

Psychotherapy Training

In Ontario, the top training programs take at least six years to complete a comprehensive program which earns them the equivalent to an academic master's degree (e.g., M.A., M. Ed.). The C.T.P. program is one such example.

MINIMUM REQUIREMENTS TO APPLY FOR THE C.T.P. DIPLOMA

A minimum of eighty hours of individual psychodynamic therapy is required before beginning the program, and ongoing individual psychodynamic therapy throughout the program.

Foundation Phase

Lectures I	85 hours
Lectures II	85 hours
Seminars I	30 hours
Seminars II	30 hours

Three Papers 2000 - 2500 words each

Oral Examination in Freud may be taken in either year

Psychotherapy Training Group I	110 hours
Psychotherapy Training Group II	110 hours

Students may arrange with the faculty lecturer to substitute a group oral examination for one of the papers.

Clinical Phase

Psychotherapy Training Group III	110 hours
Psychotherapy Training Group IV	110 hours
Pre-Supervision Seminar	60 hours

Two Concentrations (30 hours each): 60 hours

Three Clinical Phase Seminars

(30 hours each): 90 hours

- Dream Seminar
- History of Ideas in Psychotherapy
- Elective Seminar

Two Years of Supervision Seminar 120 hours

Individual Supervision 80 hours with at least two supervisors

Special Topics:

DSM IV R 6 hours

PDM 6 hours

Child Abuse 6 hours

Trauma 6 hours

Admission to the Clinical phase and the Pre-Supervision seminar requires the satisfactory completion of all Foundation phase courses and the vote of the faculty.

Admission to Supervision requires the satisfactory completion of all Foundation phase courses plus the satisfactory completion of the Pre-Supervision seminar, one Concentration, and the Clinical Phase Psychotherapy Training Group, as well as the vote of the faculty.

In the course of preparing an application for admission to Supervision, the student approaches a potential Primary Supervisor, the faculty member who, in the student's opinion, will be best able to help him/her to develop as a psychotherapist. In addition to working with a Primary Supervisor, the student is encouraged to receive supervision from two other faculty members, one of whom may be his/her Supervision Seminar leader. A minimum of eighty hours of individual supervision is required for graduation.

A Therapist in Supervision will present for supervision at least five clients, whose hours in supervised therapy will total a minimum of 300 hours. One therapy will exceed 100 hours, another will be about 80 hours, and the other three will total a minimum of 120 hours.

The Therapist in Supervision will prepare two case histories. One of these will centre on a therapy in progress for at least 100 hours. The other will be a briefer study of a second client. Each case history is to be presented to the Supervisor with whom the work was discussed. The major case history must also be read by a second faculty member.

The granting of the CTP Diploma acknowledges satisfactory completion of all required Foundation phase and Clinical phase courses and groups and supervised therapy. It requires as well the approval of the faculty. In the process of evaluation, emphasis is placed on dialogue between faculty and student, but the faculty reserves to itself the decision to grant the Diploma.