



## **10,000 Minds Project: Outreach to Undergraduate Education Fact Sheet**

### **GOAL**

The American Psychoanalytic Association (APsaA) has initiated a major focused outreach effort called the 10,000 Minds Project which has as its goal accomplishing an increase in the exposure of undergraduate students to psychoanalytic ideas, both as a theory of the mind and human motivation, and as a way to get help with psychological problems.

### **DESCRIPTION**

The Task Force for this Project believes that an interest in psychoanalysis, which may ultimately lead someone to become a psychoanalyst, an educated and interested lay person, or perhaps a patient, often is sparked by some exposure to psychoanalytic thinking that occurs in the early undergraduate years. The Task Force aims to increase the chances of this exposure occurring by a multi-faceted approach, including the development of an extensive web-based undergraduate education initiative.

This dramatic new initiative to reach undergraduate students throughout the United States and spark a life-long appreciation for psychoanalysis will significantly address the crisis in psychoanalysis by exposing them to psychoanalysis and psychoanalytic thought at many different points during their undergraduate years.

Future candidates and analytic patients must encounter psychoanalysis presented in exciting and creative ways in their *undergraduate* years in order to arrive at those ultimate goals. This Task Force has identified a number of “gateways” through which psychoanalysts and psychoanalysis might reach undergraduates.

### ***Project Leader***

APsaA President-elect Prudence Leib Gourguechon, M.D.

### ***Task Force***

Approximately 20 professionals (both APsaA members as well as non-members) representing the fields of college health, student mental health, psychology, psychoanalytic studies programs, and the humanities and social sciences.

### ***University Advisory Board***

Comprised of approximately 15 undergraduate students who serve as advisors to the Task Force and who have a vested interest in psychoanalysis.

### ***Gateways for Reaching Undergraduates***

College health, student mental health, undergraduate psychology courses, textbooks, internet, faculty, undergraduate psychology clubs, student activities, university-based psychoanalytic studies programs, humanities and social science courses and faculty.

### ***Projects Near Completion***

- Research study to survey the psychoanalytic content in introductory psychology textbooks.
- Research study to survey the psychoanalytic content and attitudes in undergraduate courses.
- Major efforts to publicize the extraordinary findings of these research projects will include publication, poster presentations and conference presentations.
- Major web-based education initiative with resources for those teaching psychoanalysis to undergraduates. The website will include an archive of all relevant materials we have collected on psychoanalysis and undergraduates. This website can be accessed at [www.teachpsychoanalysis.com](http://www.teachpsychoanalysis.com).
- Research on the pathways analysts have successfully taken to enter positions of teaching undergraduates.

### ***Projects Underway***

- Approach to college mental health services.
- Summer Institute for academics in conjunction with Erikson Institute tentatively set for June 2008. This conference will take a topic of immediate interest to the intellectual community, and unite academics and psychoanalysts in the exploration of the topic.
- Production of information packet for local societies/institutes who want to do outreach projects at their local colleges and universities—will include project guides on:
  - how to set up a film discussion program on campus;
  - how to make contact with a student activities department;
  - how to establish a consulting relationship with campus mental health department;
  - how to establish a “brown bag lunch” program to unite academics on campus with interest in psychoanalysis; and
  - how a psychoanalytic institute can join with a college to provide a for credit summer course in psychoanalysis.
- Outreach to other professional groups such as the College Art Association and the Modern Language Association. Increase in psychoanalysts’ presence at the national meetings of these professional groups would be optimal.

### ***Project Offshoots***

- Sponsorship of effort to produce a 45 minute power point presentation on the evidence for the efficacy of psychoanalytic treatment.
- Opportunities to work with the leadership of Division 39 of the American Psychological Association on projects of mutual interest.

### ***Final Phase***

Before the Task Force completes its work in June 2008, the group will formulate recommendations to the Association and its partners (such as Division 39 of the American Psychological Association) for structuralizing those outreach efforts that are deemed most promising so they can be accomplished on an ongoing basis. An analysis of the need for further funding and fundraising will be included.

### ***Funding***

The Developing Psychoanalytic Practice and Training Program (DPPT) of the International Psychoanalytical Association and the American Psychoanalytic Association.

### ***Contact***

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