



## **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.

### **CTP ENTRANCE REQUIREMENTS**

#### **Students:**

A Bachelor degree or exception for mature student status. (Applicants who do not have a BA will be evaluated for mature student status during the interview process)

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.

### **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, the Foundation Phase and the Clinical Phase. 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.

## **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 of approximately eight, and led by a Graduate Fellow discuss lecture topics and related readings. Every student facilitates at least 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 Psychotherapy 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 to complete the Foundation Phase of the CTP program.

**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.<sup>1</sup>

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.

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<sup>1</sup> Two Year Lecture Series – Two Lecture Seminars – All assignments – Two years of Psychotherapy Training Group

## **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 Clinical Applications year) consists of Semester 1 & 2 of Clinical Applications, a third year of Psychotherapy Training Group and a Concentration.

### **The Clinical Applications Seminar – Semester 1 & 2:**

This seminar is designed to initiate students into the practicalities of psychotherapy work. It meets weekly for a total of 60 hours.

### **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 30 hour 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 Critical Reflections on Language in Psychotherapy, and a Dream seminar as well as one elective seminar.

Three 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<sup>2</sup> must:

- 1) be in the Clinical Phase and have completed Clinical Applications, Semester 1 & 2, have completed their third year of Psychotherapy Training Group and have completed at least one Concentration.
- 2) be in the judgment of the faculty, be sufficiently experienced and mature to undertake supervised work.

Students apply in writing to the Registrar – registration forms will be e-mailed . 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 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
- Clinical Applications – Semester 1, 2 & 3
- Two Concentrations
- The Clinical Phase Seminar Critical Reflections on Language in Psychotherapy
- The Clinical Phase Dream Seminar
- One elective Clinical Phase Seminar
- Two Supervision Seminars
- Three Special Seminars
- Two Case Studies
- Satisfactory completion of required supervised work with at least five clients
- Approval for the diploma by the CTP faculty.

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<sup>2</sup> For further information please see the TIS Manual on the CTP.net website, under the Student Downloads tab

## **Advanced Training Seminars**

CTP offers professional development seminars on various topics. These are open to CTP graduates and other CAPT members and 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) 964-7919

*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, RP, BA, BEd, CTP Dipl**

Sharon Bedard has a varied history of study which she brought into focus while she trained at The Centre for Training in Psychotherapy. Her history of study includes a B.A. in English Literature and Physical and Health Education and a Bachelor of Education both from York University, attendance in the program for Humanities and Psychoanalytic Thought; which offered an interdisciplinary perspective on the human psyche at the University of Toronto and training in design and photography at the Ontario College of Art. She taught in an alternative high school for seventeen years. She now focuses on her psychotherapy practice and combines this with an interest in photography, writing and the expressive arts; which bring together a diverse history of study and a love of learning and teaching. She lives in Toronto with her partner.

### **Gayle Burns, RN, BN, MScN, CTP Dipl**

Gayle Burns studied at the University of Manitoba (BN), the University of Toronto (MScN) and the Centre for Training in Psychotherapy (CTP Dipl). She has a broad background with a focus on interpersonal relations, lifespan development issues, bioethics, and adult health in her work as a clinical practitioner, a community health consultant and a tenured academic at the University of Toronto, Faculty of Nursing. Embedded in her experience is an appreciation of life lived within a familial, cultural, and historical context in conjunction with an abiding interest in the formation and maintenance of one's identity and sense of self. Since 1991 she has been in private practice and teaching at CTP.

### **Judy Dales B.A. RP**

Judy Dales holds a B.A from the University of Windsor. She is a graduate of the Advanced Training Program in Psychoanalytic Psychotherapy

(ATPPP) at the Toronto Psychoanalytic Society where she is a guest member. She holds a permanent high school teaching certificate in Ontario.

She has been a psychoanalytic psychotherapist in private practice for over thirty years.

### **Peter Dales, RP, BA**

Peter Dales studied at the University of Toronto and taught high school for seven years. Since 1972 he has practiced therapy full-time, with a special interest in group therapy.

