



The Toronto Institute for  
Contemporary Psychoanalysis

**3-YEAR TRAINING PROGRAM IN  
PSYCHOANALYTIC PSYCHOTHERAPY**

**APPLICATION GUIDE**

# TICP 3-Year Psychoanalytic Psychotherapy Program

## Overview

- Officially recognized as an education and training program by the **College of Registered Psychotherapists of Ontario (CRPO)**
- 3-year program with over **360 education hours**
- Practicum of **450 clinical hours**
- Students receive over **100 hours of clinical supervision**
- Students are expected to be in at least weekly psychotherapy with an analyst
- This is a part-time program; classes are held weekly on Thursday evenings from 7:00 – 10:00 p.m. from September until May; there will be occasional weekend classes and workshops required.
- Location: TICP Office & Community Clinic, 427 Vaughan Road, Toronto, ON, M6C 2P1
- No distance learning option is available at this time; all candidates must attend in person
- Tuition Fees: \$5,000 for each Year 1, Year 2 and Year 3
- Supervision Fees: \$5,000 for each Year 2 and Year 3
- **Application Deadline: June 1<sup>st</sup>, 2020**

# **TICP Psychoanalytic Psychotherapy Program Overview**

## **Year One**

The first year of study prepares students by providing a foundation for the practice of psychotherapy. Students will be exposed to theories of psychotherapy, developmental theory, psychopathology, professional issues and ethics, gender culture and diversity while also focusing on the development of clinical interviewing skills and case formulation for beginning psychotherapists. By the end of the first year of training students will be prepared to begin their first year of practicum.

## **Year Two**

This year focuses on Psychoanalytic perspectives of developmental theory, psychopathology and treatment. Students will learn about unconscious processes, therapeutic boundaries, therapeutic process, use of self in psychotherapy and how to apply and integrate these components in clinical practice.

Students begin their practicum hours in year two at the TICP Free Clinic. Each student will be expected to carry a caseload of 5 clients who receive weekly psychotherapy throughout the year. Students will be assigned a supervisor and will be expected to attend individual weekly supervision sessions.

## **Year Three**

In this year students expand their learning in case formulation, clinical process, use of self in psychotherapy, therapeutic technique and intervention as well as report writing skills, interdisciplinary collaboration, and advanced issues and ethics. In the final term, students will also explore termination and be required to present a comprehensive clinical case presentation to demonstrate competencies in case formulation, clinical process, report writing, use of self in clinical practice and ability to utilize supervision to enhance therapeutic efficacy.

## **Learning Environment**

Classes are conducted in lecture style, interactive group process, experiential learning, media-based learning as well as in vivo practice of interviewing skills and role playing as candidates prepare for clinical practice. Students will also be expected to engage in self-directed learning outside of classroom hours, complete readings to inform participation in class discussions and complete assignments to demonstrate knowledge transfer and competency in each learning module.

## **Clinical Practicum Training**

Clinical practicum hours will begin in year 2 at the TICP Free Clinic. Candidates will be able to complete the clinical requirement in 2 years with a caseload of 5 patient hours per week. Students will participate in group and individual case supervision with a minimum of 100 individual supervision hours. Each student will be assigned a supervisor who meets the criteria of the CRPO to work with them on a weekly basis to develop their skills as a clinician and to support them in conceptualizing their case formulations and exploring therapeutic process and interventions.

## **Admissions Criteria**

Applicants will be required to have completed a minimum of a B.A. with education focus preferably in the Humanities. Students with undergraduate degrees in Psychology, Sociology and Social Work will be given priority. As well, students with demonstrated volunteer and/or relevant work experience will also receive preferential consideration. Each candidate will be considered individually based on experience, coursework and other relevant background.

## **Grading and Assignments**

All assignments are expected to be completed according the deadlines and will be assigned a letter grade or a pass/fail. Students must maintain a minimum of a B average and a pass on all other assignments by the end of each year of study to continue in the program. Any make-up assignments or re-submissions will be at the discretion of the course instructor.

## **Attendance**

Students are expected to attend all classes. It is the responsibility of the student to let the course instructor know if they are unable to attend a session and to make arrangements with the instructor to ensure they are up to date on readings and lectures. A maximum of 3 sessions can be missed per year. Any extenuating circumstances will be considered on an individual basis.

