

Papers and articles

Revised News from the Clinic¹ How many patients and at what fee? Report on a survey of analysts qualified 2000 – 2010

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My report in the June Bulletin on the survey concerning the practice of analysts qualified between 2000 and 2010 included too much information to digest and also a couple of mistakes (due to inflated figures of 4 x weekly cases). So I am now offering a streamlined (and more accurate) report focussing on particular details about numbers of patients in treatment and the fees that are paid.

I particularly felt prompted to present again some of the findings from my survey in response to some of the issues raised in the AGM (July 2011) concerning recruitment at all levels in the Society. This survey presents facts that may help us think about what we are training people for, whether people are getting the experience they need to fulfil the criteria for further qualification to Fellowship and Training analyst levels, and whether people who wish to are able to make a living as a

‘jobbing psychoanalyst’? (See Cherry et al 2009 for related study.)

In looking at the figures below, one unknown but crucial variable is whether respondents who are not seeing many cases at various frequencies are doing so out of choice or out of necessity. Further surveys of this type need to take this variable into account.

This survey was of those who qualified between 2000 and 2010 having done the London based training. There was an 84% response rate, with 62 analysts taking part in the survey: 36 had qualified between 2000-2006 and 26 between 2006-2010.

How many patients at what frequency of sessions are being seen by our analysts qualified between 2000 and 2010?

Table 1 shows the number and percentages of patients seen at various session frequencies

Analysts qualified 2000-2010	Number of patients at each session frequency of and at all fee levels	% of total of 400 pts across 62 analysts by each session frequency
Total of 62 in the survey		
5x weekly pts	90	22.5%
4x weekly pts	36	8%
3x weekly pts	62	15.5%
2x weekly pts	80	20%
1x weekly pts	132	33%
Total	400 patients	

So as a crude average, about 1.5 patients each at 5x weekly, and about .5 of a patient each at 4x weekly sessions. A closer look shows that of the 62 analysts, 45 have five times weekly cases, and 53 have either 5 or 4 times weekly cases, or both. The analysts see between 1 and 5 patients in five times weekly analysis

and between 1 and 3 in four times weekly. These patients are seen for a wide range of fees.

Another way of looking at this data is to calculate the average amount of time the 62 analysts spend in private practice [1072 pt

¹ This report is a revision of that published in the June 2011 Bulletin (Vol 47, No. 5 pp 61 - 63).

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hours divided by 62] = 17.3 hours per week. Of these, on the average 30.5% of their time or 5.3 hours per week are spent working in an analytic modality (4 and 5x weekly) and 68.5% of their time or 12 hours per week are spent working in a modality (1, 2 and 3x weekly), generally considered not to be 'analysis' but rather psychotherapy.

Where do the analytic patients come from?

It is helpful to separate the clinic and non-clinic provenance of the analytic patients:

- 30 out of 126 analytic cases are ex-training cases.
- 11 more are Institute subsidized, with five of these having come from the Clinic waiting list.
- Of the remaining 85 cases, several will have been taken from the Clinic low fee waiting list by analysts who are in a position to take patients on at a reduced fee for four or five times weekly work.

Fees:

26 of the total of 90 5x cases and 4 of the 4x weekly cases, are ex-training cases, none of whom pay more than £30 per session. In

more detail, 11 of the ex-training patients pay less than £10, 11 pay between £11 and £20. About half of all training cases have continued in treatment at these fee levels for 5 or more years. 11 more of the 5x weekly patients are in receipt of Institute subsidies, where the analysts receive £35 per session for a maximum of a three-year period.

This leaves 53 patients seen 5x weekly who are neither ex-training cases or cases whose fees are subsidised. Of the 53 5x weekly patients, 36 pay an average full fee of £46.93 (and are seen by 19 analysts, that is, about 2 patients each), and the rest pay below £35. Two of the 5x weekly patients are in analysis for their own training purposes.

Of the 32 4x weekly patients (where figures available), 25 pay a full fee, averaging £47.63, with 2 seen for less than £15 (they are ex-training cases), and the remainder between £16 and £35. 12 of the 4x weekly patients are in analysis for their own training purposes.

Of the 19 analysts who have at least one full fee five times weekly patient, 12 of them also see 15 of the full fee paying 4x weekly cases.

Table 2 shows the numbers of cases, including ex-training cases and subsidised cases, seen for 5 times weekly sessions, and for what fees.

