



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

CTP TRAINING PROGRAM SEMINAR **2026-2027**

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

Authentic Movement CP-003-AM

CTP - SEMINAR
(30) hours

Lecturer: **Janie Kim**

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

Time: Tuesday 6:00pm - 8:00pm
Weekly for 1 Semester
Begins January

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

“Movement never lies . . . it is a barometer telling the state of the soul’s weather to all who can read it.” (Martha Graham)

Authentic Movement was formalized as a discipline by Mary Starks Whitehouse, a student of Martha Graham in the 1950’s. However, Authentic Movement can be traced back to the dance and ritual of ancient peoples for whom the body was the most immediate expressive instrument.



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Anna Binswanger-Healy, one of CTP's founding faculty, brought this practice to CTP. She facilitated this course for over 20 years, crafting its form through those years specifically for psychotherapy students to experience the ways human beings, from earliest times, have found connection between body, mind, and spirit.

Authentic movement is about the relationship between one or more people moving with eyes closed and with a witness. It is about being seen and a particular way of seeing. There are no directions given. A potential freedom is offered, similar to free association in a psychoanalytic process. The attention is focused on one's bodily experience - following its impulses, letting happen whatever arises from within. This includes - to varying degrees - feelings, images, thoughts, fantasies, memories, sounds, language. An attitude of inner openness, concentration and patience is called forth and develops over time.