



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

CTP TRAINING PROGRAM CONCENTRATION

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: **Kristin Casady**

Location: Monthly, 10 Meetings: Starting Sept 21 - Saturdays, 2:00 - 5:00

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 entered the Clinical Phase of the CTP program.

Course Description

In marked contrast to many psychoanalytic theories, attachment theory, as developed by John Bowlby and Mary Ainsworth, is grounded in observational research. It is a coherent, 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 emotional misattunement, neglect, or abuse. These experiences form the



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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.