



**The Bowlby Centre**

**John Bowlby Memorial Conference 2010**

**Attachment in the 21st Century  
Where Next?**

**Jude Cassidy**

**Gwen Adshead**

**Sarah Benamer**

**Tom Higgins**

**Una McCluskey**

**Renos Papadopoulos**

**Susan Vas Dias**

**Friday 26 March (evening)    Saturday 27 March 2010    London**

# Attachment in the 21st Century: Where Next?

## Aims of the conference

In 2010 it will be twenty years since John Bowlby's death. Recent times have seen vast changes in the way in which attachment is envisaged. The contributions of neuroscience, globalisation, increased dislocation and the changes in the way in which humans intimately relate in the computerised high tech world, are just some of the developments since Bowlby's death.

This anniversary is an opportune moment for the John Bowlby Memorial Conference to reflect upon Attachment in the 21st Century and, in particular, to consider 'Where next'?

The conference aims to explore both John Bowlby's legacy and the new directions of attachment research, the contemporary context of our work and the implications for our clinical practice. In keeping with the values of The Bowlby Centre we will aim to understand our clients in a way that is mindful of the impact of trauma and real world socio-cultural inequalities, conceptualising attachment from the inside out and the outside in.

Speakers will explore an integration of the theoretical underpinnings of relational psychotherapy and attachment concepts and the ways in which they inform contemporary clinical practice. Here, in the territory mapped out by neuroscience and new understandings of trauma, we move beyond the classical ideas of objectivity and the blank screen to experience a co-created space of mutual influence and the mutual regulation of the minds and bodies of both participants in the therapeutic dyad.

Researchers and relational/attachment orientated clinicians at the leading edge of current attachment thinking will share their understanding of attachment today and the new directions that we may anticipate in the future. This conference will provide an opportunity for us all to contribute to a vibrant and creative discussion about how Bowlby's evolving legacy can be taken forward into the new century.



## The John Bowlby Memorial Lecture

John Bowlby died in 1990 after a lifetime dedicated to the development of our understanding of the importance of human attachment in all our lives and in the lives of children in particular. In 1993 The Bowlby Centre, formerly known as The Centre for Attachment-based Psychoanalytic Psychotherapy, launched the John Bowlby Memorial Lecture. Colin Murray Parkes, a longstanding colleague of John Bowlby's, was the first

lecturer. Others since have included key contributors to attachment theory such as Mary Main, Peter Fonagy, Sir Michael Rutter and Giovanni Liotti. Significant figures from neighbouring disciplines include Daniel Stern on infant development, Amanda Jones on parent - infant psychotherapy, Allan Schore, Judith Herman and Bessel van der Kolk on the links between trauma, attachment and neuroscience. The lecture has also been given by Stephen Mitchell, Beatrice Beebe, Susie Orbach, Jody Messler Davies, Kimberlyn Leary and Arietta Slade relational psychoanalysts whose work is informed by attachment theory. The Memorial Lecture has increasingly taken its place as part of our annual conference to which many fine contributions have been made. We are delighted to welcome all our speakers to the sixteenth John Bowlby Memorial Conference.

# The Bowlby Centre

## Promoting Attachment and Inclusion

Since 1976 The Bowlby Centre (formerly known as the Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP)) has developed as an organisation committed to the practice of attachment-based psychoanalytic psychotherapy. The Bowlby Centre is a dynamic, rapidly developing organisation which aims both to train attachment-based psychoanalytic psychotherapists and to deliver a psychotherapy service to those who are most marginalised and frequently excluded from long term psychotherapy. We provide a four year part-time psychotherapy training accredited by the UKCP and operate a psychotherapy referral service for the public including the low cost Blues project. The Bowlby Centre has a wealth of experience in the fields of attachment and loss and particular expertise in working with trauma and abuse. As part of our ongoing commitment to anti-discriminatory practice we offer a consultation service to the public and private sectors and are engaged in outreach and special projects. These include working with care leavers, women experiencing violence and abuse, offenders and ex offenders, people struggling with addiction to drugs, alcohol, eating difficulties or self harm, and to individuals and groups in a wide variety of mental health settings. We run short courses on 'Working with Dissociation in Clinical practice from an Attachment Perspective', 'Attachment Theory in Clinical Practice' and working with people with learning disabilities. The Bowlby Centre organises conferences including the annual John Bowlby Memorial Lecture and has a series of publications which aim to further thinking and development in the field of attachment.

One of our regular publications is our journal ATTACHMENT: New Directions in Psychotherapy and Relational Psychoanalysis, a professional journal for psychotherapists and counsellors edited by members of The Bowlby Centre and published by Karnac. We welcome contributions from colleagues of all clinical orientations that further attachment-based relational psychotherapy and counselling.

