



**THE BOWLBY  
CENTRE**

presents

**AUTUMN CONFERENCE 2014**

**ATTACHMENT, MEMORY LOSS  
and AGEING**

Speakers:

**Richard Bowlby**

**Angela Cotter**

**Susie Henley**

**Hazel Leventhal**

**Anastasia Patrikiou**

**Pam Schweitzer**

**Kate White**

Special Guest: **Sara Kestelman**

**Saturday 20th September 2014 at The Institute for Child Health, London**

## CONFERENCE AIM

The aim of this conference is to explore the emerging recognition of the centrality of attachment theory in understanding the particular needs and vulnerabilities of people who have memory losses linked with ageing.

It will be bringing together different contributions from both informal and professional carers to share their experiences and will be looking at the way memory loss raises fears of disappearing connections in us all.

We will also explore how being alongside those who are marginalised and impacted by loss of memory are empowered by the use of reminiscence groups, music and the arts.

We will discuss how we can learn as a community about a shared narrative of loss associated with memory difficulties leading to deepening attachments, and the renewal of emotional bonds with the creation of new meanings.

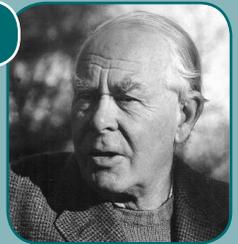
### Who is this conference for?

The conference welcomes people working in the voluntary sector, nurses, doctors, social workers, community care workers, informal carers, psychologists, counsellors, students, psychotherapists, and others who are interested in exploring this theme with us.

## JOHN BOWLBY AND ATTACHMENT THEORY

John Bowlby revolutionised our understanding of human nature and the needs of children in particular for consistent, sensitive and attuned caregiving from a preferred attachment figure. Attachment is linked to the human response to fear and is most clearly evident when there are threats of separation and abandonment. At these times we need a safe haven provided by an attachment figure from whom we seek safety and affect regulation.

*“Intimate attachments to other human beings are the hub around which a person’s life revolves, not only when he is an infant or a toddler or a school-child but throughout his adolescence and his years of maturity as well, and on into old age.”* Bowlby (1980, p. 422)



## THE BOWLBY CENTRE ~ Promoting Attachment and Inclusion

Since 1976 The Bowlby Centre (formerly known as CAPP) has developed as an organization 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 marginalized and frequently excluded from long term psychotherapy.

We provide a five 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 are 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 organization share the responsibility for anti-discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.

## PROGRAMME

### Chair of the morning session - Dr Valerie Sinason

8. 30 Registration and tea & coffee
9. 30 Welcome - **Lindsay Hamilton** (Vice Chair of The Bowlby Centre)
9. 35 Setting the Scene - **Dr Angela Cotter**
10. 10 Film - **EX-MEMORIA** - 16 mins  
A film by Josh Appignanesi bringing the experience of a person with memory difficulties into the centre of our day
10. 30 Discussion of the film with the lead actor, **Sara Kestelman**
11. 00 Tea & coffee
11. 30 Memory Loss and Ageing from an Attachment Perspective  
**Kate White**
12. 00 Contemporary Understanding of the Aetiology, Diagnosis and Treatment Approaches in Relation to Memory Loss and Ageing  
**Dr Susie Henley**
12. 30 Precursors to Memory Difficulties in Early Trauma  
**Sir Richard Bowlby**
13. 10 Lunch

### Chair of the afternoon session - Mark Linington

14. 00 The Role of Reminiscence Groups in the Care of People with Memory Difficulties and their Families  
**Pam Schweitzer**
14. 40 Informal Carers Experience  
**Hazel Leventhal**
15. 00 Small Groups to discuss and gather in the experience of people attending the conference
15. 50 Tea and coffee
16. 15 Therapeutic Approaches to Work with People with Memory Difficulties from an Attachment Perspective. Sharing experiences from *The Talking Therapies Project*, A Department of Health and Age UK, Camden initiative.  
**Anastasia Patrikiou**
16. 50 Discussion
17. 00 Closing remarks: What have we learned? Where to go from here?  
**Richard Bowlby and Pam Schweitzer**
17. 30 End of conference

## CONFERENCE SPEAKERS BIOGRAPHIES

### SIR RICHARD BOWLBY

Richard, Patron of The Bowlby Centre, worked as a scientific photographer in various medical research institutions where he produced visual aids for communicating research findings. 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.

### DR ANGELA COTTER

Angela became interested in memory loss when her step-grandmother developed Alzheimer's disease. She developed this as a NHS nursing home manager and action researcher working to improve older peoples', and their carers', experience. This led into involvement in policy-making and the 'new culture of dementia care' combining her psychotherapeutic perspective in her clinical work and research. Her work has included a co-operative action research study within the NHS about the use of creative arts involving people with dementia and their staff. As a Jungian analyst specialising in the wounded healer, she continues to work on the significance of the growth of memory loss and dementia for individuals and within the collective. As a teacher of the last part of the life-cycle at The Bowlby Centre she feels that attachment is very important within the context of memory loss and dementia.

### DR SUSIE HENLEY

Susie has worked in the field of dementia for over a decade. Following her PhD in neuroscience she trained as a clinical psychologist and now has a joint clinical and research role at the Specialist Cognitive Disorders Service at the National Hospital in London. Susie has developed the psychological input to this neurology-led dementia diagnosis and treatment service and offers short-term therapeutic intervention to patients and their families. Referrals are mainly for rare, inherited and early-onset dementias so Susie's work ranges from explaining brain-behaviour links to patients, to helping families develop their understanding of symptoms and supporting people through the many challenges that a dementia diagnosis presents. Her research is focused on developing early tests for memory problems in Alzheimer's disease, as well as more qualitative evaluation of the lived experience of people with dementia and their families, and how their needs can be better met.

