



Centre for Training in Psychotherapy
21 Randolph Avenue, Suite 200
Toronto, Ontario, M6P 4G4
416 - 964 - 3690

CTP TRAINING PROGRAM SEMINAR **2020-2021**

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

Aggression and it's place in being human ...

CTP – Concentration/Seminar

(30) hours

Lecturer: **Sharon Bedard**

Location: Bertmount Ave
Toronto

Prerequisite: Clinical Phase, Concentrations may be taken in the 3rd year if the student has completed the Foundation Phase of the program but has not applied for acceptance into the Clinical Phase of the CTP program

Seminar or Concentration - This course can be used as a **Seminar** or as a **Concentration** following on aggression as it is addressed in the Freud Lectures

Aggression has a long history of being thought of as either an instinctual drive that is there from the start that needs to be tamed or as a reaction to external frustration or environmental failure and the thwarting of needs.

These are some of the aspects of aggression we will explore. But, I am equally interested in the place aggression has as a healthy aspect of the human expressions of creativity, goal setting, the overcoming of depletion, the capacity for pursuit, erotic vitality and sexual life - to consider just a few other possibilities.

Just as we have come to understand love and hate as the the poles of connection and even attachment, depletion or collapse and aggression may have something to say to each other.

Can processes like assertiveness, determination, will, love, or healthy narcissism be underpinned by something like a healthy aggression.

What happens when aggression is displaced? What are the gender based expressions of aggression and the ways we are taught to channel it? What



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happens when aggression goes away, or awry? What is healthy aggression in a therapist? What does it look like in a client?

The seminar is not intended as a definitive understanding of aggression so much as an effort to approach aggression as a complex human response that has value and not just destructive intent.

I am hoping that we can also find a movie or two to help focus our discussions around specific aspects of the theories.

Each seminar will focus on a different article. Articles are not assigned in advance but follow from each meeting and the directions that the conversation takes. An outline will be provided during the summer with details about assignment and presentation requirements.

Dates and Times : the days will be Saturdays 10:00 – 1:30, approximately once a month, specific dates will be sent.

Location: Depending on the size – my home. 78 Bertmount Ave., Toronto. Email : sbedard-1@rogers.com

Sharon Bedard
April 2020