



**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:

Saturday, 18 October 2014

Time:

10.00am to 4 30pm

Cost:

£140 Organisations

£120 Individuals

£100 Bowlby Centre members

Venue:

The Bowlby Centre
1 Highbury Crescent
London N1 5RN

Speaker:

Angela Massucco
Miles Pulver

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.

Registered Charity No. 1064780/0 A company Ltd. by Guarantee No.3272512

The Bowlby Centre
1 Highbury Crescent
London
N5 1RN

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admin@thebowlbycentre.org.uk

Emotionally Focused Couples Therapy An Experiential Introduction to EFT

Emotionally Focused Couples Therapy is an effective attachment based and systemic therapy that helps partners connect at a deep emotional level. EFT is a model developed by Dr Sue Johnson in Canada, it is rooted in Attachment Theory originally developed by John Bowlby. EFT continues to grow internationally. It shows couples powerful ways to transform negative relational patterns through identifying their couple cycle and creating a more secure connection. EFT uses a series of steps to work towards building a stronger bond. Through actively engaging with each other with empathy and shared vulnerability, couples begin to understand and resolve their conflict and distress. The aim is to bring a couple to a place where they can soften criticism and blame, can engage rather than withdraw and risk reaching out to each other. Trust can grow and flourish within such a shared experience. The EFT Therapist links body experience (including trauma) with emotion and, by expanding and deepening authentic underlying primary emotions, the therapist works collaboratively with the couple to create a more tender and satisfying couple relationship.

EFT is a deeply experiential therapy - for both the couple and the therapist. This workshop will therefore endeavour to introduce EFT experientially. Participants will be introduced to the EFT model theoretically; and then, using experiential exercises, will be taken through some of the key steps in helping a couple build a secure bond. Participants will be asked to engage in, principally, dyadic role plays to help them feel and understand the fundamental elements in the EFT process. Each participant is encouraged to bring a manageable issue - which they would be willing to explore with a colleague from a relationship in their own personal life (whether with partner, child, sibling, other relative or friend) and a small piece of clinical work involving a relationship issue.

Angela Massucco is an Attachment based Couples & Individual Psychotherapist and trained at the Bowlby Centre. She is an Emotionally Focused Couples Therapist, registered Art Therapist and has a Advanced Diploma in Couples and Psychosexual Psychotherapy from NAOS and Psychosexual Certificate from TCCR. Her experience of EFT and AEDP Training impacted deeply personally and professionally with this experiential model that believes emotional intimacy is at the core of a rich relationship. Angela is in full time private practice at number 42, The Complete Psychotherapy Practice, London Bridge.

Miles Pulver is an Experiential Psychodynamic Psychotherapist. He has an MA in Psychoanalytic Couples Psychotherapy from the Tavistock Centre for Couple Relationships and is a fully certified EFT therapist. He is also a keen student of range of experiential psychotherapy approaches, including: Diana Fosha's, Accelerated Experiential Dynamic Psychotherapy; Habib Davanloo's, Intensive Short Term Dynamic Psychotherapy; Leigh McCullough's, Affect Phobia Therapy; and Arnold Mindell's, Process Work. Miles is in full time private practice in Marylebone, Central London, working with couples and individuals.

Participants need to be working clinically to attend this course

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

EMOTIONALLY FOCUSED COUPLES THERAPY An EXPERIENTIAL INTRODUCTION to EFT Saturday, 18 October 2014

Name:
Address:
Telephone:
Email:
Notes:

I would like ticket/s

Cost:

- £140 Organisations
- £120 Individuals
- £100 Bowlby Centre 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

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