

## **CTP TRAINING PROGRAM SEMINAR** **2019-2020**

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

### **Using Trance States** TT-003-UTS

CTP Concentration  
(30) Hours

Lecturer: Adam Crabtree RP  
Location: 20 Prince Arthur Avenue  
Prerequisite: Therapist in Training – Graduate - CAPT Members<sup>1</sup>

Therapeutic trance states can be very effective tools for the practice of psychotherapy, often helping the client to more easily uncover unconscious feelings and thoughts. Therapeutic trance also allows the client to tap his or her wise inner self, which possesses awareness and a healing capacity not available in the ordinary waking state. Surprisingly, the powerful tools of therapeutic trance (including hypnosis) are not used by many psychotherapists, largely because the actual nature of this therapeutic aid is wrongly understood. This course will explain the real nature of trance states in general (which are part of ordinary life) and therapeutic trances in particular. It will assist the therapist in learning how to facilitate these states and how to use them within psychotherapeutic practice, also providing an initial acquaintance with the use of finger signals. This is the basic course on the use of trance states in psychotherapy. Other courses are available for those who have completed this one.

---

<sup>1</sup> CAPT members must be interviewed by the faculty member presenting the Concentration/Seminar