### **The Bowlby Centre is committed to the following clinical values:**

- We believe that mental distress has its origin in failed or inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in a social world that includes poverty, discrimination and social inequality. The effects of the social world are a necessary part of the therapy.
- Psychotherapy should be available to all, and from the attachment perspective, especially those discriminated against or described as 'unsuitable' for therapy.
- Psychotherapy needs to be provided with respect, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.
- Those who have been silenced about their experiences and survival strategies need to have their reality acknowledged and not pathologised.

*The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organisation share the responsibility for anti-discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.*

# Programme

## Friday 26th

Chair of Conference: **Sir Richard Bowlby**

6.00pm Registration and refreshments

Chair of evening: **Judy Yellin**

7.00pm Welcome by **Emerald Davies**, Chair of The Bowlby Centre

7.05pm **Fear Free Exploratory Caregiving: A challenge for therapists in the present social, political and cultural environment**

Speaker: **Una McCluskey**

7.55pm Discussion

8.15pm **Words and the Life Sentence: Narratives of the unspeakable**

Speaker: **Gwen Adshead**

9.05pm Discussion

9.30pm Close of first evening

## Saturday 27th

9.00am Registration (for those not registered on Friday evening)

Tea/Coffee

Chair of morning: **Graeme Galton**

9.30am Welcome by **Sir Richard Bowlby**, Chair of Trustees

9.35am **The John Bowlby Memorial Lecture**

**New Directions of Attachment Research:  
Roots in the legacy of John Bowlby**

Speaker: **Jude Cassidy**

10.45am Refreshment break, tea and coffee

11.15am Response to Jude Cassidy: **Susan Vas Dias**

11.30am Discussion

12.00 pm

## **Refugees and Attachment: 'Nostalgic Disorientation' and 'Adversity-Activated Development'**

Speaker: **Renos Papadopoulos**

12.40 am

Discussion

1.00 pm

Lunch: vegetarian buffet and fruit juice

Chair of afternoon: **Kate White**

2.00 pm

## **Engendered and Embodied Intimacies**

Speaker: **Sarah Benamer**

2.40 pm

Discussion

3.00 pm

## **Identity, Belonging and Attachment: Facing the fear of the unknown**

Speaker: **Tom Higgins**

3.40 pm

Discussion

4.00 pm

## **Where Next? A Dialogue with Conference Speakers and Participants**

4.30 pm

Conference ends

### **Jude Cassidy**

Jude is professor of Psychology at the University of Maryland, and director of the Maryland Child and Family Development Laboratory. She received her Ph.D. in 1986 from the University of Virginia where her mentor was Mary Ainsworth, one of the developers of attachment theory and research. Her research focuses on attachment, social and emotional development in children and adolescents, social information-processing, peer relations, early intervention, and longitudinal prediction of adolescent risk behaviour. Dr. Cassidy serves as co-editor of the journal *Attachment and Human Development*, and along with Phillip Shaver, is the co-editor of the *Handbook of Attachment: Theory, Research, and Clinical Implications* (Guilford Press, 2008). She received the Boyd R. McCandless Young Scientist Award from the American Psychological Association in 1991, and is a Fellow of the Association for Psychological Science.

### **Gwen Adshead**

Gwen is a forensic psychiatrist, psychotherapist and group analyst and has worked for the last 10 years as a consultant forensic psychotherapist at Broadmoor hospital, mainly running therapy groups. She has co-edited five books, published over a hundred book chapters and journal papers and is currently working on a book about evil.

'Attachment theory has been an immensely helpful paradigm for me and has helped me to understand the problems of my patients in a different way. Friedemann Pfafflin & I published a book on the relevance of attachment theory for forensic psychiatry and psychotherapy, with particular emphasis on attachment narratives: and we hope that this will stimulate colleagues to explore further how this theory can help us to help offenders find their way back to a more social life'.

## **Sarah Benamer**

Sarah works as a relational psychotherapist in private practice and has a particular interest in trauma and the body and the power of non verbal communication in the therapeutic dyad. She trained at The Bowlby Centre where she is a teacher, tutor and member of the Executive. Her clinical work has afforded her experience and understanding of working with clients who come from a broad spectrum of society, most of whom are seeking therapeutic alternatives to anti psychotic medication and lives paralysed by histories of abuse and trauma. Prior to training as a psychotherapist she worked as an independent advocate with those in crisis in the National Health Service (NHS) psychiatric system and with people with physical disabilities.

