

AN OVERVIEW OF THE CTP PROGRAM

The CTP Program

The CTP Training Program includes academic and practical programs that expose the student to both theoretical and clinical aspects of psychotherapy in preparation for working as a psychotherapist.

The material in this section is current as of Sept 2011.

WHAT IS THE FOUNDATION PHASE?

The Foundation Phase consists of both academic courses and participation in a training psychotherapy training group. It has been structured in such a way that it can be completed in two years or taken over a longer time period.

In lectures and seminars students concentrate on the various theories that underlie the practice of psychotherapy.

In their psychotherapy training group they enter into an intense experience of psychotherapy with other students.

ACADEMIC COURSES

Lectures on psychotherapeutic theory are offered in a two-year format, but new students may enter at the beginning of either year.

Lectures are given on Monday evenings from September through April and during several full-day lecture workshops, for a total of approximately 140 hours per training year.

Students meet in smaller discussion seminars for 30 hours a year, usually on weekends to further their work on topics and authors.

PSYCHOTHERAPY TRAINING GROUP

In the Foundation Phase, students will participate in a psychotherapy training group. This group provides an opportunity for students to take part in work with unconscious and interpersonal dynamics and to integrate theoretical material with psychotherapeutic experience. The group meets once a week for thirty-four evenings, plus two full and two half weekends. Two years of participation are required in the Foundation Phase.

WHAT IS THE CLINICAL PHASE?

In the Clinical Phase students explore the nature of psychotherapy practice. This phase is more tailored to individual differences among students. Students complete this phase at varying rates reflective of their specific needs and interests.

Students may find themselves wanting to explore new interests as well as deepening existing ones through specific courses offered in alternating years. Some will spend more time in a psychotherapy training group as part of their growth as professionals, and others may require a longer period of case supervision. For such reasons, no time limit is set for the completion of the Clinical Phase, although a four year minimum is required.

PSYCHOTHERAPY TRAINING GROUP

In the Clinical Phase students will participate in a psychotherapy training group for at least two years. Note that no student may be considered for graduation without at least a minimum of four years of group participation spanning the Foundation and Clinical Phases.

GENERAL TRAINING

Groups, seminars and reading concentrations are designed to familiarize the student with psychotherapeutic practice.

The training reflects the growth among our own faculty. For example, in 2006 we were reading authors such as Myers, Janet, Breuer, Freud, Klein, Fairbairn, Guntrip, Bowlby, Jung, Sullivan and Mitchell. Since then we have also been reading Ferenczi, Loewald, Stern, Schore, Lachmann, Stolorow and others.

THE PRE-SUPERVISION SEMINAR

This required seminar is designed to initiate the student into the practicalities of psychotherapy work. It meets weekly for 30 weeks for two hours.

CONCENTRATIONS

Concentrations are designed to support students in achieving theoretical competence in their chosen ways of working as psychotherapists. Several different concentrations are offered each year, some on a rotating basis.

CLINICAL SEMINARS

1) THE HISTORY OF IDEAS IN PSYCHOTHERAPY

This required one-semester seminar provides an overall view of the history of psychotherapeutic ideas and practice. It undertakes to help students develop a critical appraisal of psychotherapeutic theories. It is held in alternate years; the next seminar is set for January 2012.

2) DREAMS

Because the dream has such a prominent place in practically every school of psychotherapy, this seminar is mandatory. Students meet weekly for one semester to deepen their understanding of the structure and language of dreams, by working on their own dreams.

3) ELECTIVE SEMINARS

In addition to the two required seminars, a student chooses at least one elective seminar to complete during the Clinical Phase. These seminars address topics relevant to the practicing psychotherapist, including topics such as authentic movement, personality disorders, naturally altered states of consciousness and transference/countertransference.

ADVANCED TRAINING SEMINARS

Seminars for clinicians practicing psychotherapy or related arts are frequently offered in:

1. Dissociative identity disorder and dissociation
2. Trance states and psychotherapy
3. Authentic movement.

Seminars in other areas of psychotherapeutic practice may be arranged if a sufficient number of practitioners so request and a faculty member is available.

CASE SUPERVISION

In Case Supervision, students begin to work with clients under the supervision of faculty members. Students are required to write case history accounts for their work in this advanced part of the training.

Because of the seriousness with which the CTP faculty regards work with psychotherapy clients, entrance into Case Supervision must be decided on the basis of the actual readiness of the student. Similarly, there is no set time frame for completing Case Supervision, because the learning and developmental requirements of each student are unique.

DETERMINING PROGRAM COSTS

The actual training program is designed as a six-year program. Candidates may require further time to complete it and are not penalized for doing so.

The school's curriculum has been arranged to allow for part-time study on the assumption that most participants will be working full-time. The fees do not include normal living expenses which each participant will incur according to individual lifestyle needs and preferences.

The CTP functions solely on the basis of student fees. There is no government subsidy, endowment or other financial source maintaining the program.

CTP's status as a non-profit organization prevents building in an annual profit margin, so both anticipated and unexpected expenses must be met by tuition fees.

Note that the Foundation Phase academic courses can be taken in different years from the experiential psychotherapy training group or at the same time.

Candidates normally spend an additional \$500 Canadian annually for books. Caversham Booksellers in Toronto, located not far from the CTP, carries the full line of required texts as a convenience to our students.

A further cost to candidates is the minimum of 80 hours of individual psychotherapy that is a prerequisite for application to the training program. This cost will vary with the psychotherapist selected, and it requires two years to complete at an average of 40 sessions per year. The CTP will provide suitable referrals to prospective candidates seeking a psychotherapist working in the same modalities as those taught by the school.

The annual fees in the Clinical Phase depend on the choices made by the student. Some will take more concentrations and seminars beyond the minimum required by the school. Some will seek more supervision beyond that required as a minimum. These factors make it difficult for us to provide a meaningful average cost.

The CTP does not have an endowment fund from which to offer scholarships or fee assistance.

For more information, please call 416-964-3690 to speak with a faculty member.

Graduation 2012

The 2012 graduation will be held on Monday, May 28, 2012.