

## **CTP TRAINING PROGRAM CONCENTRATIONS**

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

### **Transference & Countertransference**

CP-002-TCT

CTP Concentration

(30) Hours

Seminars are conducted one Saturday every month from September – June

10 seminars for a total of 30 hours

Seminars 1-5 are dedicated to the study of transference

Seminars 6-10 are dedicated to the study of countertransference

Lecturer: Judy Dales, BA RP  
Peter Dales, RP, BA

Location: 123 Admiral Rd  
Toronto, On

Prerequisite: Clinical Phase<sup>1</sup> - Therapist in Training – Graduate - CAPT Members<sup>2</sup>

### **Course Description**

It is a given that the twin concepts of transference and countertransference are fundamental to psychoanalytic psychotherapy. Both of these concepts have undergone an evolution of understanding throughout the twentieth century, and continue to be developed and refined. A selection of major psychoanalytic texts, from Freud to the Intersubjectivists is studied to familiarize the student with these concepts.

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<sup>1</sup> Students who have finished the Foundation Lecture series but have not applied to the Clinical Phase may apply to the faculty for permission to attend a Concentration.

<sup>2</sup> CAPT members must be interviewed by the faculty members presenting the Concentration/Seminar

Transference and countertransference are communicated consciously and unconsciously, verbally and nonverbally, and are continually affecting the therapeutic relationship between the therapist and the client. Much therapeutic work is achieved by examining and addressing the transference and countertransference interactions as they occur in the therapeutic relationship. The safe and effective use of the self is a major competency that is explicitly addressed in this course. There is probably no better way to develop knowledge and expertise in this competency than an in-depth study of the history and practice of the transference and countertransference matrix in psychoanalytic psychotherapy.

The importance and the impact of the safe use of the self and the effective use of the self in the therapeutic relationship and therapeutic process is a major component of this course.