

## Clinical Phase Seminars

### Elective Seminars:

**Authentic Movement:** Anna Binswanger-Healy

**Starting date:** TBC

**Time:** Thursdays, 11:30am-1:30pm for 15 weeks, with a possibility to be extended

**Place:** Upper Group Room

For a better understanding of this seminar, please refer to the description on the website at [www.ctp.net](http://www.ctp.net) , under The CTP Program, and look at (Formation) Clinical Seminars.

\*If you are interested in this seminar and have no prior experience in Authentic Movement please contact Anna.

**Development: The Early Role of Maternal and Paternal Care in**

**Infant Development:** Sharon Bedard

**Starting date:** TBC

**Time:** Once a month on Saturdays from 10:30a.m.-2:00p.m.

**Place:** TBC

As a foundation for our work as therapists it is important to look at some of the early developmental experiences of the infant and at the importance of the role of parental figures. As we move towards working with individuals from less traditionally arranged families, we are going to have to be able to navigate our theories and still understand development.

We will be looking at multiple lines of development occurring during the infant's maturation and we will be considering these developments from a number of perspectives. Some of the authors we will be reading include Thomas Ogden, Jessica Benjamin, Christopher Bollas, Daniel Stern, Adrienne Harris, Ernst Abelin, Peter Blos, Susan Coates, Kim Jones, Robert May, Saul Tuttmann, Michael Diamond. The development of subjectivity, awareness of self, other and self-with-other involves the integration of a number of developmental processes.

We will also be considering how theories such as "non-linear dynamic systems theory" help us to integrate these various changes that occur along different developmental lines simultaneously. We will begin to consider the process of development rather than lines of development as discreet experiences. Where appropriate, we will use film to help enliven the theories we will be considering.

There will be a variety of articles made available about mid summer.

**\*This seminar is open to those working with clients. Clinical experience is important, but I am open to a conversation with anyone in the Clinical phase who is not a TIS, but who might be interested in the topic.**

**\*\*This seminar is open to CAPT members with an interview.**

**Mentalization as a Theory in Concert with Psychodynamic Theory:**

Sharon Bedard

**Starting date: TBC**

**Time:** Once a month on Saturdays from 10:30a.m.-2:00p.m.

**Place: TBC**

Mentalization, or metacognition as it is sometimes also called, is our capacity to keep our own mind in mind and our capacity to understand that other minds are separate from our own. Within an intersubjective context, although they would not call themselves intersubjectivists, Fonagy and Target have elaborated what is called "the interpersonal interpretive mechanism". The capacity of the child for self-reflection and awareness of others as separate minds is directly linked to their embeddedness in the capacity of those others to think about the child as a separate and developing individual.

In other words, how we organize our sense of self is directly impacted by how we are experienced by others.

Philip Bromberg would describe it like this: "The child's experience of "me-ness" ... is most sturdy when his states of mind are experienced and reflected upon by the mind of an other, particularly during moments of intense affective arousal. ... If the other's behavior, even if it is not fully welcoming, shows that his state of mind is emotionally and cognitively responsive to what is most affectively immediate in the child's mind rather than tangential to it ... the engagement constitutes an act of recognition that allows the child to accomplish the developmental achievement of taking his own state of mind as an object of reflection." (Bromberg, 1998, p. 10)

Those aspects of self-experience that can not be thought or thought about can not be integrated into a sense of self. The creative dimension of dissociation or splitting, is that splitting also preserves a space for those aspects of self that must be disavowed and yet preserved. Yet, self-reflection on what is shunted into a dissociation is not available. That that self-reflection is not yet integrated into conscious awareness or that it resides at a level of awareness not easily available for future relational deployment, may be the task of later development or therapy.

This theory and our integration of it as part of our larger psychodynamic approach is a helpful adjunct to our perspectives. There are certain populations for whom these concepts are useful for us as psychotherapists to keep in our minds.

Some of the Authors we will be reading include Peter Fonagy, Mary Target, Philip Bromberg, Susan Coates, Ed Tronick. We will also try and integrate the use of movies where possible to help

illustrate these theories. There will be a variety of articles made available about mid summer.

**\*This seminar is open to those working with clients. Clinical experience is important, but I am open to a conversation with anyone in the Clinical phase who is not a TIS, but who might be interested in the topic.**

**\*\*This seminar is open to CAPT members with an interview.**

**The Psychoanalytic Perspective and the Clinical Practice of Character/Personality Type and Disorder, Level 1:** Judy Dales  
**Starting date:** Sunday, September 25, 2011

**Time:** Once a month on Sundays from 10:00a.m.-1:30p.m.

**Place:** 123 Admiral Road

Personality is understood by examining the levels of developmental organization and the defensive style of individuals. Developmental organization indicates a person's degree of health (individuation) or pathology and is understood as resulting from parental influences, genetic contributions (temperament, adaptive processes) and traumatic experiences. Developmental organization is described on a continuum from 'normal', neurotic, borderline, to psychotic. Defensive style, the habitual use of defenses, defines the individual's character type, such as: schizoid, depressive, hysterical, paranoid etc. All "normal" human beings manifest elements of all character/personality types.

