

**CTP TRAINING PROGRAM SEMINAR**  
**2018-2018**

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

**Aggression & Its Place in Being Human**  
TT-003-APBH

CTP Seminar  
(30) Hours

Lecturer: Sharon Bedard, RP, BA, BEd, CTP Dipl

Times: Saturdays Monthly 10:00 – 1:30 Beginning in September

Prerequisite:

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

**Course Description**

Aggression has a long history of being thought of as either an instinctual drive that is there from the start needing to be tamed; or as a reaction to external frustration or environmental failure and the thwarting of needs.

These are some of the aspects of aggression we will explore. But, I am equally interested in the place aggression has as a healthy aspect of human expressions of creativity, goal setting, the overcoming of disappointment or collapse, the capacity for pursuit, erotic vitality and sexual life - to consider just a few other possibilities.

Just as we have come to understand love and hate as the the poles of connection and even attachment, depletion or collapse and aggression may have something to say to each other as well.

Can processes like assertiveness, determination, decisiveness, persistence, love, or healthy narcissism be underpinned by something like a healthy aggression?

What happens when aggression is displaced? What are the gender based expressions of aggression and the ways we are taught to channel it? What happens when aggression goes away, or awry? What is healthy aggression in a therapist? What does it look like in a client?

The seminar is not intended as a definitive understanding of aggression so much as an effort to approach aggression as a complex human response that has value and not just destructive intent.

I am hoping that we can also find a movie or two to help focus our discussions around specific aspects of the theories.

Each seminar will focus on a different article. Articles are not assigned in advance but follow from each meeting and the directions that the conversation takes. An outline will be provided during the summer with details about assignment and presentation requirements.

If you have any questions please contact me at [sbedard-1@rogers.com](mailto:sbedard-1@rogers.com).

The seminar will meet one Saturday each month at my home if space permits. The time will be from 10:00 to 1:30. Dates to be determined.