## TICP Psychoanalytic Psychotherapy Program SUMMARY

Course	Hours of Instruction
TICP Psychoanalytic Psychotherapy Program	
<b>Year One Curriculum: Total 129 hours of instruction</b>	
<b>Year One Section 1: Overview and Introduction to Psychotherapy</b>	<b>Total 33</b>
Section 1, Sessions 1 and 2: Comparative Framework	6
Section 1, Sessions 3 and 4: Psychoanalytic Approaches	6
Section 1, Sessions 5 and 6: Behavioural and Cognitive Approaches	6
Section 1, Session 7: Experiential and Humanistic Approaches	3
Section 1, Session 8: Systems Oriented Approaches	3
Section 1, Session 9: Couples Therapy	3
Section 1, Session 10: Group Psychotherapies	3
Section 1, Session 11: Integrative Approaches to Psychotherapy	3
<b>Year One Section 2: Introduction to Human Growth and Development through the Lifespan</b>	<b>Total 21</b>
Section 2, Sessions 1 and 2: Introduction and Psychodynamic notions of development	6
Section 2, Session 3: Attachment	3
Section 2, Session 4: Development of Cognitive Abilities	3
Section 2, Session 5: Behaviorism and Learning: Adolescence and Identity	3
Section 2, Session 6: Adulthood and its Challenges: Family Systems	3
Section 2, Session 7: A Sociological Perspective of Development: Old Age and Death	3
<b>Year One Section 3: Introduction to Psychopathology</b>	<b>Total 27</b>
Section 3, Session 1: Introduction to Understanding and Treating Psychopathology	3
Section 3, Session 2: Mood Disorders	3
Section 3, Session 3 and 4: Anxiety Disorders	6
Section 3, Session 5: Trauma	3
Section 3, Session 6: Eating Disorders and Addictions	3
Section 3, Session 7: Personality Disorders	3
Section 3, Session 8: Psychotic Disorders	3
Section 3, Session 9: Psychopharmacology	3
<b>Year One Section 4: Culture and Gender Diversity in Therapeutic Practice</b>	<b>Total 6</b>
Section 4, Session 1: Cultural and spiritual diversity in psychotherapy	3
Section 4, Session 2: Gender and Sexuality	3
<b>Year One Section 5: Introduction to Clinical Assessment, Formulation and Interviewing Skills</b>	<b>Total 30</b>
Section 5, Session 1: What Is Psychodynamic Psychotherapy and How Does it Work?	3
Section 5, Sessions 2 and 3: Clinical Assessment	6

Section 5, Sessions 4 and 5: The Initial Formulation and Recommendations	6
Section 5, Sessions 6 and 7: Beginning Treatment	6
Section 5, Session 8: Communicating with Clients: Listening and Reflection	3
Section 5, Session 9: Communicating with Clients: Learning to Intervene	3
Section 5, Session 10: Clinical Assessment, Formulation and Interviewing Skills: Summary, Review and Preparation for Beginning Practicum	3
<b>Year One Section 6: Professional Issues and Ethics</b>	
<b>Total 12</b>	
Session 1: Self Regulation, Ethics, Professional Standards and Professional Misconduct	3
Session 2: Client-Therapist Relationships: Informed Consent, Boundaries, Billing	3
Session 3: Jurisprudence: The Regulated Health Professions Act and the Psychotherapy Act	3
Session 4: Jurisprudence: The role of the College and other laws regulating the provision of Psychotherapy	3
<b>Year Two Curriculum: Total 114 Hours of instruction</b>	
<b>Clinic preparation and Continuous Case Seminars</b>	
<b>Total 18</b>	
Preparatory reading and assignment (due prior to the start of Year 2 seminars)	
Beginning Practicum: students in Year 2 will begin their 450 hours of work	
Clinic Orientation Course (at TICP Free Clinic)	6
Year 3 Continuous Case Seminars (three-hour seminar held on 4 Sundays during the academic year)	12
<b>Year Two Section 1: Introduction to Theories of Psychoanalytic Psychotherapy</b>	
<b>Total 27</b>	
Section 1 Session 1: The Case for Psychoanalysis	3
Section 1 Session 2: Freud and Classical Psychoanalytic Tradition	3
Section 1 Session 3: Ego Psychology	3
Section 1 Session 4: Interpersonal Psychoanalysis	3
Section 1 Session 5: Kleinian Theory and Contemporary Kleinian Perspectives	3
Section 1 Session 6: British Object Relations: The work of Fairbairn and Winnicott	3
Section 1 Session 7: Self Psychology: The work of Erik Erikson and Heinz Kohut	3
Section 1 Session 8: The Relational Tradition	3
Section 1 Session 9: Controversies in the Theory and Practice of Psychoanalytic Psychotherapy	3
<b>Year Two Section 2: Developing Core Competencies for the Practice of Psychoanalytic Psychotherapy</b>	
<b>Total 21</b>	
Section 2 Session 1: Therapeutic Intent	3
Section 2 Session 2: Therapeutic Stance/Attitude and Techniques	3
Section 2 Session 3: Understanding, Listening to and Addressing Affect	3
Section 2 Sessions 4 and 5: Transference, Countertransference and Relational Dynamics	6
Section 2 Session 6: Patterning and Linking	3
Section 2 Session 7: Unconscious Conflict, Defense, Repetition and Working Through	3
<b>Year Two Section 3: Psychoanalytic Approaches and Perspectives on Psychopathology</b>	
<b>Total 30</b>	

