

**CAPP**

Centre for Attachment-based Psychoanalytic Psychotherapy

presents

**Centenary John Bowlby Memorial Conference  
1907 - 2007**

**SHATTERED STATES:  
DISORGANISED ATTACHMENT  
AND ITS REPAIR**

**JUDITH HERMAN**

**AUTHOR OF TRAUMA AND RECOVERY**

Other speakers include

**Giovanni Liotti**

**Richard Bowlby**

**Brett Kahr**

**Rachel Wingfield**

**Friday 9 March (evening)**

**Saturday 10 March 2007**

**London**

# Shattered States: Disorganised Attachment and its Repair

Recent research in the fields of attachment and trauma is once more pointing to the contribution of early relational failure to extreme psychic suffering. 'Disorganised' patterns of attachment identified in children whose caregivers are simultaneously a source of fear and a source of comfort have been linked to the development of both dissociative and so called 'borderline disorders' in adult life. Research studies show childhood or adulthood sexual or physical abuse in the history of the majority of psychiatric patients, and studies of people labeled as 'schizophrenic' have found rates of such abuse varying from 51% to 97%. Symptoms of post-traumatic stress disorder have also been connected with schizophrenia.

Early interactions with significant others in which there are fundamental failures of empathy, attunement, recognition and regulation of emotional states, have been shown to cause the global breakdown of any coherent attachment strategy, thus engendering fears of disintegration and threatening psychic survival. In the face of such experiences, powerful dissociative defences may be employed, encapsulating overwhelming feelings of fear, rage and shame. 'Shattered states' thus characterise the human response to unmanageable helplessness and terror at the possibility of psychic or physical annihilation.

A growing clinical and research literature has begun to challenge the biological and genetic models of psychosis that are currently dominant, and this conference will bring together speakers who can extend our thinking and bring insights from attachment theory and psychoanalysis to the current debate.

This conference will explore the links between the traumatic disorganisation of attachment relationships and more severe mental and emotional distress - dissociative states, borderline experiences and psychosis - as they emerge in clinical practice as 'shattered states' of mind and body. The conference aims to address the relational trauma caused by the breakdown of any coherent attachment strategy in the face of frightened and frightening behaviour from attachment figures - in Mary Main's words "fear without solution". Such experiences are likely to involve cumulative relational trauma in family settings, including sexual, physical and emotional abuse, as well as infanticidal threats.

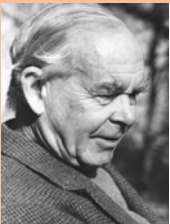
The ways in which these extreme states are experienced emotionally and physically, and how they might be expressed in the therapeutic encounter, will be discussed through theoretical presentations and clinical narratives from leading clinicians and researchers. The John Bowlby Memorial Lecture will be given by Judith Herman, author of *Trauma and Recovery*, and a renowned researcher and clinician who has pioneered work in this field.

How can psychotherapy promote recovery from these terrifying states? We will be exploring the process of repair in the context of an ongoing long-term attachment relationship, and exploring how such a relationship can restore the interpersonal meaning and sense of reconnection and belonging to a community that is so vital to secure attachment and mental health. What promotes emotional and bodily recovery and reparation? When is it helpful to have an integrated team approach and what can we learn from attachment theory in this regard? How can we support each other in this difficult work and minimise secondary traumatisation of the therapist? These will be some of the central questions explored at this conference.

## Themes of the Conference will be:

- Psychohistorical overview of psychosis and schizophrenia and its treatment
- Infanticide and the role of trauma in people who are labelled as suffering from schizophrenia
- Disorganised attachment states of mind and the potential links with dissociation and psychosis
- The role of shame in shattered states and their repair
- Working with people in shattered states of mind from an attachment approach in clinical practice

The conference will be informative and provocative, exploring the subject of attachment and shattered states of mind with reference to the latest findings from attachment theory and its application to contemporary psychoanalytic psychotherapy. The conference is for people from all sectors of the community whose work involves counselling and therapy relationships with people who are in states of emotional distress.



### **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 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 and Sir Michael Rutter. Significant figures from neighbouring disciplines include Daniel Stern on infant development, Allan Schore 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 and Kimberlyn Leary, 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 fourteenth John Bowlby Memorial Conference.

# Programme

## Friday 9th

**Chair of Conference: Sir Richard Bowlby**

6.00pm

Registration and refreshments

6.45pm

Welcome by **Emerald Davis**, Vice Chair of CAPP

6.50pm

**A Tribute to John Bowlby in Celebration of the Centenary of His Birth 26th February 1907**

Video presentation by **Sir Richard Bowlby**

7.15pm

**The Infanticidal Origins of Psychosis: The Role of Trauma in Schizophrenia**

**Brett Kahr**

Chair of evening: **Susan vas Dias**

9.30pm

Close of first evening

## Saturday 10th

9.00am

Registration (for those not registered on Friday evening)  
Tea/Coffee

9.30am

Welcome by **Elaine Arnold**, CAPP Trustee

**Disorganised Attachment and Therapeutic Relationships with People in Shattered States**

**Giovanni Liotti**

10.30am

Discussion

10.50am

Tea and Coffee

11.20am

**The John Bowlby Memorial Lecture:**

**Shattered States and their Repair: An Exploration of Trauma and Shame**

**Judith Herman**

12.20pm

Discussion - initially **Judith Herman** then joined by **Giovanni Liotti**

Chair of the morning: **Kate White**

## Saturday 10th

- 1.00pm Lunch – vegetarian buffet and fruit juice
- 2.00pm **'You can kill me with what you say': Working with shattered states and the breakdown of inner and outer, self and other, from an attachment-based perspective.**
- Rachel Wingfield
- 3.00pm **Workshops: Working with People in Shattered States of Mind in Clinical Practice**
- An opportunity to explore different themes in depth in smaller groups led by psychotherapists with an attachment perspective.
- Tea and Coffee will be available in workshop rooms
- 4.10pm **Plenary Panel: Working with People in Shattered States of Mind in Clinical Practice**
- Speakers from the day in conversation with each other and the audience
- What key ideas have emerged from this conference?*
- Chair of afternoon: **Judy Yellin**
- 4.50pm Vote of thanks: **Oliver James**
- 5.00pm Conference ends

