



CTP TRAINING PROGRAM CONCENTRATIONS

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

Psychotherapy & Attachment Theory

CP-003-PAT

CTP - SEMINAR

(30) hours

Lecturers: **Eric Evans**

Location: Online Only

Monthly, 10 Meetings: Starting Sept - Saturdays, 10:00 - 1:00

Prerequisite: TT – Working with Clients

In marked contrast to many psychoanalytic theories, Attachment theory, as developed by John Bowlby and Mary Ainsworth, is grounded in research and is thus a coherent and consistent theory that now has influenced much of current psychodynamic thinking. What Attachment theories point to has been called the bedrock from which other psychodynamic theories spring.

Standing behind developmental and relational difficulties in many of our clients' lives are experiences of chronic misattunement, neglect, or abuse. These experiences form the basis of patterns of attachment, stored as internal working models. This course considers the theoretical and clinical implications of working from an attachment-informed perspective in therapeutic practice.

Topics will include: attachment styles, internal working models, mentalization, culture and attachment experience.

Format: The format will be monthly seminar presentations and a final paper (2000-2500 words).