those intending to apply for analytic training with the IRSJA. Seminars meet monthly during the academic year. Links to each local training seminar website are [here](#) and listed seminar faculty analysts can provide more information. Seminar locations:

Rogers, AR/St. Louis, MO  
Memphis, TN/Atlanta, GA  
Minneapolis, MN  
New Orleans, LA

Philadelphia, PA  
Pittsburgh, PA  
Santa Fe, NM  
Wimberley, TX

### **I am interested in analytic training. What steps can I take specific to where I live?**

The first step in exploring analytic training through the IRSJA is joining a local seminar, listed above with a link [here](#). Information about applying and people you can contact are on each seminar's website.

## **About IRSJA & Analyst Training**

### **How many analysts belong to the IRSJA? How many training candidates are there?**

The IRSJA is the largest Jungian organization in North America, with approximately 220 members and 40 training candidates. Members reside in the U.S. Canada, and Mexico. Our vibrant membership and candidate body afford rich opportunities for collegiality and lifelong friendships. You can find a directory of IRSJA analysts [here](#).

### **How is training with the IRSJA different from training at other institutes?**

The IRSJA is the largest Jungian training institute in North America. We offer a unique combination of large meetings of the full Society twice a year in combination with a more intimate group experience at the 8 local seminars across the U.S.; seminars meet monthly during the academic year. The local groups have dedicated analyst faculties that follow candidates' progress closely and allow participation closer to home. The semi-annual meetings of the entire Society provide the resources and experience of our many analyst members, a robust educational program, and a large analyst pool for case consultation and mentoring. The IRSJA's substantial membership and candidate training body allow a range of theoretical orientations and collegial relationships.

More specifically, IRSJA training is a two-stage process. The initial stage focuses on studying Jungian theory and its application to clinical cases; the training candidate attends one of the IRSJA's monthly local training seminars and two national conferences a year. Near the end of the third year, the candidate may take the Propaedeuticum, five exams that determine readiness for the second stage of training. Local seminar attendance is then optional as the candidate works more independently, attends a specialized case colloquium and IRSJA conferences, and writes three case analyses and a dissertation. Ongoing psychoanalysis and supervision are required throughout training.

### **Where does the IRSJA meet? How often?**

The full Society meetings of the IRSJA take place in April and October at various cities in the U.S. The meetings usually begin on Wednesday and conclude on Saturday night. Training candidates arrive on Tuesday of the conference week to be available for meetings on Wednesday.

### **I already attend a local training seminar. What, specifically, do I need to do—and when--to apply for training?**

The timetable for applying for training is usually late fall or January, followed by an interview with analysts from your local seminar. If approved for the IRSJA application process, formal application documents must be submitted by March 1. The IRSJA website's tab, [Become an Analyst](#), provides more information and *This Jungian Life* [podcast](#) features an episode about considerations in becoming an analyst.

### **How long does the IRSJA's training program take?**

Jungian analytic training is a path of personal and clinical development. Unlike college or graduate programs, there is no preset timetable. Authentic readiness for progression is the primary consideration, determined through formal exams and interview evaluation. Analytic training is not based time or orientation to achieving a goal—it is a transformative process involving the whole personality. Overall, the training program takes a minimum of 4 years to complete and is usually 6 – 7 years. Our program is part-time, allows candidates to live at home, and most work full-time.

### **How much does training cost?**

Training expenses involve ongoing psychoanalysis, 40 hours of case consultation per year, local training seminar tuition, books, and twice-yearly travel to IRSJA conferences held in various locations in the U.S. Sharing hotel expenses and minimizing food costs permit some economies, but overall, the annual cost of training is estimated to be at least \$15,000 per year.

### **How can I find out about other Jungian training programs?**

To become a Certified Jungian Analyst requires training an institute approved by the International Association for Analytical Psychology (IAAP). All such institutes are listed on their [website](#).

