THE BOWLBY CENTRE
TWENTY THIRD
JOHN BOWLBY MEMORIAL CONFERENCE 2017
‘Repetition, Repetition, Repetition: Breaking the Cycle of Attachment Trauma’

Onno van der Hart
Karl Heinz Brisch
Ruth Lanius
Adrienne Harris
Susie Orbach
Guy Hibbert
Orit Badouk Epstein
Daniel Shaw

Friday 3rd & Saturday 4th March 2017
International Conference, London
When people have experienced attachment trauma, being caught in a never-ending cycle of emotional and relational repetition can dominate their lives. In the words of Selma Fraiberg: “Trauma demands repetition”. Attachment trauma can leave a person with an impaired and constricted life, overwhelming feelings, internal critical voices and a tendency towards an unhealthy dissociation. These features lie at the core of the repetitions we encounter with our clients, often in the form of relational reenactment in the psychotherapy setting. Such reenactments can be difficult to be conscious of for both therapist and the client. Furthermore, such reenactments are not only experienced in the consulting room, but also on a societal level, as seen for example in war and its many impacts.

John Bowlby, with a base in an ever growing body of empirical research, has taught us that it is attachment and secure relationships which are the bedrock of affect regulation and developed reflective functioning. It is in such secure attachment relationships where a client can gradually create and find a new and more coherent narrative, which helps them break away from the painful relational repetitions of the past.

In this conference, we have brought together worldwide specialists who have contributed greatly to the understanding of attachment, trauma, and dissociation. With such a wealth of knowledge and experience, we aim to explore the many pathways that compose traumatic experiences, their repetitive nature and the various ways which can help our clients move on with renewed vitality and hope.
Since 1976 The Bowlby Centre (formerly known as CAPP) has developed as an organisation committed to the practice of attachment-based psychoanalytic psychotherapy. The Bowlby Centre is a dynamic, rapidly developing charity which aims both to train attachment-based psychoanalytic psychotherapists and to deliver a psychotherapy service to those who are most marginalised and frequently excluded from long term psychotherapy.

We provide a four year part-time psychotherapy training accredited by the UKCP and operate a psychotherapy referral service for the public including the low cost Blues Project.

The Bowlby Centre has a wealth of experience in the fields of attachment and loss and particular expertise in working with trauma and abuse. As part of our ongoing commitment to anti-discriminatory practice we offer a consultation service to the public and private sectors and have been engaged in outreach and special projects working with care leavers, women experiencing violence and abuse, offenders and ex-offenders, people struggling with addiction to drugs, alcohol, eating difficulties or self harm, and to individuals and groups in a wide variety of mental health settings.

We run short courses on “Attachment and Dissociation”, and “The Application of Attachment Theory to Clinical Issues” including learning disabilities. The Bowlby Centre organises conferences including the annual John Bowlby Memorial Lecture, and has a series of publications which aim to further thinking and development in the field of attachment.

Bowlby Centre members participate extensively in all aspects of the field, making outstanding theoretical, research, and clinical contributions. Their cutting edge work is consistently published in the leading journals and monographs.
The Bowlby Centre is committed to the following clinical values:

• We believe that mental distress has its origin in failed or inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.

• Attachment relationships are shaped in a social world that includes poverty, discrimination and social inequality. The effects of the social world are a necessary part of the therapy.

• Psychotherapy should be available to all, and from the attachment perspective, especially those discriminated against or described as ‘unsuitable’ for therapy.

• Psychotherapy needs to be provided with respect, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.

• Those who have been silenced about their experiences and survival strategies need to have their reality acknowledged and not pathologised.

• The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organisation share the responsibility for anti-discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.
Friday 3rd March

5:30  Registration, tea & coffee

6:30  Welcome by Mark Linington, Chair of the Executive, the Bowlby Centre

6:40  What is disavowed is bound to return: The struggle in psychoanalysis with trauma-generated dissociation.
    Speaker: Onno van der Hart

7:45  The MOSES-Therapy model: An intensive care unit of psychotherapy for children after multiple early experiences of attachment trauma.
    Speaker: Karl-Heinz Brisch

8:45  Conclusion

Chair of the evening: Kate White

Saturday 4th March

9:00  Registration, tea & coffee

9:30  Welcome from Mark Linington and Sir Richard Bowlby

9:40  Trauma and altered states of consciousness: Toward a rebirth of the self.
    Speaker: Ruth Lanuis

    Chair: Jennifer Rodriguez

10:45 Refreshments
11:15  “An ambulant cemetery”: The endless project of repair.
      Speaker: Adrienne Harris

12:15  Susie Orbach in conversation with Adrienne Harris
      Chair: Sarah Devereux

