

THE NEW YORK PSYCHOANALYTIC INSTITUTE  
247 East 82<sup>nd</sup> Street  
New York, New York 10028  
(212) 879-6900

Application for Psychotherapy and/or Psychological Testing

\*\*\*THIS APPLICATION WILL BE KEPT CONFIDENTIAL\*\*\*

NAME:

MAIDEN NAME (and other names  
by which known):

HOME ADDRESS:

TELEPHONE: Res:

EMAIL ADDRESS:

Bus:

AGE, WITH DATE OF BIRTH:

SEX:

HOW DID YOU FIND OUT ABOUT  
OUR TREATMENT CENTER?

OCCUPATION:

MARITAL STATUS (Single, married, separated, divorced, widowed; with dates of marriage/marriages,  
and age and sex of children):

Name and Address of spouse or other responsible relative:

PRINCIPAL COMPLAINT OR COMPLAINTS (List in order of importance, using single words, phrases, or  
short sentences.):

Referral for (check a. or b. or both):

a) Evaluation for possible treatment \_\_\_\_\_

b) Psychological testing \_\_\_\_\_

**FAMILY BACKGROUND** (Give ages of parents, brothers, sisters, brief mention of important illnesses -- mental or physical, occupations, marital status. If any are deceased, give age, cause of death, and year of death.):

**OUTLINE OF OCCUPATIONAL HISTORY** (List principal jobs, their nature and places, with dates.):

**FINANCIAL** (Include salary, insurance, other sources of income, and unusual expenses):

**EDUCATION** (List schools attended, with dates; degrees, diplomas, or highest grade completed.):

**GEOGRAPHIC** (Include place of birth and outline of principal changes of place thereafter.):

**MEDICAL** (List, with dates, all important illnesses or injuries -- medical or surgical. Give names and addresses of doctors or hospitals by whom treatment was conducted.):

**PSYCHIATRIC** (List, with dates, names, addresses, and fees paid, all consultations and previous psychotherapy or psychoanalysis, including consultations with psychologists, social workers, or guidance counselors. Also list applications in process with other psychiatric clinics. Please also list previous applications to our Treatment Center.):

THE NEW YORK PSYCHOANALYTIC INSTITUTE  
247 East 82nd Street, New York, NY 10028

Treatment Center

Patient's Name: \_\_\_\_\_  
(please print)

INFORMED CONSENT

I understand that the Treatment Center of the New York Psychoanalytic Institute will write to the physicians, therapists, hospitals, and social agencies previously mentioned. I authorize the Treatment Center to make such inquiries. I authorize the professionals and agencies previously mentioned to answer any inquiries that the Treatment Center may make in connection with this application. In addition, I authorize any examiner for the Treatment Center to make a full report to the Treatment Center of his or her findings, diagnosis and recommendations. In order to facilitate appropriate referrals, I authorize the Treatment Center to fully communicate with and to provide all necessary information to other physicians, therapists, hospitals, or social agencies.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

*If applicant is under 18 years of age, please have parent or guardian sign.*

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I understand that patients accepted for this program will be treated or tested by therapists who are in training and who are supervised in their work by experienced analysts on the faculty of The New York Psychoanalytic Institute and Society.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

*If applicant is under 18 years of age, please have parent or guardian sign.*

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## INFORMED CONSENT FOR PSYCHOANALYTIC PSYCHOTHERAPY

Psychoanalytic psychotherapy is a partnership between a therapist and a person who comes for help. The therapist and patient meet one or more times a week to help the patient understand the nature and sources of his or her difficulties, not simply intellectually but emotionally. The most common reasons for entering psychoanalytic psychotherapy is for problems of finding and maintaining a stable and loving romantic relationship or repeated difficulty living up to one's potential at work. ("I have difficulty in my personal relationships" or "I never excel at or feel satisfied in my work" or "I keep missing deadlines at work"). Many people apply for treatment because they suffer from a psychological symptom like anxiety or depression, a lack of initiative, a sexual dysfunctions or simply a distress over the nature of their thoughts and feelings.

The process of change in psychoanalytic psychotherapy is usually slow and the person should not expect rapid relief of their symptoms. In addition the person in psychoanalytic psychotherapy may experience emotional distress as they talk about their problem or as feelings from the past emerge or simply as an aspect of the close working relationship with the therapist. In the face of the emergence of painful emotions the person may suffer a temporary decline in their daily functioning. Periods of this sort are common but if the therapist or the patient thinks that the treatment is worsening the patient's life adjustment the therapist may suggest adding some other form of treatment alongside or instead of the analytic talk therapy.

You should be aware that there are forms of treatment for psychological problems besides analytic psychotherapy. The Treatment Center also provides psychoanalysis in which the doctor and patient meet four or five times a week for a period of not less than two years. If you are interested in psychoanalysis you should ask your interviewer and therapist and they will discuss this treatment option with you.

You should also be aware that there are non-analytic therapies. Cognitive Behavior Therapists treat the same problems that psychoanalysts do but aim to more directly alter the person's way of thinking and behaving. Medicine is widely used and, like CBT, has been shown in studies to be effective in the treatment of depression, anxiety and other symptoms. While we do offer psychoanalysis we do not offer CBT or medicine – or the many other treatments for emotional problems that are available - we will be glad to discuss them with you if you ask and we will refer you to practitioners of these modalities if appropriate.

I have read the above statement. I understand that if I have questions about the potential benefits and possible difficulties from psychoanalytic psychotherapy or if I want to ask about alternative treatments I will have an opportunity to ask the therapist(s) who interviews me.

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Name

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Date

All applicants will be considered without regard to race, color, religion, national origin, age, sex, or marital status. The Treatment Center has a policy of nondiscrimination because of disability, for persons otherwise qualified, in accordance with New York and Federal law.

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