



**THE BOWLBY
CENTRE**

Who are we?

The Bowlby Centre provides a 4 year part time psychotherapy taught course which is accredited by the United Kingdom Council for Psychotherapy. Our influences include classical psychoanalytic thinkers from Freud to Winnicott and challenges to traditional approaches from authors such as Jessica Benjamin, John Bowlby, Ronald Fairbairn and Stephen Mitchell.

We also offer a referral service, short courses on cutting edge clinical issues, and the annual John Bowlby Memorial Conference.

The Bowlby Centre is a Company Limited By Guarantee No. 3272512. Registered Charity No. 1064780/0

short courses

Course Details:

Date:

13 September 2014

Time:

10am to 4pm

Cost:

£140 – Organisations

£120 – Individuals

£100 – BC members

Venue:

**The Bowlby Centre
1 Highbury Crescent,
London N5 1RN**

Speaker:

Ruthie Smith

Facilitator:

Emerald Davis

The Bowlby Centre used to be known as The Centre for Attachment-based Psychoanalytic Psychotherapy - CAPP

The Bowlby Centre is governed by a Board of Trustees and managed by an elected Executive.

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The Bowlby Centre
1 Highbury Crescent
London
N5 1RN

Tel: 020 7700 5070
admin@thebowlbycentre.org.uk

Soul connecting, Energy Psychology and Attachment Trauma

"Soul connecting, Energy Psychology and Attachment Trauma : Treating the whole - psyche, soma, soul and trans-generational trauma - using contemporary tools from energy psychology."

In this one day work shop, Ruthie Smith will explore how we can integrate energy psychology within our psychotherapy practices to heal the fractures and splits in the psyche and soma borne out of trauma, by helping people to reconnect with all their parts and forming a healthy attachment/connection with their whole Self or Soul.

Energy psychology, practised in conjunction with a relational attachment based approach, facilitates the removal of blockages to treatment (sometimes termed 'resistance' or the 'inner saboteur') which so often prevent people from healing. It also integrates fragmented and wounded parts of the self characteristic of trauma, including dissociated parts, and can address trans-generational aspects of trauma and the endless cycles of 'repetition compulsion'. Aspects such as the wounded child, the harsh persecuting inner Judge and the "Persecutor /Protector" (Kalshed) can be harmonized, and integrated, and relational attachment patterns can be transformed. Treating all the parts of the whole is considerably facilitated by energy psychology, which works at a level which connects us with the 'Higher Self' or 'Soul'. This dimension to the work opens up the 'field,' naturally facilitating the healing process, sometime effortlessly and with minimal effort. This integrative work, which reaches both the depths at a cellular level of the body, and the heights, by connecting us with our higher nature, can be very uplifting .

There will also be a practical component to the workshop, teaching simple energy tools which people can start to work with in their therapy practices, to give people a taste of how working with energy can be truly transformative.

Ruthie Smith is a Psychoanalytic Attachment Based Psychotherapist who worked for 10 years as a Principal Individual Psychotherapist in the NHS, and prior to that, at the Women's Therapy Centre. She has taught on a number of psychotherapy training programmes in London, including at the Bowlby Centre, and is a regular speaker on the Confer CPD programmes and at other conferences. Parallel to her career as a psychotherapist she has been studying Subtle Energy since the 1990's, training in various Energy Psychology methods, and currently teaches and supervises Energy Psychology in the UK and abroad, including on a one years EP course run by *Energypsychotherapyworks*. Ruthie recently established The Flame Centre in London where she works as a psychotherapist and supervisor and also co-leads Mindfulness Retreats.

If you are a wheelchair-user or have other difficulties with access, please let us know

VALUING DIVERSITY

The Bowlby Centre welcomes applications from all sectors of the community and respects and values difference in age, class, culture, disability, ethnicity, gender and sexuality.



BOOKING FORM

Name:

Address:

Telephone:

Email:

Notes:

I would like ticket/s

Cost:

£140 – Organisations

£120 – Individuals

£100 – BC members

I enclose a cheque for £..... (made payable to 'The Bowlby Centre')

Please return this form and your cheque to:

Carol Tobin
The Bowlby Centre
1 Highbury Crescent
London N5 1RN

Please make cheque payable to The Bowlby Centre and post to Carol Tobin, The Bowlby Centre, 1 Highbury Crescent, London N5 1RN. If you have any questions or queries please contact carol.tobin@thebowlbycentre.org.uk

A Certificate of Attendance will be provided for CPD purposes