1:00   Lunch

2:00   The trauma in the telling of the story.
      Speaker: Guy Hibbert

2:30   “Suicide addict”: When rupture feels beyond repair.
      Speaker: Orit Badouk Epstein

3:15   Refreshments

3:30   Make someone happy: Traumatic love and the repetition of lovelessness.
      Speaker: Daniel Shaw

4:30   Concluding remarks
      Chair: Judy Yellin

4:45   Closing Conference - Mark Linington
ONNO VAN DER HART

Onno van der Hart, PhD, is a psychologist, adult psychotherapist in private practice, trained family therapist and researcher; he is Emeritus Professor of Psychopathology of Chronic Traumatization at the Department of Clinical and Health Psychology at Utrecht University, the Netherlands. He is a scholar in Pierre Janet Studies. Both nationally and internationally, he is a clinical consultant on diagnosis and treatment of complex trauma-related disorders and he presents lectures and workshops on complex PTSD, dissociative disorders, phase-oriented treatment of chronic traumatization. He has co-authored with Ellert Nijenhuis and Kathy Steele *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization* (Norton, 2006), which has been, and has been, and is in the process of being, translated into several languages. With Suzette Boon and Kathy Steele, he wrote *Coping with Trauma-related Dissociation: Skills Training for Patients and Therapists* (Norton, 2011) and *Treating Trauma-related Dissociation: A Practical, Integrative Approach* (Norton, 2017).

KARL HEINZ BRISCH

Karl Heinz Brisch, Prof. Dr. med., specializes in child and adolescent psychiatry and psychotherapy, adult psychiatry and neurology, including psychosomatic medicine, psychoanalysis, trauma psychotherapy, and group psychoanalysis. He is head of the Department of Pediatric Psychosomatic Medicine and Psychotherapy at the Dr. von Hauner Children’s Hospital at the University of Munich, Germany. Dr. Brisch holds the first ever Chair and research institute in Early Life Care at the Paracelsus Medical University in Salzburg, Austria. He also lectures at the Psychoanalytic Institute in Stuttgart, Germany. Dr. Brisch’s main research and clinical interest is in early child development and attachment psychotherapy in all age groups. He has published numerous books, papers, and articles on attachment development in high-risk infants and clinical attachment research. He developed the prevention programs SAFE® - Secure Attachment Family Education and B.A.S.E.® - Babywatching for use in educational and other settings. He is a founding member of the German-Speaking Association for Infant Mental Health (GAIMH) and led the organization for many years.
ADRIENNE HARRIS

Adrienne Harris, Ph.D. is Faculty and Supervisor at New York University Postdoctoral Program in Psychotherapy and Psychoanalysis. She is faculty and supervisor at the Psychoanalytic Institute of Northern California. She is an Editor at Psychoanalytic Dialogues, and Studies In Gender and Sexuality. In 2009, She, Lewis Aron, and Jeremy Safron established the Sandor Ferenczi Center at the New School University. She co-edits the Book Series: Relational Perspectives in Psychoanalysis, a series now with over 70 published volumes. She is a member of the NGO ,which the IPA developed to work with the UN, and she has been doing education and development on the problem of human trafficking. She is an editor of the IPA ejournal Psychoanalysisistoday.com. She has written on topics in gender and development, analytic subjectivity, and the analytic community in the shadow of the First World War. Her current work is on analytic subjectivity, on intersectional models of gender and sexuality, and on ghosts.

RUTH LANIUS

Ruth Lanius, MD, PhD, Professor of Psychiatry is the director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario. She established the Traumatic Stress Service and the Traumatic Stress Service Workplace Program, services that specialize in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related comorbid disorders. She currently holds the Harris Woodman Chair in Mind-Body Medicine at the Schulich School of Medicine & Dentistry at the University of Western Ontario. Her research interests focus on studying the neurobiology of PTSD and treatment outcome research examining various pharmacological and psychotherapeutic methods. She has authored more than 100 published papers and chapters in the field of traumatic stress and is currently funded by several federal funding agencies. She regularly lectures on the topic of PTSD nationally and internationally. She has recently published a book ‘Healing the traumatized self: consciousness, neuroscience, treatment’ with Paul Frewen.
Susie Orbach is a psychotherapist, writer and co-founder of The Women’s Therapy Centre in London and The Women’s Therapy Centre in New York. Her first book *Fat is a Feminist Issue* has been continuously in print since 1978, with a new Introduction this year. Her other books include *Hunger Strike, What’s Really Going on Here?, Towards Emotional Literacy, On Eating, The Impossibility of Sex, Bodies, Fifty Shades of Feminism* (co-editor). Her latest book is coming out of her Radio 4 series *In Therapy*, which was met with large audiences and critical success. She lectures widely in the UK, Europe and North America, has written for several magazines and newspapers, and has provided consultation advice for organisations from the Government and the NHS to the World Bank. She was a visiting Professor at the London School of Economics. She is convenor of Endangered Bodies www.london.endangeredbodies.org. She continues to help many individuals and couples from her practice in London.