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## **About IRSJA Admission Requirements**

### **I have had previous psychotherapy. Do I also need to have Jungian analysis to apply for training? Why is it important to have had 100 or more hours of Jungian analysis within the last three years if I have had previous therapy or analysis?**

Jungian analysis is unique in theory and practice. For those interested in analytic training, it provides an essential experiential foundation for exploring whether training is truly the right path. Applicants for analytic training must have a minimum of 100 hours of analysis with a Certified Jungian Analyst within 3 years prior to applying for training.

### **To fulfill psychoanalytic requirements for training with the IRSJA, do I have to see an analyst in person or can I do analysis via telecommunication?**

The IRSJA requires 100 hours of personal analysis with a Certified IAAP Jungian Analyst before March 1 of the year of application. A minimum of 50 of these hours must be in person. The applicant is expected to be in analysis at the time of application and the 100 hours of analysis must have taken place in the 3 years prior to application for candidacy. There is an exception due to COVID: all analytic hours via telecommunications from March 31, 2020 – May 31, 2021 are considered in-person hours. Additional information about Jungian analysis can be found [here](#).

### **Do I need to be a licensed mental health practitioner to apply to the IRSJA for training? What if I live in a state that does not require clinical licensure?**

The IRSJA requires applicants to have legal ability to practice psychotherapy in the jurisdiction where they live. For most, this means having a license to practice psychotherapy or a plan to acquire one. Some states allow clergy or medical doctors to practice psychotherapy without a mental health license, and a few states do not require a license to practice psychotherapy. If you are legally able to practice, you may apply.

Prior to graduation, we expect all trainees to have a basic education in mental health practice as well as experience working with clients. Graduate level courses in mental health are offered by many universities. The IRSJA's 40-hour-per-year case consultation requirement will be more meaningful and useful if you are already in practice, and in the second stage of training case material and written case analyses are based on client work of at least one year.

**I am a medical doctor/marriage and family counselor/pastoral counselor. Does my degree/certification fulfill IRSJA's licensure requirement for psychotherapy practice?**

State licensing boards are the first place to check for information about legal authority to practice psychotherapy. What the IRSJA will also consider is readiness, based on experience, for the practice of *individual psychotherapy*. Jungian analytic training in depth psychology is based on a relevant educational and experiential foundation.

**Why is licensure as a mental health practitioner important?**

You must be able legally to put Jungian analytic training into practice according to the requirements of your state or jurisdiction. Typically, a graduate degree in mental health (such as MSW, PsyD, PhD, or LPC) provides foundational education and experience in clinical practice.

**How can I find out what my state's licensure requirements are?**

Every state has licensing boards that provide requirements for legal mental health practice.

**Why must I have psychotherapeutic work to participate fully in analytic training?**

Jungian analytic training is a form of depth psychotherapy. Since a large portion of the program is clinical training, training candidates need to be working with clients to fulfill program requirements. In the second half of training case studies are based on client work of some duration. Even in the first stages of training, progress would be difficult without doing some work with clients.

**I live in an area where the closest Jungian analyst is hours away. How can I meet the requirement for analytic hours? If accepted for training, how can I meet the clinical supervision requirement?**

The IRSJA was created to provide Jungian analytic training for people who do not live near cities with Jungian institutes. Nevertheless, training with the IRSJA can require travel to fulfill the in-person requirement for psychoanalysis and case consultation. It is often possible to schedule multiple in-person sessions with an analyst or case consultant, thus minimizing travel. Candidates often find it possible to meet with their analyst or case consultant when attending their monthly local seminar and/or twice-yearly meetings of the full Society. The International Association of Analytical Psychology (IAAP) is the worldwide certifying organization for Jungian analysts, and on their [website](#) you can find the "group members"—Jungian Societies that train analysts--to see if there are analysts in your area.

**I have questions about resources and steps toward training specific to where I live.**

Your first step in exploring analytic training through the IRSJA is joining a local seminar, listed [here](#). Then click on the local training seminar of interest and contact one or more of the listed faculty members in your area.

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