CTP TRAINING PROGRAM SEMINAR
2025-2026

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

Reading With Mourning
CP-003-RW

CTP - SEMINAR
(30) hours
Lecturer: **Cathleen Hoskins**

Location: The Centre for Training in Psychotherapy
              21 Randolph
              Toronto, On

Time: Sunday 1:00 – 4:00 Monthly
              Begins September 21 2025

Prerequisite: Clinical Phase. 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

Reading with Mourning…. A course dedicated to the human realities of loss, mourning, fragility, grievability, nostalgia, solastalgia and much more…. What is mourning? What stands in its way? Is there a morning after mourning? Can large groups mourn? Is there "empathic" mourning on behalf of others? What happens to unmourned life, unmourned unlife, holding onto what Alan Levy calls the "never was"? Much of human existence is a project of vulnerability and loss. How do we therapists and our patients live with loss, especially the world-changing losses of love, loved ones and loved ideals? How do we understand — and withstand —the process of mourning and the implications of its availability in the therapeutic context? What happens when mourning itself is lost, becoming despair or depression? And what happens when large-group tragedies and defeats remain unmourned? We'll meet monthly on Sunday afternoons to discuss

this foundational reality in our work and lives. Starting with Freud's signature essay, "Mourning and Melancholia", we'll move on to readings which may include Judith Butler on "grievability", Darien Leader on revisioning melancholia, John Bowlby on childhood mourning and Vamik Volkan & Arthur Leonoff on collective mourning gone wrong. (A final list of readings is still being chosen.) The clinical relevance of our discussions will be a focus throughout.