

CTP TRAINING PROGRAM SEMINAR
2018-2019

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

Grief, Mourning, Loss, & Living
TT-003-GMLL

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

Many times in our therapeutic life we will ourselves face the loss and death of a client. We will meet angry deaths, lingering declines, and painful departures. We also navigate what Jonathan Lear calls living with a healthy sense of the death of a therapy - we expect our clients to leave us. What is that really like and why is it different with different client? And, somewhere down the road, we understand that at some point we will no longer be able to fulfill our therapeutic engagements because we too decline.

Our clients face similar dilemmas. Our clients may face a terminal illness, they will face their own mortality, they lose loved ones. They attach to us as their therapist and what if we become ill? They also navigate the experience of losing older versions of themselves as they change. Culturally, leaving one's country and family and familiar surroundings means understanding loss. Culturally some of our clients will have experienced the destruction of their homeland, their families, a way of life.

Loss has many iterations. Grief and despair and depression are some of our responses to such life experiences. How we as a therapist work with this in ourself directly impacts

our capacity to connect to our clients and certainly our ability to accept their griefs and our own. Intersubjectively, there is “no not being with”.

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.

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.