

# ***THE CENTRE FOR TRAINING IN PSYCHOTHERAPY***

The training program at the Centre for Training in Psychotherapy (CTP) prepares students for the practice of psychodynamic psychotherapy. It is based upon three essential elements of training: academic studies, experiential learning and individual psychotherapy.

## **Academic Studies**

A solid background in psychotherapeutic theory is essential to an effective practice. CTP addresses this need through lectures, seminars and reading concentrations, conducted in a collegial environment.

## **Experiential Learning**

The student directly encounters the many facets of the psychotherapeutic process through psychotherapy training groups, the pre-supervision seminar, other collegial seminars and extensive individual and group supervision. The experiential components are sequenced so that the student gradually advances towards working with clients in the later stages of training.

## **Individual Psychotherapy**

Besides the intense engagement in psychotherapy training groups, the student will be significantly formed by an individual psychodynamic psychotherapy, prior to and concurrent with the entire CTP program. In the psychodynamic tradition, such personal work is essential preparation for being a therapist. No student's individual therapist participates in any acceptance or evaluation process.

## ***The Program***

The program occurs in two distinct phases, Foundation and Clinical. Inherent in these phases are academic and personal development. Together, these two areas of development inform the faculty's ongoing appraisal of the student's readiness to proceed through each successive stage of the program.

### ***1) FOUNDATION PHASE***

The Foundation Phase consists of lectures, lecture seminars and psychotherapy training group. This phase can be completed in a minimum of two years. The lectures and lecture seminars concentrate on theory, while the psychotherapy training group introduces the student to a psychotherapeutic process that complements the experience of individual therapy.

## **Academic Studies**

**Lectures:** The lecture series explores a range of authors from the psychodynamic tradition. (For a current list of authors, please see the curriculum on the CTP website.) It is a two-year cycle, presented Monday evenings from September to May. Additional Saturday lectures are also scheduled. Students may enter the lecture cycle at the beginning of either year. Requirements for the lecture series include two major assignments each year.

**Lecture Seminars:** Students meet regularly in assigned groups led by a faculty member or graduate fellow to discuss lecture topics and related readings. Every student facilitates one seminar each year.

**Academic Certificate:** To mark the intrinsic value of the two-year academic cycle, all students who successfully complete the academic component of the Foundation Phase (lectures, lecture seminars and assignments) will be eligible for the CTP Certificate of Psychodynamic Studies.

## **Experiential Learning**

**Foundation Phase Psychotherapy Training Group:** The Foundation training group provides an opportunity for students to work directly with unconscious and interpersonal dynamics and to integrate theoretical material with personal psychotherapeutic experience. The group meets weekly for 34 evenings, plus two full and two half weekends. Two years' participation is required during this phase.

## ***2) CLINICAL PHASE***

In the Clinical Phase students explore the nature of psychotherapy practice. This phase is tailored to individual differences among students. For that reason no time limit is set for the completion of the Clinical Phase, although a four-year minimum is required.

Students applying for entrance into the Clinical Phase must have successfully completed all requirements of the Foundation Phase. Acceptance into the Clinical Phase is determined by the CTP faculty after a thorough review of the student's work in the Foundation Phase. Academic competence and participation in the psychotherapy training group are not by themselves enough to qualify for progression to the Clinical Phase. The faculty must also judge that the student possesses aptitude for the work of psychotherapy and is likely to be ready to begin to practice under supervision within a year or two. The Clinical Phase has two elements: general training and the beginning practice of psychotherapy under supervision.

## **General Training**

During the Clinical Phase, groups, seminars and reading concentrations are designed to familiarize the student with psychotherapeutic practice. The initial year of the Clinical Phase (the Pre-Supervision Year) usually consists of the pre-supervision seminar, a third year of psychotherapy training group and a concentration.

**The Pre-Supervision Seminar:** This seminar is designed to initiate students into the practicalities of psychotherapy work. It meets weekly for 30 weeks.

**Clinical Phase Psychotherapy Training Group:** Students are required to continue for a third and fourth year in a training group. In some cases the faculty may require a student to participate in another year or more of training group. As in the Foundation Phase, the groups meet weekly for 34 weeks, plus two full and two half weekends.

**Concentrations:** Students are required to complete two full-year reading concentrations, which are designed to deepen their understanding of particular theories. In each concentration the student chooses to read and discuss in depth an author, topic or school of thought introduced in the Foundation Phase. Students read selected material and meet for discussion under the direction of a faculty member who is versed in that particular area.

