



## **Critical Reflections on Language and Psychotherapy** TT-003-CRLP

CTP – REQUIRED SEMINAR

(30) Hours

Lecturer: Sharon Bedard

Location: On Line  
Tuesdays 4:00 – 6:00  
Dates to be emailed to participants  
Weekly for 1 Semester  
Begins September  
Total Hours : 30

**Prerequisite: Therapist in Training in second year of seeing clients – or Graduate**

This course is typically the last required course before Graduation. Participants must be therapists in supervision, and ordinarily will have several years' experience working as therapists and several years of individual and group supervision.

### **Course Description**

The focus of this course will be to provide a dialogic opportunity to reflect on the theoretical learnings, personal explorations, and clinical experiences students have been engaged in throughout their training. This is part of the culmination of both their didactic and experiential awareness in concert with their group supervision experiences and clinical case studies. It has been important for the student to have engaged continuously with psychodynamic pedagogy throughout their time at the CTP. As the student approaches graduation and entry into post graduation practice, this course is an opportunity to hone their critical thinking regarding the terms, therapeutic frame, and relational aspects of their profession in conversation with their peers.



This ongoing development focuses on a therapist's awareness of their own intersectional experiences as well as those of their colleagues and clients. The language of psychodynamic therapy can carry inherent biases based as it is on a European and Western model of thinking and training. Students will be encouraged to approach their own thinking from both a critical-consciousness as well as a self-reflective stance in order to enhance these twin aspects of a Safe and Effective Use of Self. Our basic beliefs and orientations towards the theories we use, the manner in which we deliver them in clinical work and the therapist's capacity to question their own convictions are an essential CRPO competency.

There will be a weekly meeting dedicated to some aspect of clinical work: either a concept, practice, or modality, from the psychotherapy literature and the social milieu. To some extent and when relevant the readings may reflect an interdisciplinary approach as psychodynamic psychotherapy is a living field in relationship to other areas of exploration related to human development at the familial, intersubjective and intrasocial level. All relevant reading will be placed in Dropbox for each meeting. There will be a focus paper along with additional resources for future reading.

Each week two - four student will be asked to read a short two-page reflection they have written on the paper for that week. These readings last 5-7 minutes per person and time will be afforded to the other participants to respond. The writer/readers will alternate for each meeting. The reason for this process is for each student to find their own place within the canon of reading and writing that they have absorbed across their training. We are trained to listen and to read and to write at various points throughout the CTP program. We also learn how to communicate effectively with our clients and our colleagues. In this course you will be reading, thinking, writing and being responded to by you peers as you engage each other in thinking through what exactly it is that you do think, about what you do as a therapist.

Syllabus and Course Outline to follow in the summer.

Sharon Bedard

2023-2024



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

