

# The Referral Service of the Montreal Psychoanalytic Institute



## The Referral Service

The Referral Service of the Montreal Psychoanalytic Institute (Service de référence de l'Institut psychanalytique de Montréal) aims at rendering psychoanalysis more accessible.

## Undertaking an **analysis**

A psychoanalysis enables one to explore the deep and unconscious causes of one's suffering, through the understanding of the unconscious meaning of words, actions, fantasies and dreams, and through the relationship with the analyst.

Psychoanalysis may free one of intense and sometimes paralyzing psychic pain.

It may help to improve self integration, relations with others, and allows a greater creativity on a personal and professional level.

## The frame of **work**

The specific frame of work, the session frequency and the fees are to be discussed with the analyst during the first encounters.

## **Specialized** services

The therapists of the Referral Service have a university training of post graduate degrees and also an experience of personal psychoanalysis. They have many years of experience in private practice and often in hospitals, CLSC.

Services are offered in french and english.

**How to contact us**  
Call the Referral Service  
**Montreal Psychoanalytic Institute**  
**514 342-5104**