

Psychoanalytic Education Center  
of the Carolinas

[www.ncanalysis.org](http://www.ncanalysis.org)

Offering Training Programs,  
Continuing Education Courses, &  
Psychodynamic Supervision

- At a time when it is increasingly difficult to obtain training in psychodynamic theory and technique, we are committed to providing the community with courses, training programs, and supervision that reflect a deep understanding of the complexities of human development, relationships, feelings, and behavior.
- Our programs provide a rich understanding of the psychoanalytic perspective, which can inform all clinical work, from supportive to insight-oriented.
- We offer a broad selection of continuing education courses, appropriate for students at beginning through advanced levels of training and experience.
- We offer training programs in psychoanalytic psychotherapy and psychoanalysis, with evening classes and flexible scheduling that allow students to participate on a part-time basis and at a pace that best suits their needs.

For additional information please contact:

Lisa Long

Administrator

101 Cloister Court, Suite A

Chapel Hill, NC 27514

(919) 490-3212    [admin@ncanalysis.org](mailto:admin@ncanalysis.org)

or visit our website:

[www.ncanalysis.org](http://www.ncanalysis.org)

Psychoanalytic Education Center of the Carolinas  
101 Cloister Court, Suite A  
Chapel Hill, NC 27514

# Psychoanalytic Referral Service

- ◆ Referrals to  
Psychoanalytic  
Psychotherapists &  
Psychoanalysts
- ◆ Information about  
Psychoanalytic  
Assessment &  
Treatment

919-685-1956

A Service of the  
Psychoanalytic Education Center  
of the Carolinas

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## What is Psychoanalytic Treatment and How Does it Help?

Psychoanalytic therapy includes a broad range of treatments from brief therapy to long-term psychoanalysis.

Examples of situations where this approach can be helpful include:

- ◆ Depression
- ◆ Anxiety and Panic Attacks
- ◆ Life or career decisions
- ◆ Problems experiencing fulfillment in relationships or work
- ◆ Personal or family problems

Psychoanalytic treatment uses your relationship with the therapist to provide a unique opportunity to explore and understand your emotional life and behavior in a private, confidential setting.

It is based on evidence that individuals often are unaware of the issues that are contributing to their problems. These unconscious factors can express themselves as specific symptoms, patterns of behavior, problematic relationships, or more general emotional distress.

Psychoanalytic treatment is a therapeutic partnership in which the therapist helps you become aware of the underlying sources of your difficulties, not just intellectually, but emotionally, in ways that lead to deep and lasting changes in your life .

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## How to Find a Psychoanalytic Psychotherapist or Psychoanalyst

### **The Psychoanalytic Referral Service**

(919-685-1956)

can help you find psychoanalytic assessment and treatment in the Raleigh, Durham, and Chapel Hill area.

- ◆ In a telephone consultation we will discuss the problems leading you to seek help and the kind of help you have in mind.
- ◆ We will also answer questions you have regarding psychoanalytic treatment.
- ◆ In some cases you may schedule an appointment with the clinician you're talking to. We might also provide you with the names of one or more other clinicians whom you can contact.
- ◆ When you have your appointment, you can discuss your specific situation in person and in more detail.

### **To Use Our Service**

- ◆ You can leave a message on our 24-hour answering service at (919) 685-1956, and we will call you back as soon as possible.
- ◆ Please leave your phone number, some times that you are available, and any necessary cautions about our leaving messages for you.
- ◆ We recognize that confidentiality is important, and we do our best to respect your privacy.

### **Fees**

- ◆ There is no fee for our telephone referral service.
- ◆ Fees charged for in-person appointments will vary among individual clinicians. In some cases clinicians may adjust their fee, based on your financial situation.

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## What Do We Know About the Benefits of Psychoanalytic Treatment ?

- ◆ Psychoanalytic psychotherapy sets in motion psychological processes that lead to ongoing change, even after therapy has ended. \*
- ◆ In a review of research studies psychodynamic interventions predicted successful outcome in both cognitive and psychodynamic treatments. \*
- ◆ No other treatment for personality problems has shown such enduring benefits. \*
- ◆ Psychodynamic therapies go beyond symptom reduction and also help clients develop inner capacities and resources, which allow a richer and more fulfilling life.

\* Jonathan Shedler, PhD. "The Efficacy of Psychodynamic Psychotherapy." *American Psychologist*, 2010; 65 (2).

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