### SARA KESTELMAN

An Olivier Award winner as Fraulein Schneider in Sam Mendes' *Cabaret* at The Donmar, Sara has appeared extensively with the RSC, RNT, on screen, radio and in the West End. She created the role of Margrethe Bohr in Michael Frayn's award winning *Copenhagen*, and has appeared in many musicals including *Fiddler on the Roof*, *Nine* and *Coco Chanel* in *Coco*. Recently Sara was in the BAFTA winning series *2 In the Flesh* and *From There to Here*. She is a published poet and song writer and has performed her one woman show *All About Me!* internationally. A reader with the charity Interact Reading Service dedicated to recoverers from stroke, she is making a film about her work with one remarkable woman, Nan Millard. Sara has

just finished *Summer Book* at The Unicorn, is soon to direct a new musical *Brass* and is in a feature film comedy *The Last Sparks of Sundown* due out shortly.

### **HAZEL LEVENTHAL**

Hazel trained as a psychotherapist at The Bowlby Centre where she has taught the mid-life part of The Life Cycle seminar. She cared for her elderly father and her elder sister, who suffered from early-onset Alzheimer's disease, and has written about these experiences in a play called "My Sister, Disappearing". She has worked as a Samaritan and is a member of The Alzheimer's Society and has done some publicity work on their behalf.

### **ANASTASIA PATRIKIOU**

Anastasia is a psychoanalytic psychotherapist, training therapist and supervisor. After a career as an architect, she completed a postgraduate diploma in counselling at Strathclyde University and an attachment-based psychoanalytic psychotherapy training at The Bowlby Centre. She has been in private practice since 2003, and is currently also working with people with eating difficulties at the Priory Hospital. She worked in NHS primary care for a number of years and developed and managed *The Talking Therapies Project*, a Department of Health pilot project undertaken by Age UK, Camden to enable access to therapeutic support by older people with early to mid-stage Dementia. This was successfully mainstreamed. Originating from a migratory background, she has a particular interest in trauma, loss, and the impact of displacement on relational structures and identity narratives.

### **PAM SCHWEITZER, MBE**

Pam was founder and Artistic Director of Age Exchange Theatre Trust from 1983 - 2005, the first full-time professional theatre company to specialise in touring reminiscence theatre across the UK and Europe. In 2000 she was awarded the MBE for services to Reminiscence and she continues to direct the European Reminiscence Network, lecturing, directing and training in reminiscence. She is an Honorary Fellow of the University of Greenwich. Reminiscence is a vital way to stimulate communication and promote confidence and self-worth in people with dementia. Her approach is to give those who care for people with dementia a clear sense of how reminiscence can be used to greatly improve their quality of life, opening the world's first Reminiscence Centre in London in 1987, as a focus for professional training, a meeting place for people of all generations and cultures to participate in reminiscence projects. She has published widely on her work - see [www.pamschweitzer.com](http://www.pamschweitzer.com)

### **KATE WHITE**

Kate is a training therapist, supervisor and teacher at The Bowlby Centre. She is also editor of the journal, *Attachment: New Directions in Psychotherapy and Relational Psychoanalysis*. Prior to training as a psychotherapist Kate was a senior lecturer at The South Bank University, London, in the Department of Nursing and Community Health Studies where she developed an innovative diploma in district nursing. This is where her interest in the care of those who become vulnerable through memory loss and ageing originated. The perspective provided by attachment theory has, in her view, a great deal to offer carers and family members alike. In addition to working as an individual psychotherapist, Kate writes about psychotherapy education and runs workshops on the themes of attachment and trauma in clinical practice.

## BOOKING FORM

If applying for more than one person please photocopy this form

Name

Address

Telephone

Email

Training/  
Background

Where did you hear  
about this conference?

### Please send me a ticket for the Autumn Conference 2014

I am paying for myself

£100/£80\*

I am a member of The Bowlby Centre

£95/£75\*

I am funded by an organisation

£140

Concessionary ticket (limited to 20)

£80

### I am applying for a concessionary ticket (limited to 20) @ £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 The Bowlby Centre for

£

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

Name of contact

Telephone

Address

If you would prefer not to be included in any future mailings, please tick box

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.**

**\*Early bird tickets (purchased before 31st July 2014)**

## INFORMATION

<b>Venue</b>	Institute of Child Health University College London 30 Guilford Street London WC1N 1EH
<b>Date</b>	Saturday 20th September 2014
<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>Booking form</b>	Please return completed form to Carol Tobin, Conference Administrator at the address below. The form may also be downloaded from our website <a href="http://www.thebowlbycentre.org.uk">www.thebowlbycentre.org.uk</a>
<b>Ticket Prices</b>	Individual £100/80*, Organisation funded £140, Bowlby Centre member £95/75*, Concessions £80 (limited to 20 places)
<b>Booking conditions</b>	Regrettably 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
<b>Signing</b>	Available on request – at least 28 days notice required <b>*Early bird tickets (purchased before 31st July 2014)</b>

### For more information contact:

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10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR  
Telephone: 07764 497104 Email: [carol.tobin@thebowlbycentre.org.uk](mailto:carol.tobin@thebowlbycentre.org.uk)

**Patrons:** Sir Richard Bowlby and Dr Elaine Arnold  
**Trustees:** Janie Harvey-Douglas, Prue Norton, Simon Partridge and Jeremy Rutter

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