



CTP TRAINING PROGRAM SEMINAR **2026-2027**

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

Working With Trauma CP-003-WWT

Subject Title: Working with Trauma: A Phase-Oriented Approach

Presenter : Gord MacLeod RP, Dip. CTP

Location: The Centre for Training in Psychotherapy
21 Randolph Ave. Suite 200, Toronto, ON M6P 4G4
Or

Live lecture streamed on-line

Subject Length in Hours 30 (10 X 3-hour sessions)

Working with Trauma: A Phase-Oriented Approach

This course is intended as an introduction to Somatic / body-based approaches to psychotherapy. The Phase-Oriented Approach is intended to help clients learn to self-regulate when dealing with memories of past events to prevent the therapy being a trigger for retraumatization. Students will be introduced to the works of leading theorists in the field. Through preparing and presenting materials in the group seminars, and writing one paper, students will widen their knowledge base of theory as well develop skills and strategies that they can use in sessions with clients who have experienced Event Trauma.

Required Texts:

Dana, Deb. The Polyvagal theory in therapy: engaging the rhythm of regulation (Norton series on interpersonal neurobiology). WW Norton & Company, 2018.

Ogden, Pat, Kekuni Minton, and Clare Pain. Trauma and the body: A sensorimotor approach to psychotherapy. WW Norton & Company, 2006.

Menakem, Resmaa. My grandmother's hands: Racialized trauma and the pathway to mending our hearts and bodies. Central Recovery Press, 2017 (Chapters 10, 11) – **(In Dropbox)**



Suggested Additional Readings: (Dropbox Folder)

Chung, Jed. A Reflection on Asian Intergenerational Trauma

Rehman, Zeahaa: On Election Day

Zapata, Karina. Decolonizing Mental Health - The importance of an oppression-focused mental health system.

Additional Recommended Texts:

Fisher, Janina. Healing the fragmented selves of trauma survivors: Overcoming internal self-alienation.

Taylor & Francis, 2017. CTP Concentration: Working with Trauma: A Phase-Oriented Approach 2

Steele, Kathy, Suzette Boon, and Onno van der Hart. Treating Trauma-Related Dissociation: A Practical, Integrative Approach. WW Norton & Company, 2016.

Ogden, Pat, et al. Sensorimotor psychotherapy: Interventions for trauma and attachment. WW Norton & Co, 2015.