



Trauma and Attachment

The John Bowlby Memorial
Conference Monograph 2006

EDITED BY SARAH BENAMER AND KATE WHITE

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Trauma and Violence
Individual Psychotherapy
Attachment

'This monograph contains a rich variety of material that is not usually included in traditional writings on trauma. In addition to the theoretical and clinical perspectives, poetry and storytelling join in to weave a vivid tapestry of multifaceted approaches to trauma. Whilst

remaining true to its theoretical base (which, of course, is Bowlby's attachment theory), the monograph succeeds in locating its subject matter in wider perspectives, thus enabling the reader to appreciate the complexity of contributing factors. It is not easy to compile a single publication out of a conference; yet, this monograph achieves its objective by offering a coherent treatment of trauma that also includes some up-to-date approaches and innovations. The papers are written with authority, clarity and sensitivity and will provide the reader with a most beneficial elaboration of trauma from an attachment theory perspective.'

Renos K. Papadopoulos, PhD

Professor and Director, Centre for Trauma, Asylum and Refugees, University of Essex
Consultant Clinical Psychologist, The Tavistock Clinic

'*Trauma and Attachment* engages its subject with both heart and intellect. In Gillian Slovo's moving description of her courtroom encounters with the men who murdered her mother, or in Chris Purnell's insightful memoir of growing up in a children's home, we confront the experience of trauma at its most immediate. In Bessel van der Kolk's innovative formulation, we come closer to understanding the impact of prolonged, repeated trauma on the developing child. This volume adds to the growing literature that documents the central role of disrupted attachment in most traumatic disorders.'

Judith L. Herman

Clinical Professor of Psychiatry, Harvard Medical School
Director of Training, Victims of Violence Program, Department of Psychiatry

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About the Editors

Sarah Benamer is a member of the Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP), where she is a tutor and teacher. She works as a relational psychotherapist in private practice and has a particular interest in trauma and the body. Prior to training as a psychotherapist she was an independent advocate working to support those in crisis within the National Health Service (NHS) Psychiatric System and for people with physical disabilities.

Kate White is a training therapist, supervisor and teacher at the Centre for Attachment-based Psychoanalytic Psychotherapy. 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 CAPP. In addition to working as an individual psychotherapist, Kate runs workshops on the themes of attachment and trauma in clinical practice. Informed by her experience of growing up in South Africa, she has long been interested in the impact of race and culture on theory and on clinical practice.

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