**Clinical Phase Seminars:** Students are required to participate in three Clinical Phase seminars: a seminar on the history of ideas in psychotherapy, a dream seminar and one elective seminar. Four all-day Saturday seminars on a range of topics are also required.

## **Psychotherapy under Supervision**

In this culminating part of the Clinical Phase, the student begins to work with clients under faculty supervision. Because of the seriousness with which the faculty regards this work, admission to supervision must be decided on the basis of a renewed faculty evaluation of the aptitude and actual readiness of the student. Completion of previous courses, seminars and groups does not guarantee acceptance.

**Prerequisites and Acceptance:** The student who applies to begin working under supervision 1) must be in the Clinical Phase and have completed the Pre-Supervision Year and 2) must, in the judgment of the faculty, be sufficiently experienced and mature to undertake supervised work.

Students apply in writing to the Registrar. The decision to accept a student is made by the faculty.

**The Supervised Psychotherapy Program:** The student will be required to complete a minimum of 300 hours of supervised psychotherapy work with at least five clients and to participate in a minimum of eighty hours of individual supervision with two or more supervisors and at least two years of supervision seminar. The remaining structure of each student's training under supervision will be worked out in consultation with individual faculty supervisors.

### ***CTP ENTRANCE REQUIREMENTS***

**Students:** Applicants for entrance into the full CTP program must have had a minimum of eighty hours of individual psychodynamic psychotherapy, at least forty of which must be with the same psychotherapist. Application to the program begins with an initial faculty interview. This is followed by a written application, accompanied by an autobiography, personal references and application fee, submitted to the Registrar. Applicants will then be interviewed by three additional members of the faculty. The faculty determines acceptance into the program.

**Guests:** Those wishing to audit CTP lectures, concentrations or Clinical Phase seminars are also required to have an initial faculty interview and to meet the requirement of eighty hours of individual psychotherapy. In certain cases a guest may be allowed to participate in a psychotherapy training group.

### ***CTP DIPLOMA***

The Diploma of the Centre for Training in Psychotherapy signifies that a student has satisfactorily completed all requirements for the Foundation and Clinical Phases.

These requirements, which can be met in a minimum of six years, include:

- \* Ongoing individual psychodynamic psychotherapy throughout the program
- \* Completion of the Foundation lecture cycle and lecture seminars
- \* Completion of at least four years of psychotherapy training group
- \* The Pre-Supervision seminar
- \* Two concentrations
- \* The Clinical Phase seminar on the history of ideas in psychotherapy
- \* The Clinical Phase dream seminar
- \* One elective Clinical Phase seminar
- \* Two supervision seminars
- \* Satisfactory completion of required supervised work with at least five clients
- \* Approval for the diploma by the CTP faculty.

### ***ADVANCED TRAINING SEMINARS***

CTP offers professional development seminars on various topics. These are open to CTP graduates and other clinicians practicing psychotherapy or related arts.

## ***ADDITIONAL INFORMATION***

**Fees:** All fees paid to the Centre for Training in Psychotherapy are tax deductible. The current fee schedule can be obtained by contacting the Registrar.

**Location:** The Centre for Training in Psychotherapy is located at 316 Dupont Street, one-half block west of the Dupont subway station.

### **For information, write, call or email:**

The Registrar, Centre for Training in Psychotherapy  
316 Dupont Street, Toronto, Ontario M5R 1V9  
*Telephone:* (416) 964-3690  
*Fax:* (416) 964-6941  
*Email* the Assistant Registrar at: [inquiry@ctp.net](mailto:inquiry@ctp.net)

Or visit [www.ctp.net](http://www.ctp.net)

## ***FACULTY***

**Sharon Bedard, BA, BEd, CTP Dipl,** taught for seventeen years in an alternative school. She also studied Humanities and Psychoanalytic Thought, an interdisciplinary perspective on the human psyche offered at the University of Toronto, studied design and photography at the Ontario College of Art and graduated from the Centre for Training in Psychotherapy. Her psychotherapy practice is informed by multiple theoretical orientations and interests.

**Gayle Burns, MScN, CTP Dipl,** studied at the University of Manitoba, the University of Toronto and the Centre for Training in Psychotherapy. She worked extensively in community health in Vancouver and Toronto and was a tenured associate professor at the Faculty of Nursing, University of Toronto. Since 1991 she has taught at CTP concurrent with a private psychotherapy practice.

