



**CTP TRAINING PROGRAM CONCENTRATION**  
**2025-2026**

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

**Transference & Countertransference**  
CP-002-TCT

CTP - Concentration  
(30) hours

Lecturers: **Judy Dales, Peter Dales**

Location: 123 Admiral Rd

Time: Saturday 10:00 – 1:15 Monthly  
Begins September  
10 seminars for a total of 30 hours  
Seminars 1-5 are dedicated to the study of transference  
Seminars 6-10 are dedicated to the study of countertransference

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**

It is a given that the twin concepts of transference and countertransference are fundamental to psychoanalytic psychotherapy. Both of these concepts have undergone an evolution of understanding throughout the twentieth century, and continue to be developed and refined. A selection of major



psychoanalytic texts, from Freud to the Intersubjectivists is studied to familiarize the student with these concepts.

Transference and countertransference are communicated consciously and unconsciously, verbally and nonverbally, and are continually affecting the therapeutic relationship between the therapist and the client. Much therapeutic work is achieved by examining and addressing the transference and countertransference interactions as they occur in the therapeutic relationship. The safe and effective use of the self is a major competency that is explicitly addressed in this course. There is probably no better way to develop knowledge and expertise in this competency than an in-depth study of the history and practice of the transference and countertransference matrix in psychoanalytic psychotherapy.

The importance and the impact of the safe use of the self and the effective use of the self in the therapeutic relationship and therapeutic process is a major component of this course.