Guy Hibbert has received four BAFTAs for:

*No Child of Mine* directed by Peter Kosminsky - 1997
*Omagh* with Paul Greengrass – 2005
*Five Minutes of Heaven* starring Liam Neeson – 2010
*Complicit* starring David Oyelowo - 2014

Three other scripts, *The Russian Bride, Prime Suspect* and *May 33rd* received BAFTA nominations. Guy also won the World Cinema Screenwriting Award at Sundance in 2009 and the Christopher Ewart-Biggs Memorial Prize 2010 (Northern Ireland peace prize), both for *Five Minutes of Heaven. Five Minutes of Heaven* and *Omagh* won Irish Film Academy best drama awards. He has won a further three awards for his contribution to the understanding of mental health for his scripts, *No Child Of Mine* and *May 33rd*. Recent works include: *Eye In The Sky*, directed by Gavin Hood, starring Helen Mirren, Aaron Paul, Alan Rickman and Barkhad Abdi, winner of the Sidney Lumet Award for its contribution to human rights. *A United Kingdom* starring David Oyelowo and Rosamund Pike. He is currently writing *Arctic30* (based on Ben Stewart’s book on the Greenpeace Arctic campaign) for producer David Puttnam.
ORIT BADOUK EPSSTEIN

Orit Badouk Epstein is an Attachment based Psychoanalytic psychotherapist, a supervisor (UKCP registered), writer, and teacher who specialises in Attachment theory and trauma. She teaches Attachment theory at the Bowlby Centre, London. She runs a private practice and works relationally with individuals, couples and parents. Orit has a particular interest in working with individuals who have experienced extreme abuse and trauma and have displayed symptoms of dissociation. She is the co-author of the book “Ritual Abuse and Mind Control: the Manipulation of Attachment Needs” (Karnac Books) and co-editor of the book ‘Terror within & without’. She is the Associate Editor for the Journal “Attachment: New Directions in Psychotherapy and Relational Psychoanalysis” and is the co-editor of the ESTD (European Society for Trauma and Dissociation) newsletter where she regularly writes articles and film reviews.

DANIEL SHAW

Daniel Shaw, LCSW, is a psychoanalyst in private practice in New York City and in Nyack, New York. Originally trained as an actor at Northwestern University and with the renowned teacher Uta Hagen in New York City, Dan later worked as a missionary for an Indian guru. His eventual recognition of cultic aspects of this organization led him to become an outspoken activist in support of individuals and families traumatically abused in cults. Simultaneous with leaving this group, Dan began his training in the mental health profession, quickly becoming a faculty member and supervisor at NIP in New York, publishing papers in Psychoanalytic Inquiry, Contemporary Psychoanalysis, and Psychoanalytic Dialogues, and most recently, his book, Traumatic Narcissism: Relational Systems of Subjugation, for the Relational Perspectives Series, Routledge. Dan also teaches at the Westchester Center for the Study of Psychoanalysis and Psychotherapy, and is adjunct clinical supervisor for the Smith College School of Social Work.
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To book and pay for your place online please visit www.thebowlbycentre.org.uk/cpd

*If applying for more than one person please photocopy this form*

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Training/Background

Where did you hear about this conference?

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

Name of contact

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Please return this form with payment to: Carol Tobin, Conference Administrator, 10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR. Please make cheques payable to: The Bowlby Centre.

For booking conditions please visit http://thebowlbycentre.org.uk/booking-terms-and-conditions-for-events/
Friday 3rd and Saturday 4th March

Venue
Institute of Child Health, UCL 30 Guildford Street, London WC1N 1EH

Refreshments
Tea/coffee and light lunch provided

Transport
Train stations: King’s Cross Station or Euston Station
Underground: Russell Square is the closest station (5 min walk), Kings Cross (10 min walk) & Euston (15-20 min walk).
Buses: Numbers 188, 168, 68, 59 and 91 all stop at bus stop B on Southampton Row.

Access
The building is wheelchair accessible

Booking form
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To download a Booking form or book and pay online please visit www.thebowlbycentre.org.uk.
For more information, phone Carol on: 07710 253315 or email her at carol.tobin@thebowlbycentre.org.uk.

Ticket Prices
Individual £185, Organisation funded £250, Bowlby Centre member £150

Booking Conditions
Refunds cannot be given. The Bowlby Centre reserves the right to change the Programme should a speaker not be able to attend at short notice. Participants will be asked to sign a confidentiality clause on registration.

Signing
Available on request – at least 28 days notice required

To book tickets online, please click on the below link
http://thebowlbycentre.org.uk/cpd/#conference

Or for more information contact:
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