



Centre for Training in Psychotherapy  
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## **CTP TRAINING PROGRAM SEMINAR** **2022-2023**

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

### **Working With Trauma** CP-003-WWT

CTP Concentration  
(30) Hours

Lecturer: Gord MacLeod RP  
Location: The Centre for Training in Psychotherapy  
21 Randolph Ave  
Sundays Monthly 9:30 – 1:00 or 1:00-4:30

**Note:** "We are hoping that this course can be offered in-person next year. If that is possible, some of the training will involve students working in small groups, sometimes pairs (with the facilitator(s) present), and sharing / describing the activations (cognitive, emotional, and somatic) that they are experiencing in the present moment."

Prerequisite: Clinical Phase or Concentration 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.

#### **Working with Trauma: A Phase-Oriented Approach**

This course is intended as an introduction to Somatic / body-based approaches to psychotherapy. The Phase-Oriented Approach is intended to help clients learn to self-regulate when dealing with memories of past events in order to prevent the therapy being a trigger for retraumatization. Students will be introduced to the works of leading theorists in the field. Through preparing and presenting materials in the group seminars, and writing one paper, students will widen their knowledge base of theory as well develop skills and strategies that they can use in sessions with clients who have experienced Event Trauma.

**Required Texts:**



Fisher, Janina. Healing the fragmented selves of trauma survivors: Overcoming internal self-alienation. Taylor & Francis, 2017.

Ogden, Pat, Kekuni Minton, and Clare Pain. Trauma and the body: A sensorimotor approach to psychotherapy. WW Norton & Company, 2006.

### **Recommended Texts:**

Steele, Kathy, Suzette Boon, and Onno van der Hart. Treating Trauma-Related Dissociation: A Practical, Integrative Approach. WW Norton & Company, 2016.

Ogden, Pat, et al. Sensorimotor psychotherapy: Interventions for trauma and attachment. WW Norton & Co, 2015.

### **Method of Evaluation**

1. Readiness to participate in each class (10) 40%
2. Seminar presentation (1) 35%
3. Paper (1) 25%

### **Knowledge**

#### **Core Competency 1**

To increase understanding of the Phase-Oriented Approach and reflect fluency in and a capacity to use the learned objectives in an exploratory and creative manner.

Phase 1 - Symptom Reduction and Stabilization

Phase 2 - Treatment of Traumatic Memory

Phase 3 - Personality Integration

#### **Core Competency 2**

Working knowledge of the general concepts / terms related to trauma work

- hierarchical processing
- the window of tolerance
- the orienting response
- defensive subsystems
- sensorimotor processing

### **Skill**

#### **Core Competency 1**

Students will be expected to demonstrate an integration of theoretical knowledge and clinical practice of Engagement Skills and Strategies.

- Tracking
- Contact statements
- Experiments

## **Core Competency 2**

Students will be expected to demonstrate an integration of theoretical knowledge and clinical practice of Engagement Skills and Strategies of Interactive Regulation.

- Psycho- Education
- Grounding exercises
- Sequencing

## **Module Outlines**

1. Contact Hours (3) – Dissociation as Non-realization; Hierarchical Information Processing; Window of Tolerance – 10%
2. Contact Hours (3) – Attachment – 10%
3. Contact Hours (3) – Assessment; Case Formulation and Treatment Planning Dissociative Systems and Disorders – 10%
4. Contact Hours (3) – The Orienting Response and Defensive Subsystems Adaptation; Action Systems and Tendencies; Understanding Parts – 10%
5. Contact Hours (3) – Principles of Treatment; Phase-Oriented Treatment; Working with Parts – 10%
6. Contact Hours (3) – Phase One Treatment; Skills for Working with the Body; Befriending Parts – 10%
7. Contact Hours (3) – Phase One Treatment; Working with Suicidal, Self-Destructive, Eating Disordered and Addicted Parts – 10%
8. Contact Hours (3) – Phase One Treatment; Repairing the Past, Restoring What Was Lost – 10%
9. Contact Hours (3) – Phase Two Treatment – 10%
10. Contact Hours (3) – Phase Three Treatment; Earned Secure Attachment – 10%