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

CTP TRAINING PROGRAM SEMINAR
2026-2027

Critical Reflections on Language and Psychotherapy

TT-003-CRLP

CTP – REQUIRED SEMINAR
(30) Hours
Lecturer: Faculty

Location: CTP & Zoom

Prerequisite: Therapist in Training in Graduating year

TT-003-CRLP
REQUIRED SEMINAR
(30) Hours

Facilitators: CTP Faculty
Locations: The Centre for Training in Psychotherapy OR 123 Admiral Road, Toronto OR Zoom

Times: Fridays, 6pm to 8pm

Prerequisite: Students must be in the TT Phase, in at least the second year of seeing clients.

Course Description

The aim of the course is to engage with and inquire the psychotherapeutic theory and clinical practice in such a way as to encourage the students' mature and reflective practice through the language and meaning of the theory and culture in which they work. Students are asked to reflect on their own basic beliefs and convictions, and on how their theoretical and clinical studies actually function within them in their work as therapists. This prepares them to work confidently and fairly with multidimensional diversity in their clients.

The context for this reflection will be a weekly group discussion on a concept, practice, modality, etc from the psychotherapy literature and the social milieu. Students will be assigned an article or other brief material each week as a starting point to start the reflection of their own understanding of the topic, why they have this understanding and how it functions within their practice of psychotherapy. Further research may be encouraged.

A different topic will be discussed in each class with different faculty members.

A Course Schedule will outline all relevant information for each class. Students will be directed to further reference material when necessary. Relevant papers will be put in the Critical Reflections dropbox.