Section 3 Session 1: Psychoanalytic Theoretical Perspectives on Psychopathology: Attachment Theory and The Developmental Perspective	3
Section 3 Session 2: The Psychodynamic Approach to Diagnosis and Classification	3
Section 3 Session 3: Understanding and Treating Depression for a Psychoanalytic Paradigm	3
Section 3 Sessions 4: Understanding and Treating Anxiety from a Psychoanalytic Paradigm	3
Section 3 Session 5: Understanding and Treating Trauma from a Psychoanalytic Paradigm	3
Section 3 Session 6: Understanding and Treating Obsessive-Compulsive Disorder from a Psychoanalytic Paradigm	3
Section 3 Session 7: Understanding and Treating Substance Abuse Disorders from a Psychoanalytic Paradigm	3
Section 3, Session 8: Understanding and Treating Eating Disorders from a Psychoanalytic Paradigm	3
Section 3, Session 9: Understanding and Treating Psychotic Disorders from a Psychoanalytic Paradigm	3
Section 3, Session 10: Understanding and Treating Personality Disorders from a Psychoanalytic Paradigm	3
<b>Year Two Section 4: Contemporary Psychoanalysis Perspectives on Sexuality, Gender And Culture</b>	
<b>Total 6</b>	
Section 4 Session 1: Psychoanalytic Perspectives on Gender and Sexuality: Implications for the practice of psychotherapy	3
Section 4 Session 2: Psychoanalytic Perspectives on Culture: Implications for the practice of psychotherapy	3
<b>Year Two Section 5: Working Through and Termination</b>	
<b>Total 6</b>	
Section 5 Session 1: Working Through	3
Section 5 Session 2: Introduction to Termination in Psychoanalytic Psychotherapy	3
<b>Year Two Section 6: Ethics, Ethical Dilemmas and Self-Care in Psychoanalytic Psychotherapy</b>	
<b>Total 6</b>	
Section 6 Session 1: Ethics and Ethical Dilemmas in Psychoanalytic Psychotherapy	3
Section 6 Session 2: Selfcare for the Psychotherapist in Psychoanalytic Psychotherapy	3
<b>Year Three Curriculum: Total 138 hours*</b>	
<i>*depending on number of clinical case presentations</i>	
<b>Year 3 Continuous Case Seminars</b>	
Continuous Case Seminars (three-hour seminar held on 4 Sundays during the academic year)	<b>Total 12</b>
<b>Year Three Section 1: Psychoanalytic Concepts and Applications to Clinical Practice</b>	
<b>Total 36</b>	
Section 1 Sessions 1 and 2: Mentalization	6
Section 1 Sessions 3 and 4: Empathy	6
Section 1 Session 5: Transference, Countertransference and the Use of Self	3
Section 1 Session 6: Current Approaches to Understanding Treatment	3