The course emphasizes the importance of treating the individual's whole character rather than treating only isolated symptoms. We will be discussing both the theory behind character formation and effective therapeutic approaches. Many clinical examples will be discussed to help understand and integrate this topic which poses a particular challenge to psychotherapists.

**Required Text:**

McWilliams, Nancy, *Psychoanalytic Diagnosis, Understanding Personality Structure in the Clinical Process*, The Guilford Press, New York, London, 1994

Copied material to be handed out.

**This seminar is designed for therapists working with clients in supervision and for graduates who wish to deepen their understanding and develop their clinical skills in working with various personality types and disorders.**

**\*This seminar is open to CAPT members.**

**Transference and Countertransference:** Peter and Judy Dales

**Starting date:** Wednesday, September 21, 2011

**Time:** Third Wednesday of every month, 6:45-9:45p.m.

**Place:** 123 Admiral Rd.

It is a given that the twin concepts of transference and countertransference are fundamental to the psychoanalytical method. It is true also that both of these concepts have undergone an evolution of understanding throughout the twentieth

century and are still subject to various, sometimes elusive and confusing definition.

This course will concentrate on a selection of major texts from the psychoanalytic tradition (from Freud to the interpersonalists and relationalists) in an attempt to familiarize the student with that tradition and to help clarify each person's own understanding of the nature and interdependence of transference and countertransference. To this end, clinical material from one's own work will be welcome. No writing of papers or class presentations are required.

**Required Text:**

Esman, Aaron, ed., **Essential Papers on Transference**, New York University Press, 1990

Additional copied material to be handed out.

**This seminar is intended for students in the clinical phase of the program, and for graduates.**

**\*This seminar is open to CAPT members.**

**Using Trance States in Psychotherapy (basic course):** Adam Crabtree

**Starting date:** TBC

**Time:** TBC

**Place:** 344 Dupont St. Suite 401

Therapeutic trance states can be very effective tools for the practice of psychotherapy, often helping the client to more easily uncover unconscious feelings and thoughts. Surprisingly, trance states (including hypnosis) are not used by many psychotherapists, largely because the actual nature of this therapeutic aid is wrongly understood. This course will explain the real nature of trance states in general (which are part of ordinary life) and therapeutic trances in particular. It will assist the therapist in learning how to facilitate these states and how to use them within psychotherapeutic practice, also providing an initial acquaintance with the use of finger signals. This is the basic course on the use of trance states in psychotherapy. Other courses are available for those who have completed this one.

**\*Prerequisite: working as a therapist-in-supervision.**

**\*This seminar is open to CAPT members.**

### Graduate Seminars

**PLEASE NOTE: These seminars are open to CTP graduates. Students who have fulfilled clinical phase course requirements may be accepted into a graduate seminar upon a written request to the Registrar.**

**"Safe But Not Too Safe": Working Therapeutically with the**

**Regulation of Affect and Arousal:** Jackie Herner

**Starting date:** Tuesday, September 13, 2011

**Time:** Once a month on Tuesdays, 6:00-9:00pm

**Place:** The CTP Seminar Room

In order to engage in learning, exploration and play, our clients need to feel secure and contained in the therapeutic setting. This is of special importance to the client who has experienced trauma and for whom dysregulation of both affect and arousal is a daily problem. As therapists, we are challenged to find a way of working with these clients that is "safe but not too safe", since it is the ability to be open to novelty and change that brings new discovery and insight. An increased capacity to regulate feelings of fear and anxiety and to tolerate the intensity of affects can lead to emotional growth and increased confidence in the ability to effect positive changes in life.

Philip Bromberg puts it like this:

"The need to preserve affective safety organizes the mind's responsiveness to novelty. The heart of mental functioning is a complex interface between what is experienced as safe enough and what is potentially traumatic. The felt boundary between surprise and trauma is thus particularly sensitive. It is the relative permeability of this boundary that underlies normal personality development, its pathology, and an optimal psychotherapeutic relationship that is 'safe but not too safe'".

- Philip Bromberg: Awakening the Dreamer p. 4

In this seminar we will read and discuss excerpts from Philip Bromberg, Janina Fisher, Pat Ogden and Babette Rothschild, as well as passages from The Haunted Self (van der Hart, Nijenhuis and Steele). Themes will include: modulation of arousal, regulation of affect, action systems, attachment, dissociation, grounding and resourcing, alterations in the field of consciousness, phase-oriented treatment, hyper and hypo-arousal, memory, mentalization, trauma and post-traumatic stress disorder.

Handouts will be available from the Centre reception in early August 2011.

**\*This seminar is open to CAPT members, if space allows.**

**30 Years Shared Exploration of Practicing Psychotherapy:** Jim Healy and Anna Binswanger-Healy

**Starting Date:** Friday, September 23, 2011

**Time:** The fourth Friday of every month (except Dec.) **Time TBC**

**Place:** Room A, The Centre

This seminar will focus on a selection of papers which continue

to be important to us. Some of these we have studied in previous seminars, but since we all change, we keep discovering new dimensions and hope this will happen to you too. Authors will include: Daniel Stern, Donnel Stern, Andre Green, Hans Loewald, Thomas Ogden, Michael Eigen, Eric Craig, Guy Thompson, and Paul Russell.

**\*This seminar is open to CAPT members, if space allows.**