

# GOOD IN THEORY:

But what does psychodynamic theory look like in real life?



Centred**self**

## 6-Week Course

.....  
STARTS SEPT. 16, 2021,  
7:15PM-9:15PM (EDT)

PRESENTED BY:

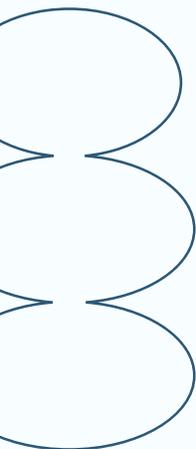
Dr. Jess Erb

Dr. Ryan Bittinger

\$625.00 + HST

**15% OFF** Early bird  
Special

SIGN UP BY Sept. 2,  
2021



# WHAT DOES PSYCHODYNAMIC THERAPY LOOK LIKE IN PRACTICE?

In this 6-week course, we will take key theories in the discipline and see how they arise in your work.

## WHAT TO EXPECT:

### Session 1: September 16th

In this **FREE** session, learn about Dr. Erb's experience as a Psychodynamic practitioner, ask questions and discover what this course has to offer.

### Session 2: September 23rd

You are the technique! Discover how to use yourself and your 'shadow side' in the therapeutic relationship.

### Session 3: September 30th

What does Transference and Countertransference actually look like in practice? Explore case examples and learn the difference between 'good' AND 'bad' transferences.

### Session 4: October 7th

What key terms do you want applied to real life case examples? We will dive into Object Relations understanding of client affect, Kleinian theory, False Self and the importance of 'play'.

### Session 5: October 14th

How does the Psychodynamic therapist work with trauma? Learn how to meet a client even in the darkest depths, as well as when to refer on.

### Session 6: October 21st

Are we ever really a 'blank screen'? We will look at recent changes to psychodynamic theory and the Relational Psychodynamic paradigm.

## EACH CLASS IS TAILORED FOR YOU

What have you always wanted to ask a Psychodynamic Practitioner?

This course is your chance!  
Please note: For students to get the most out of the workshop, it is limited to those who are in helping professions.



[www.centredself.ca/contact](http://www.centredself.ca/contact)



[www.centredself.ca](http://www.centredself.ca)

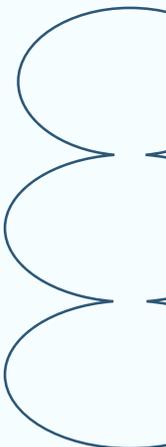
Connect with us!



**FIRST SESSION FREE!!!**

Come to the first session to see if this course is for you!

If you realize this course is perfect for you, sign up for the next 5 weeks for \$625 CND (plus hst)



Hi there! My name is Jess Erb. I have a doctorate in Psychotherapy from the University of Edinburgh, specialized in the Psychodynamic Paradigm.

My decision to study psychodynamic theory was an ethical one. In Canada, I was unsettled by the emphasis on approaches that, while evidence-based, seemed not to dive into the depths of human processing and coping. Psychodynamic theory specializes in tapping into the depths of our unconscious processing and past.

During my doctorate in Scotland, I worked as a deputy manager at a therapy training centre where I trained and mentored new psychotherapists in the field. It was here that I realized the importance of breaking down psychodynamic jargon into real language.

Those I have taught have been able to see how psychodynamic theory is an important avenue to honing their practice.

**For no matter our therapy discipline, we are the technique!!**



**Dr. Jess Erb**  
D. Psychotherapy



Centred**self**



**Dr. Ryan Bittinger**  
D. Psychotherapy

Ryan is a healer, teacher, researcher, and Doctor of Psychotherapy. They are passionate about helping others to better understand themselves and the difficulties they face.

Ryan enjoys sharing their expertise in both Psychodynamic and Person-Centered Therapy, and sharing the benefits of these modalities with other therapists. Ryan is also passionate about educating practitioners to work with adult survivors of childhood sexual abuse and other forms of childhood abuse

. As a member of the LGBTQI+ community, Ryan advocates for appropriate recognition of the challenges LGBTQI+ folks face, and helps organizations to offer supportive and informed services for those folks.

Ryan is also pleased to be involved in offering workshops and trainings to practitioners as a part of the Centred-Self team. In addition to their work at CS, Ryan is the clinical training manager at Maria Droste Counseling Center in Denver, CO, USA, and offers psychotherapy there.