

GOOD IN THEORY:  
BUT WHAT DOES PSYCHODYNAMIC THEORY LOOK LIKE  
IN REAL LIFE?

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: November 5<sup>th</sup>**

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: November 12<sup>th</sup>**

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

**Session 3: November 19<sup>th</sup>**

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

**Session 4: November 26<sup>th</sup>**

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: December 3<sup>rd</sup>**

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: December 10<sup>th</sup>**

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

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)

Classes starts ONLINE November 5<sup>th</sup> 2020, from 6:30pm-9:00pm (EDT)



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

Have questions? Feel free to email ☺



[www.linkedin.com/in/jess-erb111/](https://www.linkedin.com/in/jess-erb111/)

Visit: [www.centredself.ca](http://www.centredself.ca) for more info

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 of out the workshop, it is limited to those who are in helping professions.

A BIT ABOUT ME:  
DR. JESS ERB D.PSYCHOTHERAPY

Psychotherapist | Supervisor | AND Potter ☺

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!!*

**In this 6-week course you will learn:**

- How psychodynamic practitioners focus on nuances of the therapy relationship.
- How to see Transference and Countertransference as a microcosm of the outside world.
- How to pick up on the 'affect' of your client's story.
- How to understand how a clients' past and coping mechanisms can impact the work you do with them.

Intrigued?

Sign up for the course and learn more!

