

## **About the Psychoanalytic Center of the Carolinas (PCC)**

The PCC is a welcoming community of mental health professionals who study and share the life-changing benefits of psychoanalysis. We advocate empathic, attuned mental health care, connecting people seeking therapy with highly qualified psychoanalysts and psychodynamic psychotherapists.

PCC provides the only post-graduate training program in psychoanalysis and psychoanalytic psychotherapy in the Carolinas. As a membership organization, we assist students and graduates in mental health fields to advance their careers through networking and continuing education.

Community service is part of our mission. The PCC helps parents, children, and teachers by sponsoring innovative programs, including Circle of Security Parenting and Peaceful Schools.

### **Brief History of the PCC**

#### **The Institute**

In the 1950s, faculty members at UNC Chapel Hill and Duke worked to establish a psychoanalytic training program for psychiatrists in North Carolina, at first under the auspices of the Washington Psychoanalytic Institute. The UNC-Duke Psychoanalytic Institute (the Institute) was approved as a provisional training institute under the American Psychoanalytic Association (APsaA) in 1965. While maintaining educational autonomy, the Institute came under the non-profit umbrella of the NC Psychoanalytic Society and was renamed the Psychoanalytic Institute of the Carolinas. In 2002, for administrative reasons, the Institute left UNC-Duke.

#### **The Society**

In 1981, psychoanalysts and graduates of the Institute established the NC Psychoanalytic Society (the Society), a non-profit organization providing continuing education for psychoanalysts. In 1993, the Society adopted the Psychoanalytic Psychotherapy Study Center (PPSC), offering a contemporary, two-year curriculum in psychoanalytic psychotherapy. (An independent, multi-disciplinary steering committee of psychotherapists and analysts had conceived plans for the PPSC.) In 2008, the Institute and the PPSC merged into one post-graduate education program, the Psychoanalytic Education Center of the Carolinas (PECC). The PECC was

structured with two training tracks—one for psychoanalysis and one for psychotherapy—whose students shared the same classes for the first two years, known as the core curriculum.

### **The Foundation**

In 1996, the NC Psychoanalytic Foundation (the Foundation) was established by members of the Society who wanted to expand awareness of psychoanalytic ideas in service to the community and raise funds to support psychoanalytic initiatives. The Foundation began the first psychoanalytic lecture series for the general public, fostered the development of the Peaceful Schools Project, and brought Circle of Security Parenting facilitator training to North Carolina.

### **The Merger**

In 2016, the Society, the PECC, and the Foundation merged into the Psychoanalytic Center of the Carolinas to better serve the community and streamline resources. The PCC encompasses all functions of those organizations, including continuing professional education, community service, fundraising, and post-graduate training programs in psychoanalysis and psychotherapy.