5x cases	Analysts qualified 2000 -2010 N=62		Analysts qualified 2000 – 2006 N=36		Analysts qualified 2007 – 2010 N=26	
	Number of cases at each fee level	Number of analysts seeing patients at each fee level	Number of cases at each fee level	Number of analysts seeing patients at each fee level	Number of cases for analysts qualified 2007-2010	Number of analysts seeing patients at each fee level
'full fee'	36	19	28	13	8	6
= <£15	18	14	2	2	16	12
£16 - 25	5	4	4	3	1	1
£26 - 35	6	6	6	6	0	0
£36 - and up to and including 'full fee'	13	10	11	8	2	2
Institute subsidised (ceiling £35)	11	11	5	5	6	6

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Table 3 shows the numbers of cases, including ex-training cases and subsidised cases, seen for 4 times weekly sessions, and for what fees.

4x cases	Analysts qualified 2000 -2010 N=62		Analysts qualified 2000 – 2006 N=36		Analysts qualified 2007 – 2010 N=26	
	Number of cases at each fee level	Number of analysts seeing patients at each fee level	Number of cases at each fee level	Number of analysts seeing patients at each fee level	Number of cases for analysts qualified 2007-2010	Number of analysts seeing patients at each fee level
= <£15	2	2	2	2	0	-
£16 - 25	1	1	0	0	1	1
£26 - 35	4	4	3	3	1	1
£36 – and up to and including ‘full fee’	25	18	20	15	5	3

Table 4

Average **full fee** for patients at various frequencies of sessions, *not including low fee, ex training or subsidised cases*, and showing the range of fees and the ‘mode’ fee at each frequency.

	Average fee	Fee range	Modal fee
All 5x pts (2000-2010 analysts)	£46.93	£33 - £60	
5x pts of 2000-2006 analysts	£46.62	£33 - £60	£50
5x pts of 2007-2010 analysts	£47.86	£35 - £55	£50
All 4x pts (2000-2010 analysts)	£47.63	£35 - £60	
4x pts of 2000-2006 analysts	£46.10	£35 - £50	£50
4x pts of 2007-2010 analysts	£51.25	£40 - £60	£50
All 3x pts (2000-2010 analysts)	£51.43	£40 - £70	
3x pts of 2000-2006 analysts	£49.43	£40 - £65	£50
3x pts of 2007-2010 analysts	£55.25	£45 - £70	£60
All 2x pts (2000-2010 analysts)	£55.84	£38 - £75	
2x pts of 2000-2006 analysts	£55.20	£38 - £75	£50
2x pts of 2007-2010 analysts	£57.17	£40 - £70	£55
All 1x pts (2000-2010 analysts)	£59.36	£40 - £100	
1x pts of 2000-2006 analysts	£59.20	£43 - £100	£50
1x pts of 2007-2010 analysts	£59.59	£40 - £80	£60

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Concluding thoughts:

Our relatively newly qualified analysts are not making a living out of working in four and five times weekly analysis. They are getting a lot of experience of seeing analytic patients, but mostly at low fees, and they are mainly earning most of their private practice income from once, twice and three times weekly patients who make up well over half the practices of these analysts.

As far as the five times weekly cases that analysts are seeing: 37 out of 90 (41%) have come to analysts through the Clinic as training or subsidised cases. An additional 17 are seen for a low fee (some of whom have been referred privately from the Clinic low fee waiting list), and there are 36 who are full fee cases. 18 of these are described as having built up from fewer sessions.

It can be seen that relative to the number of those who qualified over an 11 period, there are not a lot of analysands entering full five times analysis without the assistance of lower fees and/or the opportunity to build up sessions over time. A substantial proportion of them have come through the Clinic either as training patients, subsidised cases or patients referred direct into private practice at a low fee or at lower frequency sessions which are then, in some cases, built up to four or five times weekly analysis. The Clinic has a significant role as a 'portal' for people to go into analysis, and also as a source of referrals for more recently qualified analysts.

Those who have qualified more recently are tending to charge slightly higher fees, which demonstrates a healthy sense of professional identity. Those who have been qualified for a longer period have proportionately more patients in full(ish) fee 4 and 5 x weekly analysis. It takes time to build up a practice, but even over several years, very few have a private practice that is mostly analytic (4/5x cases).

Apart from being concerned about recruiting future practising analysts for the psychoanalytic training, we need to also be thinking more about opening the portals for patients to enter, or build up towards, an analysis. Both these nascent populations will be affected by the radical changes in the NHS support for psychoanalytic training and treatment². Whereas in the past many of our candidates have come from a background in psychoanalytic psychotherapy training in the NHS, and equally many of our Clinic training cases have been prepared for analysis by a period of two or three times weekly psychoanalytic therapy in the NHS, we cannot necessarily rely on these sources for our training in the future. We need to think about what environmental niches we should be developing to help the evolutionary process along in a constructive way.

Cherry, S., Wininger, L., and Roose, S. (2009) JAPA, 57:3:703-719

² It took positive effort and action to keep the Clinic OUT of the NHS in 1948 – just think what kind of environment we would have now if that had not been possible!