



## **CTP TRAINING PROGRAM SEMINAR** **2021-2022**

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

### **Safe and Effective Use of the Self** TT-003-SEUS

CTP – Seminar  
(30) hours

Lecturer: **Sharon Bedard**

Location: To Be Confirmed

**Prerequisite – Clinical Phase of CTP Program – Clinical Applications 1 & 2 Completed & 3 Years of Psychotherapy Training Group – Graduate – CAPT Member<sup>1</sup>**

#### **The Safe and Effective Use of Self – Development From Multiple Perspectives**

**As we approach our clinical work, we are asked to bear in mind that we are tasked with the safe and effective use of our self. There are some clear guidelines offered by the CRPO as to what this means:**

**a) - Demonstrate awareness of the impact of the therapist's subjective context on the therapeutic**

**process**

**b) - Recognize the impact of power dynamics within the therapeutic relationship**

**c) - Protect client from the imposition of the therapist's personal issues**

**d) - Employ effective and congruent verbal and non-verbal communication**

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

e) - Use self-disclosure appropriately.

The delivery of each of these competencies have been considered and thought about by many psychoanalytic and psychodynamic thinkers and writers – before the advent of the CRPO. We are heirs to a long tradition of exchange and thought. I would like to use this seminar to consider multiple ways of acquiring a stance that fulfills our responsibilities as therapists. This is not just about learning a stance, but learning how to think critically, assess openly and honestly and develop our therapeutic idiom in a personal and clearly communicable way. Some of the themes for the seminar will consider our more private and internal processes: containment, reverie, unconscious communication, locating oneself within the transference and countertransference, and the ways in which we strive to work without intentionality or directiveness, the function and uses of disclosure. These undergird our use of self.

We are all readers, that is a medium of learning we are all familiar with. We are also writers from the moment we apply to the school, through our research papers and more importantly through each of our written reflective pieces at each stage of advancement and throughout our time as Therapists-in Training. And then there is the formal submission of our Case Studies.

Subsidiary to this task of writing professionally we must also be integrationists; developing our capacities to bring together disparate theories, clinical experience, and novel thinking – which I believe employs that part of our unconscious that is receptive and that aspect of our psychic functioning that Bollas refers to as Psychic Genera.

“Psychic genera are matrices or clusters of internal intensity that are created when related ideas, images and feelings are attracted together with a “collective psychic gravity”. As we experience the events of our lives, these matrices continually form and develop as new perceptions become linked into pre-existing clusters, forging connections between them and coalescing into an unconscious network of ever-increasing complexity. Psychic genera also communicate with the conscious mind”. (Nettleton, 2017, P.15)

Writing provides a channel that allows this unconscious work to reach consciousness. You will be asked to write in this seminar and to share your writing as part of the development of a communicable self and an effective use of self.



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**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.**

**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 10:00 – 1:30, approximately once a month, specific dates will be sent.**

**I am unable to confirm at this point the location. Until Covid conditions are safe, I intend to offer the seminar on-line and this may be for the entire academic year.**

**Email : [sbedard-1@rogers.com](mailto:sbedard-1@rogers.com)**

**Sharon Bedard**

**2021-2022**