



## **THE CTP BROCHURE**

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.

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.



### **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.

#### **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.

## **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**

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.

## **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  
CTP Brochure Rev A

## **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 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.

## **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)



The brochure features the CTP logo in a teal box on the left. To the right, the text reads 'The Centre for Training in Psychotherapy'. Below this, there are three bullet points describing the program's rigor, its history as a pioneer since 1987, and its 30-year track record with 150 graduates. A small photograph of the building is shown next to the website URL 'www.ctp.net'. At the bottom, the phone number '416.964.7919' is displayed in a teal bar.

**ctp** The Centre for Training  
in Psychotherapy

- CTP has an excellent and rigorous program of theoretical education, transformational learning and practical experiential training that prepares the student for the practice of psychotherapy.
- CTP has been a pioneer in the training of psychodynamic psychotherapists in Ontario since its incorporation in 1987.
- During the nearly 30 years since then the CTP has developed a training that now has 150 graduates.

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

**416.964.7919**