

CAPP

Centre for Attachment-based Psychoanalytic Psychotherapy

presents

The John Bowlby Memorial Conference 2006

TRAUMA & ATTACHMENT

Bessel van der Kolk

Gillian Slovo

Chris Purnell

Sue Richardson

Valerie Sinason

Rachel Wingfield

Felicity de Zulueta

Friday 10 March (evening)

Saturday 11 March 2006

London

Trauma and Attachment

Trauma and its potential disruption of our attachment bonds are at the heart of human experience. This conference explores our questions about the relational and interpersonal aspects of the links between attachment and trauma as they emerge in clinical practice. Ways in which trauma is experienced emotionally and physically in the body and how this might be expressed in the therapeutic encounter will be discussed through personal and clinical narratives of leading researchers, clinicians and writers. Our main speaker is Bessel van der Kolk, author of *Traumatic Stress* and a renowned researcher who has pioneered work in this field.

We are defining trauma as the experience of life threatening experiences (actual or perceived) where a person is faced with overwhelming feelings of helplessness and terror at the possibility of annihilation. Life and death moments, accompanied by abandonment, isolation, hopelessness, shame and invisibility. These include experiences which engender a fear of disintegration and threaten a person's psychic survival. The spectrum of trauma the conference aims to address ranges from accumulative relational trauma in a family setting, to sexual and physical abuse, to war and natural disasters. Speakers will be discussing survival strategies, attempts to soothe and regulate our terror states, ranging from dissociation to repression and substance abuse. The impact of trauma on our emotional and bodily states as well as how it ruptures whole communities will be part of our conversation.

What promotes recovery and transformation and personal reconnection is of course a crucial question. We will be exploring the process of repair in the context of an ongoing long term attachment relationship and finding meaning and reconnection to a community and sense of belonging and being loved. We are also concerned to think about how whole communities recover from trauma. What promotes recovery and reparation on a personal level (emotional and bodily) as well as repair of the social fabric? What about the secondary traumatization of the therapist? These will be central questions explored at this conference.

Themes of the Conference will be:

- **Stories of Trauma**
- **Trauma and Attachment – State of the Art and Science**
- **Trauma and Attachment – Implications for Clinical Work**
- **Working with Trauma in Clinical Practice – Presentations and Workshops**
- **The Impact of Trauma on the Therapist - Taking Care of Ourselves**

The conference will be informative and provocative, exploring the subject of attachment and trauma with reference to the latest findings from neuroscience and its application to contemporary psychoanalytic psychotherapy. The conference is for people from all sectors of the community whose work involves therapeutic relationships with people who have been traumatised.



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 and Allan Schore on the links between 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 thirteenth John Bowlby Memorial Conference.

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.

Programme

Friday 10th

Chair of Conference: **Sir Richard Bowlby**

6.00pm

Wine Reception and Registration

7.00pm

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

Stories of Trauma

Gillian Slovo – a story of a changing country. She will talk about her work in the context of depicting the experience of a community in post apartheid South Africa facing its traumatic and violent past.

8.15pm

Chris Purnell – a story of surviving in the care system – recovery and transformation and its influence on his work as a psychotherapist.

Chair of evening: **Susie Orbach**

9.00pm

Discussion

9.30pm

Close of first evening

Saturday 11th

9.00am

Registration and Tea/Coffee

9.30am

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

The John Bowlby Memorial Lecture: part one

Trauma and Attachment – State of the Art and Science

Bessel van der Kolk

Chair of morning: **Kate White**

10.40am

Response by **Felicity de Zulueta**

10.50am

Discussion

11.10am

Tea and Coffee

11.30am

The John Bowlby Memorial Lecture: part two

Trauma and Attachment – Implications for Clinical Work

Bessel van der Kolk

12.30pm

Response by **Felicity de Zulueta**

12.40pm

Discussion

1.00pm

Lunch – vegetarian buffet and fruit juice

Saturday 11th

2.00pm

Working with Trauma in Clinical Practice

Sue Richardson – The Hungry Fox: working with attachment trauma in survivors of childhood abuse.

Rachel Wingfield – “The Shadow of Murder”: Love and hate in times of political violence. An account of working with refugees from political violence and civil war.

Chair: **Elaine Arnold**

3.00pm

Workshops: Working with Trauma in Clinical Practice

An opportunity to explore in smaller groups some of the themes emerging from the conference including: impact on the body of severe trauma; therapist’s own experience of trauma; a flexible frame – gratification or provision?; when there are no words – surviving and making meaning of silence; dissociative states; working in NHS settings. Led by psychotherapists with an attachment perspective.

Tea and Coffee will be available in workshop rooms.

4.10pm

The Impact of Trauma on the Therapist - Taking Care of Ourselves

Valerie Sinason

4.40pm

Plenary Panel: Working with Trauma in Clinical Practice What key ideas have emerged from this conference?