Section 1 Session 7: Therapist and Client Subjectivities in Psychotherapeutic Work	3
Section 1 Session 8: Countertransference and the Use of Self in Treatment	3
Section 1 Sessions 9 and 10: Working with Dreams in Psychoanalytic Psychotherapy	6
Section 1 Sessions 11 and 12: The Interpretation of Dreams	6
<b>Year Three Section 2: Psychopathology of Character Organization: Understanding Personality Disorders in Psychoanalytic Psychotherapy</b>	<b>Total 18</b>
Section 2 Session 1: Developmental Levels of Personality Organization and Clinical Implications	3
Section 2 Session 2: Primary and Secondary Defenses in Expressions of Personality	3
Section 2 Session 3: Types of Character Organization: Psychopathic and Narcissistic Personality Styles	3
Section 2 Session 4: Schizoid and Paranoid Personality Styles	3
Section 2 Session 5: Types of Character Organization: Depressive, Manic and Masochistic (Self-Defeating) Personality Styles	3
Section 2 Session 6: Types of Character Organization: Obsessive Compulsive, Hysterical (Histrionic) and Dissociative personality styles	3
<b>Year Three Section 3: Advanced Core Competencies in Psychoanalytic Psychotherapy</b>	<b>Total 9</b>
Section 3 Session 1: Advanced Core Competencies: Courageous Speech/Disciplined Spontaneity	3
Section 3 Session 2: Advanced Core Competencies: Love in Psychoanalytic Psychotherapy	3
Section 3 Session 3: Advanced Core Competencies: Hate in Psychoanalytic Psychotherapy	3
<b>Year Three Section 4: Trauma and Dissociation in the Theory and Practice of Psychoanalytic Psychotherapy</b>	<b>Total 18</b>
Section 4 Sessions 1 and 2: Introduction to Trauma and Dissociation in Clinical Process	6
Section 4 Session 3: Revisiting Defences and Personality Structure from a Dissociative Model of Mind	3
Section 4 Session 4: Psychoanalytic Listening, Intersubjectivity and Dissociation in the Therapeutic Encounter	3
Section 4 Sessions 5 and 6: The Multiplicity of Self, Clinical Judgement and Clinical Transformation	6
<b>Year Three Section 5: Advanced Ethical Dilemmas in Psychotherapy</b>	<b>Total 9</b>
Section 5 Sessions 1 and 2: Fallacies, Placebos and the Use of Language in Ethical Decision Making	6
Section 5 Session 3: Moral Courage in Ethics: A Step by Step Model for ethical decision making	3
<b>Year Three Section 6: Termination and Other Endings in Psychoanalytic Psychotherapy</b>	<b>Total 12</b>
Section 6 Session 1: Psychoanalytic Perspectives on Termination in Psychoanalytic Psychotherapy	3
Section 6 Session 2: Termination in Psychoanalytic Psychotherapy from an Attachment and Relational Perspective	3

Section 6 Session 3: Clinical Process and Termination	3
Section 6 Session 4: Multiple Meanings of Endings: How the Psychoanalytic Perspective says good-bye	3
<b>Year Three Section 7:</b>	
<b>Clinical Case Presentations</b>	<b>Total 18 - 24</b>
6 – 8 sessions (depending on number of students and case presentations)	18 - 24
<i>Final case report and presentation</i>	
<b>PRACTICUM TRAINING AT TICP FREE CLINIC: Total 450 Hours Required</b>	
Minimum of 100 hours of one-on-one clinical supervision	100
Direct Client Contact Hours	Over 350



Toronto Institute for Contemporary Psychoanalysis

Training Site: 427 Vaughan Road, Toronto, ON, M6C 2P1

416-288-8060 | [www.ticp.on.ca](http://www.ticp.on.ca) | [info@ticp.on.ca](mailto:info@ticp.on.ca)

# 3-Year Psychoanalytic Psychotherapy Program

## Application Form

**APPLICATION DEADLINE: JUNE 1, 2020**

**APPLICATION FEE: \$250.00**

### SECTION A: PERSONAL DATA

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Legal Name:

Gender:

Residential Address:

Permanent Address: (check if the same as residential) ☐

*\*Note: all correspondence will be sent to permanent address*

Home Telephone:

Business Telephone:

Cell Telephone:

E-MAIL:

Profession:

University Degree(s):

Professional Qualification(s):

SOCIAL INSURANCE NUMBER:

*(required for CRA T2202 education & tuition credits certificate)*

## SECTION B: PROFESSIONAL DATA

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<b><i>Name of Employer</i></b>	
<b><i>Position Held</i></b>	
<b><i>Dates of Employment</i></b>	

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## RELEVANT PROFESSIONAL PAPERS / CONTRIBUTIONS

*(optional, not required for admission)*

<b><i>Title</i></b>	<b><i>Publication/Conference</i></b>	<b><i>Date</i></b>


## PREVIOUS TRAINING IN PSYCHOTHERAPY

*(optional, not required for admission)*

<b>Courses</b>	
<b>Supervision</b>	

## MEMBERSHIPS

*(optional, not required for admission)*

<b>Societies, Professional Bodies of which you are a Member or Fellow:</b>

## PROFESSIONAL AFFILIATIONS & LICENSURE

- Are you currently registered/licensed, or have you ever been registered/licensed by another regulatory/licensing organization in any profession in any jurisdiction?  
☐ YES ☐ NO

