



CTP TRAINING PROGRAM CLINICAL PHASE SEMINAR

The Centre for Training in Psychotherapy offers in Canada a full program for training psychodynamic psychotherapists

Clinical Applications of Psychotherapy Semester 1 & 2

CP-003-CA12

CTP – SEMINAR

(60) Hours

Instructor: Susan Wood, BA (Hons)

Location: The Centre for Training in Psychotherapy
316 Dupont St
Toronto, On

Time Mondays 5:30 to 7:30

Prerequisites: Clinical Phase

Course Description

After completing all the requirements of the Foundation Phase of the training program, students apply to enter the Clinical Phase of the program. If accepted they continue their preparation for working as a psychotherapist in a comprehensive course titled: Clinical Applications of Psychotherapy.

The Clinical Applications of Psychotherapy course is divided into three semesters. The first two semesters are normally taken in the year following entrance into the clinical phase; the third semester is taken in the following fall. Each semester involves 30 hours of class time. Completion of the first two semesters is required to apply for acceptance into the Supervision Phase of the program. All three semesters are required for graduation from the program.

Becoming a psychotherapist includes the emergence of a grounded, confident identity as a psychotherapist. This can only happen if the student is thoroughly prepared for their responsibilities as

a psychotherapist. This seminar will prepare the student by developing competencies necessary to practice as a Therapist in Supervision. The student will learn:

- The regulatory framework that contains the practice of psychotherapy
- Legal requirements in practice
- Locating your practice
- The principles behind assessment and case formulation
- Initial contact and sessions with clients
- History taking
- Developing therapeutic skills

Course Objectives

By the end of Semester 1 (30 hours) students should be able to:

1. Understand and prepare to comply with the legal requirements of the regulations which effect the practice of psychotherapy, in order to practice safely.
2. Be familiar with the College of Registered Psychotherapists and its requirements.
3. Understand the practical steps involved in setting up a psychotherapy practice space that is physically and emotionally safe and complies with municipal bylaws.
4. Make initial contact with the client, conduct an initial psychotherapy interview with a client, create a therapeutic frame for the therapy, take a client history, assess the client and write a case formulation in order to create a treatment plan.
5. Understand the purpose of and how to create a safe therapeutic alliance. Understand the roles of the therapist and client within this therapeutic alliance.
6. Have a thorough knowledge of the principles of informed consent and understand how to establish ongoing informed consent in the therapy sessions.
7. Have a thorough knowledge of the meaning of confidentiality in psychotherapy, the exceptions to confidentiality and how to communicate this to the client.
8. Maintain a therapeutic frame in the therapy which includes a working understanding of transference and countertransference, boundaries, fees and communicating policies.
9. Read, analyze and apply relevant research to the practice of psychodynamic psychotherapy.

SEMESTER 2

In Semester 2, the students who have been developing competencies and have started grounding themselves in their emerging identities and responsibilities as psychotherapists deepen their learning in:

- therapeutic skill development
- identifying and working with trauma,
- exploring other models of psychotherapy practiced in Ontario,
- an introduction to risk assessment and suicide
- the DSM and PDM and their value in clinical practice
- Understanding psychosis and schizophrenia
- Resources for psychotherapists and their clients in the broader health community
- Illness, aging and death
- Psychopharmacology for the non-medically trained mental health practitioner
- Attaining the goals of psychotherapy and termination
- Clinical and business records and reports.
- Becoming a Therapist in Supervision at CTP
- Ongoing role-playing

By the end of semester 2 (30 hours) students should be able to:

1. Demonstrate growing competence in therapeutic skills such as: creating rapport with their clients, listening and asking questions in a respectful and empathic manner which reflects the client's context; formulating an assessment and using this information to focus and guide the sessions; giving advice; reflecting, interpreting and looking for the unconscious; dealing with resistance.
2. Identify the signs of trauma and formulate a collaborative approach to treatment with the client.
3. Understand the benefits and limitations of the diverse models of psychotherapy practiced in Ontario and know when to refer clients.
4. Assess the client for specific risks including suicide and formulate a plan including an understanding of when to refer and when to notify authorities.
5. Understand the major diagnostic and assessment categories in the DSM V and the PDM in order to communicate with other health care practitioners, formulate an assessment of the client, know when to refer and understand the client's mental health history.
6. Understand the impact of developmental crises and illnesses facing their clients
7. Access additional mental health resources in the community
8. Have an understanding of the definition of psychosis, its causes and what helps.

9. Demonstrate a familiarity with psychiatric medications in order monitor their client's responses to the medications, the effect on the therapy and to collaborate with the client's doctors when necessary.
10. Understand when the goals of therapy have been reached and when to initiate conversations about concluding therapy.
11. Maintain appropriate records in accordance with the standards of the profession.