## The Centre for Attachment-based Psychoanalytic Psychotherapy

Since 1976 CAPP has developed as an organisation for service and training committed to the practice of Attachment-based Psychoanalytic Psychotherapy. CAPP is a dynamic, rapidly developing organisation. We provide a four year part-time psychotherapy training which is accredited by the UKCP. We also offer a referral service for the public and a consultation and outreach service for individuals and organisations. CAPP also offers a wealth of experience in the fields of attachment and loss and particular expertise in working with trauma, abuse, relationship breakdown and addiction. We run short courses on the application of attachment theory to clinical issues including learning disability and organise this annual conference incorporating The John Bowlby Memorial Lecture, which aims to further thinking and development in the field of attachment.



## Judith Herman

Judith Lewis Herman is Clinical Professor of Psychiatry at Harvard Medical School and Director of Training at the Victims of Violence Program at The Cambridge Hospital, Cambridge, Massachusetts. She is the author of two award-winning books: *Father-Daughter Incest* (Harvard University Press, 1981), and *Trauma and Recovery* (Basic Books, 1992). She has lectured widely on the subject of sexual and domestic violence. She is the recipient of the 1996 Lifetime

Achievement Award from the International Society for Traumatic Stress Studies and the 2000 Woman in Science Award from the American Medical Women's Association. In 2003 she was named a Distinguished Fellow of the American Psychiatric Association.



## Giovanni Liotti

Giovanni Liotti is a psychiatrist and psychotherapist and he currently teaches in the APC School of Psychotherapy and in the Post-graduate School of Clinical Psychology of the Salesian University, Rome, Italy. He is Founder and President of the Roman Association for Research on the Psychopathology of the Attachment System (ARPAS). His interest in the clinical applications of attachment theory and research dates back to 1975, and was first expressed in a book

co-authored with V.F. Guidano, *Cognitive processes and emotional disorders*, New York, The Guilford Press, 1983. Since then, this interest has focused mainly on the links between dissociative psychopathology and disorganisation of attachment, a theme explored in a number of journal papers and book chapters..



## Richard Bowlby

Richard Bowlby retired in 1999 from a career as a medical photographer where he enabled medical scientists to communicate their research findings by producing illustrations and visual aids. He now gives lectures to health care professionals using video material and personal insights to promote a much broader understanding of his father's work on attachment theory.

He supports a range of organisations that address challenging attachment issues, and is seeking ways to help the general public benefit from a better understanding of attachment relationships. He is the Chair of Trustees of CAPP.



## Brett Kahr

Brett Kahr is Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London, and a Visiting Clinician at the Tavistock Centre for Couple Relationships. Since 2001, he has held the Winnicott Clinic Senior Research Fellowship in Psychotherapy. He has been involved with CAPP since 1991 and is a registered member, training therapist, supervisor and teacher as well as Consultant in Psychology and Psychohistory. He

will be co-coordinator of the forthcoming CAPP Diploma in Child and Family Mental Health. He has worked with people diagnosed with "schizophrenia" since 1979. His publications are numerous and include *D.W. Winnicott: A Biographical Portrait*, and in 2007 *Sex and the Psyche*.



## Rachel Wingfield

Rachel Wingfield is the Chair of CAPP, where she is also a training supervisor and teacher. Rachel has a wide range of clinical experience in a variety of settings including forensic settings, and has specialised in working with survivors of trauma and abuse, including sexual abuse, rape, domestic violence, war, state terror, torture and organised abuse. She has a particular interest in concepts of diagnostic labeling, 'unsuitability' and 'untreatability' in relation to

psychotherapy and how they are used to distance us from working towards change with traumatised people. Rachel is also a psychotherapist with the Clinic for Dissociative Studies, which provides a cutting edge approach to working with those labeled with personality disorders.

# Booking Form

If applying for more than one person please photocopy this form

Name

Address

Telephone

Email

Training/  
Background

Please send me a ticket for the John Bowlby Memorial Conference 2007

I am paying for myself  £130

I am a member of CAPP  £110

I am funded by an organisation  £165

I am applying for a concessionary ticket (limited to 25) @ £80 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 CAPP for £  (A receipt will be sent automatically)

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

Name of contact

Telephone

Address

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

Please detach along dotted line



# Information

<b>Venue</b>	UCL Institute of Child Health, 30 Guilford street, London WC1N 1EH
<b>Dates</b>	Friday (evening) 9 March and Saturday 10 March 2007
<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>For further details</b>	Please call 020 7247 9101 or email: <a href="mailto:bowlby@attachment.org.uk">bowlby@attachment.org.uk</a>
<b>Booking form</b>	Please return completed form to Jo Gardetta, Conference Administrator at CAPP at the address below. The form may also be downloaded from our website
<b>Ticket Prices</b>	Individual £130, Organisation-funded £165, CAPP member £110, Concessions £80 (limited to 25 places)
<b>Booking conditions</b>	Regrettably refunds cannot be given. Participants will be asked to sign a confidentiality clause on registration
<b>Crèche</b>	Available on request - at least 28 days notice required
<b>Signing</b>	Available on request - at least 28 days notice required

## For more information about CAPP contact

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