If YES, please provide details:

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2. Have you ever been refused registration or membership by a regulatory/licensing body?
- ☐ YES ☐ NO

If YES, please provide details:

3. Have you ever resigned your membership or registration with a regulatory/licensing organization while you were the subject of a complaint, investigation or proceeding with respect to professional misconduct, incompetence or incapacity in the practice of any profession (in any jurisdiction)?
- ☐ YES ☐ NO

If YES, please provide details:

4. Have you ever been charged with misconduct, including academic misconduct, that resulted in disciplinary actions by an educational institution while you attended a post-secondary institution?
- ☐ YES ☐ NO

If YES, please provide details:

## SECTION C: REFERENCES

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Provide the names and addresses of **three** individuals who have known you well in your professional or volunteer work for at least one year. Please have them send a letter of reference detailing their evaluation of your professional and personal qualities.

<i><b>Name</b></i>	<i><b>Address</b></i>	<i><b>Occupation</b></i>	<i><b>Period Known</b></i>

## SECTION D: ACKNOWLEDGEMENTS

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Please acknowledge by putting a check mark beside each of the 5 statements below.

1. I understand that I must hold a Certificate of Registration in good standing with the College of Registered Psychotherapy (the CRPO) in order to practise as a psychotherapist in Ontario.  
☐ Yes
2. I understand that I cannot use the protected titles or designation “Registered Psychotherapist” (RP) unless I hold a Certificate of Registration in good standing with the CRPO.  
☐ Yes
3. I understand that the TICP may require additional information (including supporting documents) in connection with this Application Form.  
☐ Yes
4. I understand that if there are any changes to the information provided on this Application Form I am required to notify the TICP within 30 days of that change.  
☐ Yes
5. I understand that I must provide TICP with a certified **Vulnerable Sector Screening police check** prior to the first day of this training program, at my own expense.

*A Vulnerable Sector Screening is intended for individuals seeking employment or volunteer opportunities with vulnerable persons. A vulnerable person is defined as a person who, because of their age, a disability, or other circumstances, whether temporary or permanent, are (a) in a position of dependence on others or (b) are otherwise at a greater risk than the general population of being harmed by person(s) in a position of authority or trust to them.*

*A Vulnerable Sector Screening will provide the following information:*

- *Criminal convictions summary or indictable from CPIC and/or local databases*
- *Findings of guilt under the Youth Criminal Justice Act within the applicable disclosure period*
- *Outstanding entries, such as charges and warrants, judicial orders, peace bonds, probation and prohibition orders*
- *Absolute and conditional discharges*
- *Charges that resulted in a finding of not criminally responsible on account of mental disorder*
- *Pardoned offences authorized under the Criminal Records Act*
- *Non-conviction information authorized through Exceptional Disclosure*

☐ Yes

## SECTION E: SUMMARY & CERTIFICATION

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Please send by email or mail along with the completed Application....

- a) Your **academic transcripts** \*
- b) **Three confidential letters of recommendation**, at least two (2) of which must be from recent supervisors or administrators well-acquainted with your work \*
- c) A **personal account** of why you wish to pursue this training, how it relates to your past and future career and life goals. The account should include a history of any experience in the field of mental health, and the reasons you feel able to undertake the training program in your present life circumstances.
- d) Application Fee of **\$250.00** made payable to the "Toronto Institute for Contemporary Psychoanalysis" or "TICP". This is also payable by e-transfer to [info@ticip.on.ca](mailto:info@ticip.on.ca) or by credit card online at [www.ticip.on.ca](http://www.ticip.on.ca)

Please note: The application fee is **not** refundable.

- e) All applicants will have a minimum of **one admission interview**. This will be scheduled at a mutually convenient time and will last approximately 45 minutes.

*Return Application Items By Mail or Email to:*

Suzanne Pearen, TICP Administration Manager

TICP Business Office: 17 Saddletree Trail, Brampton, ON, L6X 4M5

[info@ticip.on.ca](mailto:info@ticip.on.ca)

- \* *If these documents cannot accompany the application form, please ensure that the materials follow as soon as possible after the application form. Your file must be complete prior to the admission interview.*

### CERTIFICATION

**I hereby certify that all of the information I provided is true and accurate to the best of my knowledge.**

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Signature

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Date