

**The Bowlby Centre**

**John Bowlby Memorial Conference 2009**

**DESIRE DERAILED:  
Attachment Deprivation and the  
Emergence of Love, Joy and Vitality**

**Amanda Jones**

**Camila Batmanghelidjh**

**Angela Cotter**

**Punita Gupta Sitar Trio**

**Jenny Riddell**

**Valerie Sinason**

**Kate White**

**Friday 20 March (evening) Saturday 21 March 2009 London**

# Desire Derailed: Attachment Deprivation and the Emergence of Love, Joy and Vitality

## Aims of the conference

The John Bowlby Memorial Conference is an exciting opportunity for leading edge theorists and clinicians to present original work in the field of Attachment Theory and Relational Psychoanalysis.

This conference aims to explore the significance of desire through the lifecycle. Early experiences of neglect, deprivation and relational trauma profoundly impact on a person's emerging sense of self and entitlement. This may mean that desire 'goes missing' as it is derided, usurped or colonised by another. To want for one's self may be to feel hopelessness, humiliation or loss of self or attachment to significant others. This complex relationship with desire can be traced through each person's unique developmental pathway and is what brings many people to seek therapeutic help as they feel their way of being in the world is deeply unfulfilling.

How an infant's desire is held within the care-giving dyad shapes their relational expectations and often emerges as an aspect of their attachment patterns in the therapeutic relationship as a knot of hope and despair. Attachment based relational therapy provides an opportunity to mourn what has not been had alongside the different possibility of safely experiencing the reverie of desire with another.

We will seek to understand how the effects of this manifest clinically as a self experience of deficit and a feeling of something profoundly wrong or missing, depression and emptiness; the sense of an un-lived life.

We will discover through the sharing of clinical material how therapeutic relationships may assist with the reclamation of love, joy and vitality, and also with the mourning of that which can never be recovered.

The impact of race, class, disability, gender, sexuality and age on the development and claiming of desire will also be explored.

# **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.

ATTACHMENT: New Directions in Psychotherapy and Relational Psychoanalysis is 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.

# Programme

## Friday 20th

**Chair of Conference: Sir Richard Bowlby**

6.00pm

Registration and refreshments

Chair of evening: **Judy Yellin**

7.00pm

Welcome by **Rachel Wingfield**, Chair of The Bowlby Centre

7.10pm

### **Introduction and overview**

Speaker: **Kate White**

7.45pm

Discussion

8.00pm

### **Living with Hope**

Speaker: **Camila Batmanghelidjh**

9.00pm

Discussion

9.30pm

Close of first evening

## Saturday 21st

9.00am

Registration (for those not registered on Friday evening)

Tea/Coffee

Chair of morning: **Tony Leiba**, Trustee

9.30am

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

9.35am

## **The John Bowlby Memorial Lecture**

### **The Creation and Emergence of Desire in Disturbed Parent-Infant Relationships (part 1)**

Speaker: **Amanda Jones**

10.35am

Discussion

10.45am

Refreshment break, tea and coffee

11.15am

### **The Creation and Emergence of Desire in Disturbed Parent-Infant Relationships (part 2)**

Speaker: **Amanda Jones**

12.00pm

Response to Amanda: **Valerie Sinason**

12.20pm

In conversation & discussion: **Amanda Jones and Valerie Sinason**

12.45pm

Lunch: vegetarian buffet and fruit juice

**Saturday 21st**

Chair of afternoon: **Andrew Odgers**

1.45 pm

**‘What wound did ever heal but by degrees?’** (*Shakespeare, Othello*)  
**Couples in Psychotherapy**

Speaker: **Jenny Riddell**

2.30 pm

Discussion

2.45 pm

**Being Beside the Track: Experiences of Derailment  
Across the Adult Lifecycle and the Paradox of Wholeness**

Speaker: **Angela Cotter**

3.30 pm

Discussion

3.50 pm

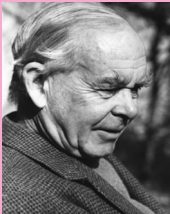
**A Celebration in Music and Poetry**

Poetry Reading: **Valerie Sinason**

Music: **The Punita Gupta Sitar Trio**

4.30 pm

Conference ends



## **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, 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.

## **Amanda Jones**

Amanda Jones is head of North East London NHS Foundation Trust's Perinatal/Parent-Infant Mental Health Service. In collaboration with the Anna Freud Centre's Parent-Infant Project, Amanda was the psychotherapist involved in Channel 4's two-part documentary 'Help me love my baby', winner of the Royal Society of Television's best factual documentary in 2007. Amanda completed her doctoral research on parent-infant psychopathology/psychotherapy at the Tavistock/UEL. She presents and publishes nationally and internationally on the subject of disturbed parent-infant relationships.

