

CTP TRAINING PROGRAM SEMINAR **2020-2021**

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

Dreams TT-003-DR

CTP - SEMINAR

(30) hours

Lecturer: Adam Crabtree

Location: 20 Prince Arthur Avenue
Toronto

Prerequisite: Therapist in Training - Graduate.

COURSE DESCRIPTION

Dreams can open a dialogue with the unconscious, with one's creativity and with an imaginative problem solving, all in the service of psychic health. The work of this required seminar is experiential rather than theoretical and centers on the dreams of the participants. Telling one's dream and hearing another's dream in a group, especially one where most have begun working clinically under supervision, is a unique experience.

The participants' focus is the dreamer in a process of mutuality and collaboration. As one listens to others associate to one's dream, one has the opportunity not only to consider the content, but also to note the presence of one's feelings, which offers significant guidance for monitoring one's own and the client's affective state during dream exploration in an individual session. Having experienced and shared associations to one's own and to another's dream, one becomes more attuned to how a client may respond to one's associations. Consequently, one comes to appreciate that work on dreams is a cooperative endeavour with the client.

Not only are dreams intimately self-disclosing but they are revealing in ways one cannot always anticipate. As one hears from other participants how much more there is in one's dream than initially conceived, including feeling states, personal history, relational patterns, or dissociated aspects of self, one comes to expect to leave open the potential for a dream's multiple meanings.

Valuable unconscious connections among participants are inevitable; an experience that one can also anticipate will occur in the therapeutic relationship with the client. Consequently the



ambience created is crucial to the group's effectiveness. The group environment must be trusting, receptive, candid, and focused on the dreamer. To facilitate such an atmosphere, some form of relaxation may be used.