



CTP TRAINING PROGRAM SEMINAR
2019-2020

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

The Development of the Therapist's and the Client's Thinking Mind : Free Association and the Creation of Mind
TT-003-DTCTM

CTP - SEMINAR

(30) hours

Lecturer: **Sharon Bedard**

Location: Bertmount Ave
Toronto

Prerequisite: **Therapist in Training¹, Graduate, CAPT members²**

As therapists we spend years of training and a lifetime of individual study learning to think clinically, creatively and hopefully freshly – during each therapy and each session. A lofty goal and not always easily achievable or even repeatable. We want our client's to benefit, but not from our wise and inscrutable interpretations of their unconscious wishes and guilt formations.

We hope instead to foster in them the same interest, observational capacities and reflective skills that we as therapists have learned to take seriously in our self. In other words, we are trying to help them notice and “think about [their own] thinking”. (Busch, 2014, P. x). Mentation is not solely a conscious process. Freud taught us that thinking is also an unconscious and preconscious capacity and that in the act of freely associating the client contacts their preconscious occupations, quite without any intention or deliberateness. As part of the

¹This course is limited to those **CTP** students who are either seeing clients or expect to begin seeing clients during the process of this Seminar.

² **CAPT** members are welcome and are asked to speak with me about their own therapeutic clinical experience in order to determine whether or not they will benefit from this seminar. CAPT members must be working with clients.

“Freudian Pair” (Bollas, 2007), we show what this process looks like when we turn our own receptive unconscious towards the generative and communicative unconscious of our client.

What is left then is for a therapist to be able to offer our client, not a formulation or interpretation of their deeply inaccessible and unconscious motivations. Rather, in trying to offer them something useful, we want to offer an evocative question that returns them to their own reflections on just what they might have been meaning or doing during their freely associative speech. There is a difference between saturated and unsaturated therapeutic responses. (Busch, 2014).

Free association is an easily misunderstood, misused and I think missing aspect of our clinical work. It may not form our predominant way of working, but its introduction as a way to approach dreams and as a way to unburden our client’s too focussed way of speaking, it can be an important adjunct.

We will be “thinking about thinking” together. Some of the main and organizing themes for therapists are: resistances, transferences and counter-transferences and the missing link: unconscious communication. We will be reading: Busch, Bollas, Paniagua and other writers who are thinking along the lines of “Why do we ask questions?” in therapy, and How do we ask questions?, and Why do we sometimes make statements rather than pose a question or an observation?

This seminar is intended to help each of us look at our clinical stance and our approach to psychotherapy – it asks a large question – what do we think we are doing when we are sitting with a client?

Readings are supplied prior to each seminar and the first reading will be available during the summer.

Dates and Times: the days will be Saturdays 10:30 – 2:00, approximately once a month, specific dates will be sent.

Location: Depending on the size – my home. Bertmount Ave., Toronto.

Email : sbedard-1@rogers.com

Sharon Bedard
April 2019