## **Eric Evans, RP, BMus, CTP Dipl,**

Trained originally as a classical musician, earning a BMus in performance from the University of Toronto. From there he had a career as one of the managers at Caversham Booksellers, one of the few mental health bookstores in the world. He then began study at the Centre for Training in Psychotherapy, graduating in 2003. While in practice since then, he has also been studying literature in relation to psychotherapy, existential philosophy, phenomenology, and French psychoanalysis. He has been on the board of the Canadian Association for Psychodynamic Therapy for three years, two as President. Also with CAPT, he has been a member of the Advocacy and Outreach Committee for four years, making submissions to the transitional Council of the CRPO and Ministry of Health and Long-Term Care relating to the regulation of psychotherapy in Ontario.

## **Jackie Herner, RP, BA, ECE, CTP Dipl**

Jackie Herner studied at the University of Manitoba, where she graduated with a Bachelor of Arts degree in English Literature and Sociology. She went on to attain her Certificate in Education from the Faculty of Education, University of Manitoba. Jackie specialized in Early Childhood Education and worked for many years with children aged eighteen months to nine years. She then trained as a psychotherapist at the Centre for Training in Psychotherapy. She is currently completing her training in Sensorimotor Psychotherapy, a body-oriented therapy. Jackie has worked with adults in private practice since 1991 and is the Registrar at CTP

## **Cathleen Hoskins, RP, MA, CTP Dipl**

Cathleen Hoskins studied at Bryn Mawr College, University College London, Yale University and The Centre for Training in Psychotherapy. Her teaching and practice are enriched by studies in the existential dimensions of psychotherapy, hermeneutic phenomenology and literature. She is also part of a group of colleagues engaged in an exploration of authentic movement and its implications for psychotherapy. Married and a mother, she has been in private practice since 1991 and has a special interest in the intergenerational transmission of trauma.

## **Ken Ludlow, RP, MA, MEd**

Ken Ludlow 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, RP**

Sharon MacIsaac-McKenna studied at the University of Saskatchewan and St. Michael's College in the University of Toronto. Her doctoral dissertation was published as *Freud and Original Sin* (Paulist Press, 1974). Since 1971 she has taught psychology and psychology of religion in universities and community colleges, has become a mother, and has trained and practiced as a therapist. At present, she practices and teaches in Toronto and Caledon East.

## **Philip McKenna, RP, PhD**

Philip McKenna 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.

## **Bev Witton, RP, PT reg, CTP Dipl**

Bev Witton 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 mother-infant observation, body psychotherapy and traumatology and reflects her deep belief in the somatic underpinnings of psychological life.

## **Susan Wood, BA (Hons)**

Graduated from the University of Toronto in 1974. She has had extensive, diverse training and education in psychodynamic psychotherapy and has been a therapist in private practice and other settings since 1979. She is highly experienced working with adults, groups, couples and families and co-facilitates a CTP psychotherapy training group. Susan has been a therapy educator and supervisor since 1985. She is a founding faculty member and registrar of the LingYu North America-China Training Program in Psychodynamic Psychotherapy. Her therapeutic approach is influenced by attachment theory, child development, meditation and body-centred psychotherapy. She is Past President of the Canadian Association for Psychodynamic Therapy.

## **FACULTY EMERITUS**

### **Anna Binswanger-Healy**

Anna Binswanger-Healy moved in 1984 from Switzerland to Toronto. She graduated in special education and worked for twelve years at the University Clinic for Child Psychiatry in Zurich. She has a diploma in existential analysis (Daseinsanalytisches Institute für Psychotherapie und Psychosomatik, Zurich) and has experience and training in biodynamic bodypsychotherapy (Boyesen Centre, London, England), psychodrama and therapy with children, adults, couples, families and groups. In the last five years she has deepened her studies in developmental and authentic movement and is teaching in both areas. She is the mother of two adult daughters.

### **James Healy, MA, CG Jung Institute, Zurich**

James Healy studied at Yale University (where he was later chaplain from 1960 to 1967), at Catholic University of America, and at St. Michael's College in the University of Toronto. He began a psychotherapy practice in 1969. After training with Alexander Lowen and John Pierrakos, he broadened his Freudian approach to include Reichian bodywork. From 1979 to 1981, he pursued further training in Reichian work at the Boyesen Centre in London, England. From 1982 through 1984, he studied at the Jung Institute in Switzerland. He has conducted ongoing training groups in Canada, England, Germany, Austria and Switzerland.