CTP TRAINING PROGRAM SEMINAR

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

Psychodynamic Diagnostic Manual (PDM)
CP-004-PDM

CTP – SEMINAR
(6) Hours
Lecturer: Judy Dales B.A. RP

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

Prerequisite:
Enrolment in CTP Theory and Practice of Psychotherapy Clinical Phase, TT or Graduate

Course Description

The PDM like the DSM is a diagnostic manual. The title and format of the PDM resembles the DSM but the approach to assessment/diagnosis is different.
The DSM uses a checklist of symptoms to diagnose illness or disease; the PDM uses a whole person approach. Assessment/diagnosis is based on the concept of a person's unique, coherent and meaningful character organization – that includes the unique way a person thinks, feels and relates to self and others.
The PDM is geared towards one central purpose for case formulation and treatment planning for all therapeutic modalities that address the full range and depth of human functioning. Case formulation or treatment plan is like a road map that guides the therapist through unfamiliar territory until the therapist gets the lay of the land. It attempts to address the question, how do I begin to understand the person sitting in front of me as a unique, whole person?

The workshop explains to students how to use the manual. It explains how to use the multidimensional approach of the PDM: P Axis - Personality Patterns and Disorders, M Axis - Mental Functioning, and S Axis - Manifest Symptoms and Causes. It further explains how to incorporate the information gathered from the three axes into a case formulation for the purpose of effective treatment.
 It discusses the continuum of developmental organization from 'normal' to neurotic, borderline and psychotic. This addresses the degree to which a client has achieved separation/individuation. The PDM explains in a general way what to expect in working with clients who fall under these categories in terms of transference countertransference dynamics.