Speakers from the day in conversation with each other and the audience

Chair: **Susie Orbach**

5.00pm

Conference ends



Bessel van der Kolk

Bessel van der Kolk has been active as a clinician, researcher and teacher in the area of posttraumatic stress for 30 years. He founded the first clinic in Boston which specialises in the treatment of traumatised children and adults in 1982. His current research is on how trauma affects memory processes; brain-imaging studies of PTSD; treatment outcome of exposure treatment (EMDR) vs. pharmacological interventions, and the effects of theatre groups on preventing violence among chronically traumatized young people. He is Professor of Psychiatry at Boston University Medical School, and Clinical Director of the Trauma Center in Boston.



Gillian Slovo

Gillian Slovo was born in South Africa and is the author of a family memoir, *Every Secret Thing*, and ten novels. Her novel *Red Dust*, a story about the impact of the Truth and Reconciliation Commission on a backwater town in the semi desert Karoo (SA), won the French RFI Temoins du Monde prize, and has become a feature film starring Hilary Swank and Chiwetel Ejiofor. Her last novel, *Ice Road* was short listed for the Orange Prize. Gillian is also co-author of the play

Guantanamo: Honour-Bound to Defend Freedom which has played in, among other places, London, New York, Stockholm and Washington.



Chris Purnell

Chris Purnell trained as a psychotherapist with CAPP. He currently works in the NHS and maintains a small private practice. His particular interest is in working with trauma using an attachment perspective and he has extensive experience in working with people who are facing life-threatening illness as well as with adult survivors of childhood sexual abuse. He is developing group psychotherapy within the NHS for refugees and asylum seekers who are suffering from the enduring traumatic effects of imprisonment, torture and forced separation from their secure base. Chris has presented papers on his work at national and international conferences, and has published several papers in journals and books.



Sue Richardson

Sue Richardson is an attachment-based psychotherapist with over 30 years experience in the helping professions. Her personal and professional attachment networks are in the north east of England where she is based. Sue is a part of an international network of professionals who have pioneered awareness of child sexual abuse. She has integrated her extensive knowledge of child abuse into her work with adults who have suffered attachment trauma and she has a special interest in the study and treatment of dissociation.



Valerie Sinason

Valerie Sinason is a member of CAPP, a psychoanalyst and child psychotherapist. She is Director of the Clinic for Dissociative Studies and Consultant Research Psychotherapist/Psychoanalyst at St George's Hospital Medical School, University of London, Psychiatry of Disability Department. She is an Honorary Consultant Psychotherapist to the Cape Town Child Guidance Clinic, University of Cape Town and External Consultant Supervisor to Respond. Specialising in disability, trauma and abuse, Valerie has published extensively in the field and is also a poet, with two full-length collections. She was formerly a Consultant Child Psychotherapist at the Tavistock Clinic and a Consultant Psychotherapist at the Anna Freud and Portman Clinics, London.



Rachel Wingfield

Rachel Wingfield is Chair of CAPP where she trained and is now a teacher, and supervisor. She currently works in private practice and has experience in a wide range of clinical settings including the prison service. Rachel has a particular interest in working clinically with issues of sexuality, violence and abuse. She has been working with survivors of trauma for twenty years, including survivors of rape, domestic violence, civil war, political and state terror, and ritual abuse.



Felicity de Zulueta

Felicity de Zulueta is a Consultant Psychiatrist and lead clinician of the Traumatic Stress Service at the Maudsley Hospital. She is also Honorary Senior Lecturer at King's College London, a group analyst, systemic therapist and psychoanalytic psychotherapist. Author of numerous papers and lectures on attachment and PTSD, she outlined the case for PTSD as an attachment disorder in her book *From Pain to Violence, the traumatic origins of destructiveness*.

(Wiley, 1993, 2nd edition, forthcoming, March 2006).

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 2006

I am paying for myself £115

I am a member of CAPP £95

I am funded by an organisation £150

I am applying for a concessionary ticket (limited to 25) @ £65 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



Information

Venue	London Voluntary Sector Resource Centre, 356 Holloway Road, London N7
Dates	Friday (evening) 10 March and Saturday 11 March 2006
Refreshments	Wine Reception, Tea/Coffee, Light Lunch
Transport	Holloway Road Tube - Piccadilly line
Access	The building is wheelchair accessible
For further details	Please call 020 7247 9101 or email: bowlby@attachment.org.uk
Booking form	Please return completed form to Jo Gardetta, Conference Administrator at CAPP at the address below. The form may also be downloaded from our website
Ticket Prices	Individual £115, Organisation-funded £150, CAPP member £95, Concessions £65 (limited to 25 places)
Booking conditions	Regrettably refunds cannot be given. Participants will be asked to sign a confidentiality clause on registration
Crèche	Available on request - at least 28 days notice required
Signing	Available on request - at least 28 days notice required

For more information about CAPP contact

CAPP, The John Bowlby Centre, 147 Commercial Street, London E1 6BJ

Telephone: 020 7247 9101

Email: administrator@attachment.org.uk

www.attachment.org.uk

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