

CTP TRAINING PROGRAM SEMINAR
2016-2017

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

Free Association

TIS-003-FA

CTP – SEMINAR

(30) Hours

Lecturer: Eric Evans, RP, BMus, CTP Dipl

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

Prerequisite:

Enrolment in CTP theory and Practice of Psychotherapy, Clinical Phase¹, TIS, Graduate CAPT Member (with Interview)

Monthly meetings: 3.5 hours each, Saturdays except the last, 1 – 4:30, Room A: Sept 24, Oct 29, Nov 26, Dec 17, Jan 21, Feb 25, March 27, April 29, May 28 (Sunday).

Freud referred to free association as the fundamental rule in psychoanalysis. Because of this, at least for Freud and his students, it was the primary technique – from the patient's perspective – of psychoanalytic treatment. Freud employed it himself in his self analysis. From Freud's time to ours, the technique and theory of psychoanalysis have gone through substantial change, and for psychodynamic psychotherapists, who use the theory that Freud began as the basis for much of their work, free association can be an awkward fit in everyday practice. Especially in this age of regulation where much is expected of the psychotherapist in terms of directing and formulating the treatment, it can be hard to see how this fundamental rule fits with how we practice.

This course will explore the origins of free association with Freud and his students, and trace, through authors up to the present day, the changing definition, context and technique of this most important concept and see how it relates to current thinking in psychotherapy theory, as well as mindfulness meditation, neurobiology etc. The authors to be studied include Freud and his students, up to more

contemporary thinkers like Jacques Lacan, Christopher Bollas, Thomas Ogden, Mark Epstein and others.

Students will:

- learn the history of this concept and its development to the present day and its relationship to other disciplines
- learn the ways that this concept is actually used by psychotherapists, why it is important and how it can, in the process of making what was unconscious, conscious, lead to significant change.
- learn how disciplines like mindfulness meditation and neuroscience have informed the use of free association by psychodynamic psychotherapists.
- learn some of the reasons it is not useful.
- learn more clearly how aspects of psychoanalytic theory generally fit in with current psychodynamic psychotherapy theory and practice.

Some readings, with others to follow:

Freud, S: various readings

Bollas, C, *The Evocative Object World*, Routledge 2008.

Epstein, M *Thoughts Without a Thinker*, Basic Books 1995.

Kris, A, *Free Association*, Yale 1982.

Ogden, T *Reverie and Interpretation*, Jason Aronson 1999.