**Adam Crabtree, PhD,** has written several books on the history of hypnotism, the history of psychotherapy, and dissociation. He is a charter member of the Survival Seminar at Esalen Center for Theory and Research (Big Sur, California). He is also training director for the LingYu International Psychology Centre in Toronto and director of its North America-China Training Program in Psychodynamic Psychotherapy for training psychotherapists in China.

**Judith Dales, MTC**, is a graduate of the Advanced Training Program in Psychoanalytic Psychotherapy at the Toronto Psychoanalytic Society, where she is both a guest member and a teacher. She has extensive experience working with adults, groups and couples in private practice and co-facilitates a CTP psychotherapy training group. She is a founding faculty member of the LingYu North-America China Training Program in Psychodynamic Psychotherapy.

**Peter Dales, BA**, studied at the University of Toronto and taught high school for seven years. He has been in private practice since 1972. He is a founding faculty member of the LingYu North-America China Training Program In Psychodynamic Psychotherapy. He has a special interest in psychoanalytic theory and practice and in group psychotherapy.

**Jackie Herner, BA, ECE, CTP Dipl**, received her bachelor of arts degree and early childhood education certificate from the University of Manitoba. Her interest in attachment theory began with her extensive work with children. She trained as a psychotherapist at the Centre for Training in Psychotherapy and has also trained in Sensorimotor Psychotherapy. In private practice since 1991, she uses a psychodynamic approach with a focus on attachment and trauma.

**Cathleen Hoskins, MA, MPhil cand, CTP Dipl**, studied at Bryn Mawr College, University College London, Yale University and the Centre for Training in Psychotherapy. Her teaching focuses on existential dimensions of psychotherapy, hermeneutic phenomenology and literature. In private practice since 1991, she has a special interest in the intergenerational transmission of trauma.

**Ken Ludlow, MA, MEd**, studied at Wilfrid Laurier University, the University of Toronto and the Centre for Training in Psychotherapy. He is a former college teacher who has had a private psychotherapy practice since 1986. He has been a member of the CTP faculty since 1993.

**Sharon MacIsaac McKenna, PhD**, studied at the Universities of Saskatchewan and St. Michael's College, Toronto. During this time she entered psychotherapy in Therafields. Her doctoral dissertation was published as *Freud and Original Sin* (1974). She taught at McMaster University, Wilfrid Laurier University and at community colleges. She was involved in the pilot and first years of CTP and is a founding faculty member of the LingYu North America-China Training Program in Psychodynamic Psychotherapy.

**Philip McKenna, PhD**, was born in Melbourne, Australia, and studied at the Australian National University (BA), the Dominican House of Studies (STL) and the University of Toronto (PhD). He has worked as a priest, as a lecturer in philosophy and interdisciplinary studies, and since 1970, as a psychotherapist and teacher.

**Joel Whitton, MD, PhD, FRCP(c.)**, is a psychiatrist in private practice in Toronto. He holds his degrees from the University of Toronto, where he was an assistant professor of psychiatry. He is interested in the neurophysiology of brain function, the theology of human experience, and anomalous perception. He has published extensively in neurophysiology. His book *Life Between Life* (Doubleday) appeared in 1986.

**Bev Witton, PT reg, CTP Dipl**, graduated from the University of Toronto (Physical and Occupational Therapy) in 1970 and from the Centre for Training in Psychotherapy in 1995. She is in private practice in Toronto with a focus on individual and group work. Her therapeutic approach is influenced by the traditions of infant observation, body psychotherapy and traumatology and reflects her deep belief in the somatic underpinnings of psychological life.

### ***Faculty Emeritus***

**Anna Binswanger-Healy** grew up in Zurich, where she studied special education, existential analysis (Daseinsanalytisches Institut fuer Psychotherapie und Psychosomatik), body psychotherapy, couples and family therapy, and worked at the Psychiatric University Clinic for Children. In Toronto since 1984, she is a founding member of CTP and continues to facilitate seminars and Authentic Movement groups, as well as maintaining a private psychotherapy practice.

**James Healy, MA**, studied at Yale University, Catholic University of America, University of Toronto, Boyesen Centre (London, England) and C.G. Jung Institute (Zurich). He has practiced both individual and group psychotherapy since 1968 and has conducted psychotherapy training groups in Canada, England, Germany, Austria and Switzerland. He is a founding member of CTP and continues to facilitate seminars, as well as maintaining a private psychotherapy practice.

***For more information, visit [www.ctp.net](http://www.ctp.net)***