## **Tom Higgins**

Tom has spent the last eleven years working in NHS mental health services. In addition to working in a specialist unit for adults with a diagnosis of borderline personality disorder, he has also worked in both forensic and adolescent mental health teams. Tom trained as a psychotherapist at The Bowlby Centre, where he now teaches. He also has a private psychotherapy practice in London.

## **Una McCluskey**

Una is a registered psychotherapist (UKCP) within the systemic and psychoanalytic sections. She has carried out extensive research in the field of interaction and has developed a practice and training in attachment therapy with adults based on this research and the theory of Attachment Based Exploratory Interest Sharing (Heard & Lake).

She has a large clinical practice in the UK and Ireland for professionals in the caring professions. She also works with members of religious congregations on issues of human development and the abuse of power. Her book entitled 'To be Met as a Person: The Dynamics of Attachment in Therapeutic Encounters', has attracted a lot of interest in both the research and clinical community. She co-edited with Carol-Ann Hooper, 'The Psychodynamics of Abuse: The Cost of Fear', and recently co-authored 'Attachment Therapy for Adolescents and Adults: Theory and Practice Post Bowlby', Heard, Lake and McCluskey.

## **Renos Papadopoulos**

Renos is Professor and Director of the Centre for Trauma, Asylum and Refugees, and a member of the Human Rights Centre, at the University of Essex; Consultant Clinical Psychologist at the Tavistock Clinic, training and supervising systemic family psychotherapist and Jungian psychoanalyst in private practice. As consultant to the United Nations and other organizations, he has worked with refugees and other survivors of political violence in many countries. He is the founder and director of the Masters and PhD programmes in Refugee Care that are offered jointly by the University of Essex and the Tavistock Clinic. He lectures internationally, his writings have been published in eleven languages and he is the editor of the 'International Journal of Jungian Studies' as well as of the 'The International Series of Psychosocial Perspectives on Trauma, Displaced People and Political Violence' (Karnac).

## **Susan Vas Dias**

Susan is an attachment-based psychoanalytic psychotherapist. She trained as a Child and Adolescent Psychotherapist at the Hampstead Child Therapy Clinic under Anna Freud becoming a member of staff on qualification. She worked in the NHS for over 28 years. On her retirement from the NHS she held the post of Consultant Paediatric Psychotherapist at the Queen Elizabeth Children's Services, Royal London Hospital, London. Currently, she is a training therapist, supervisor, and teacher for The Bowlby Centre an organisation she helped to develop as Chair of the Clinical Training Committee for over 12 years. She works in private practice and is a consultant to PJR, an organisational management consultancy.

# Booking Form

If applying for more than one person please photocopy this form

Name

Address

Telephone

Email

Training/  
Background

Where did you hear  
about this conference

## Please send me a ticket for the John Bowlby Memorial Conference 2010

I am paying for myself  £135 I am a member of The Bowlby Centre  £115

I am funded by an organisation  £170 Concessionary ticket (limited to 20)  £85

## I am applying for a concessionary ticket (limited to 20) @ £85 because I am:

A full-time student  Receiving benefits  Over 65

Please attach verification with your booking form

I enclose a cheque made payable to The Bowlby Centre for £

I require an invoice to be sent on my behalf to my employer/funding body

Name of contact

Telephone

Address

If you would prefer not to be included in any future mailings, please tick box

Please return this form with payment to: Jo Gardetta, Conference Administrator,  
The Bowlby Centre, 147 Commercial Street, London, E1 6BJ



# Information

<b>Venue</b>	Institute of Child Health University College London 30 Guilford Street London WC1N 1EH
<b>Dates</b>	Friday (evening) 26 March and Saturday 27 March 2010
<b>Refreshments</b>	Tea/coffee and light lunch
<b>Transport</b>	Russell Square and Holborn - Piccadilly line
<b>Access</b>	The building is wheelchair accessible
<b>Booking form</b>	Please return completed form to Jo Gardetta, Conference Administrator at The Bowlby Centre at the address below. The form may also be downloaded from our website <a href="http://www.thebowlbycentre.org.uk">www.thebowlbycentre.org.uk</a>
<b>Ticket Prices</b>	Individual £135, Organisation funded £170, Bowlby Centre member £115, Concessions £85 (limited to 20 places)
<b>Booking conditions</b>	Regrettably refunds cannot be given. The Bowlby Centre reserves the right to change the programme should a speaker not be able to attend at short notice. Participants will be asked to sign a confidentiality clause on registration
<b>Signing</b>	Available on request - at least 28 days notice required

## **For more information contact:**

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