## **Camila Batmanghelidjh**

Camila Batmanghelidjh has a first class degree in the arts and a post graduate, psychotherapy Masters and clinical training supported by 18 years of psychoanalysis. Her interest is in the application of therapeutic thinking within inner city communities. Camila describes her work as a vocation. In her early twenties she worked for Womens Aid and set up a counselling service for a university, as well as founding the Place to Be, which is now a national programme offering therapy to children in schools. In her early thirties Camila founded Kids Company, which offers psycho-social interventions to 11,925 children a year. Camila is deeply grateful for the numerous awards she has won, but she is too shy to list them.

## **Angela Cotter**

Angela Cotter is a Jungian analytical psychotherapist. Previously trained as a nurse, she has worked in a range of settings with different client groups including people experiencing bereavement, people with dementia, people who are dying, homeless people, older people and younger adults. Angela has also had different roles in these settings including being a practitioner, researcher, supervisor, educator and manager. She currently combines being Programme Director for the PhD in psychotherapeutic studies at Regents College, London, with a private clinical practice. Since the 1980s she has been exploring and researching the concept of the wounded healer in health and social care settings.

## **Punita Gupta**

Punita Gupta studied Indian classical music, both vocal and sitar, in India from the age of 11. She was fortunate to learn sitar with the world famous Ravi Shankar for many years. Punita has given concerts, recorded for radio, television and film sound tracks. She has also played with fusion groups such as Jazzindo which she founded in collaboration with pianist John Southgate. She is a teacher of music and worked for over 25 years in British schools before taking early retirement. At this event she will play some beautiful hypnotic ragas in traditional style accompanied by colleagues on Tabla and Tanpura.

## **Jenny Riddell**

Jenny Riddell, a member of The Bowlby Centre, is a psychoanalytic psychotherapist working with individuals and couples. She supervises individuals and groups for clinical work and is an academic supervisor of research dissertations. She teaches on a range of clinical and academic programmes, including The Bowlby Centre Training. Jenny has a background in teaching adults and designing courses and is now entering her twentieth year as a clinician.

## **Valerie Sinason**

Valerie Sinason is a poet, writer, child and adult psychotherapist and psychoanalyst. She is Director of the Clinic for Dissociative Studies, specialises in trauma and disability and has published widely on those subjects. She is also President of the Institute for Psychotherapy and Disability. She wrote poems from the age of 4 and is a widely published poet (including Spare Rib, Poetry Review, New Statesman, Ambit and Radio 3) and has two full-length collections. In the 1970s she was in a Women's Poetry Theatre group Prodigal Daughters and in the 1980s was on the Council of the Poetry Society. Her family have a tradition of working with the power of music and poetry in conveying emotion.

## **Kate White**

Kate White is a training therapist, supervisor and teacher at The Bowlby Centre. Formerly senior lecturer at South Bank University in the Department of Nursing and Community Health Studies, she has used her extensive experience in adult education to contribute to the innovative psychotherapy curriculum developed at The Bowlby Centre. In addition to working as an individual psychotherapist, Kate runs workshops on the themes of attachment and trauma in clinical practice.

# 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 2009

I am paying for myself  £135

I am a member of CAPP  £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

- Venue** Institute of Child Health  
University College London  
30 Guilford Street  
London WC1N 1EH
- Dates** Friday (evening) 20 March and Saturday 21 March 2009
- Refreshments** Tea/coffee and light lunch
- Transport** Russell Square and Holborn - Piccadilly line
- Access** The building is wheelchair accessible
- Booking form** 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 [www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk)
- Ticket Prices** Individual £135, Organisation funded £170, Bowlby Centre member £115, Concessions £85 (limited to 20 places)
- Booking conditions** Regrettably refunds cannot be given. The Bowlby Centre reserve 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
- Signing** Available on request - at least 28 days notice required

## For more information contact:

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[www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk)

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