

CTP TRAINING PROGRAM CLINICAL PHASE SEMINAR

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

Individual Supervision

TT-003-IS

CTP - Seminar

(80) Hours Min for Graduation over 3 years

Supervisors: Varies (3) Supervisors Min

Location: Varies

Prerequisite:

Enrolment in CTP theory and Practice of Psychotherapy, TT Phase, in first year of seeing clients – or Graduate

Course Description

The heart of learning to become a psychodynamic psychotherapist is supervised clinical experience. It is in supervision that the students learn to integrate theoretical knowledge and clinical practice.

Individual supervised clinical experience allows a student to feel increasingly confident in acquiring and integrating therapeutic skills at an entry-to-practice level. It prepares a student to be able to establish a safe, holding therapeutic relationship within which effective therapeutic work can be accomplished for the development and fulfillment of the client.

The students are in individual supervision for a minimum of three years. They receive supervision for every client they work with while in the program. The students are required to receive individual supervision from three faculty members, one of whom is a primary supervisor and the other two are considered the secondary supervisors. A minimum of 80 hours of individual supervision is required. Students are also required to be in small group supervision seminars for a total of 120 hours.

Course Objectives

After completing supervision requirements, a student should be able to:

- 1) identify transference and countertransference issues and initiate therapeutic conversation based on these dynamics.
- 2) discover and interpret the breadth of transference and countertransference dynamics that eventually lead to change in the client's significant relationships .
- 3) use the self safely by identifying one's blind spots, prejudices, ideas and attitudes that would interfere with the therapeutic relationship and impede the therapeutic process.
- 4) use the self effectively by listening to oneself, to one's inner feelings, to "find the client within", in order to develop empathy for greater understanding of the client. This enhances the therapeutic alliance and leads to therapeutic progress.
- 5) discover preconscious and unconscious dynamics by listening to the client's free associations and patterns of expressions and observing nonverbal psychoemotional communications.
- 6) integrate psychodynamic theoretical knowledge with clinical practice.

Some supervisors use the following text:

Sarah Usher, *Introduction to Psychodynamic Psychotherapy Technique*, 2nd edition, Routledge, New York and London, 2013.