



## 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:

**10 weeks: Thursday Evenings:  
11 September – 20 November 2014**

### Time:

**7pm to 9.15pm**

### Cost:

**£540 Organisations**

**£480 Individuals**

**£400 Bowlby Centre members**

### Venue:

**The Bowlby Centre  
1 Highbury Crescent  
London N1 5RN**

### Speaker:

**Dr Isha McKenzie-Mavinga  
Mike Shiner  
Prof Antonia Bifulco  
Richard Curen  
Richard Gill  
Dr Alessandro Colasanti  
Emma Starck  
Dr Bob Johnson  
Mary Sue Moore  
Valerie Sinason**

### 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

## Complex Trauma and Attachment Bonds Short Course

This course aims to explore why an attachment understanding of the childhood lives of those who access criminal justice programs, experience substance use, endure homelessness, use psychiatric and therapeutic services is crucial for creating a framework that allows psychological regeneration to be facilitated. Secondly to appreciate that validating early complex trauma becomes critical in resolving its adult impact.

The structure of the course will provide a clinical and theoretical understanding of complex trauma within an attachment theory informed framework. This will help participants to understand the profound links to recognizing the origins of repetitive cycles of destructive behaviour and therefore to be able to respond more empathically and effectively.

We will discuss the impact of complex trauma on children, its initial negative effects and then explore ways to resolve these based on the professional becoming an enlightened and empathic witness, to begin a process of facilitating adult psychological renewal with those trapped within the margins of society.

This course will be of particular interest to all those involved in working with this client group including social workers, teachers, nurses, counsellors and therapists, general practitioners, mental health professionals, drug and alcohol workers and those providing a service to the criminal justice system.

The Course will take place at The Bowlby Centre over ten weeks on a Thursday evening 7 -9.15pm beginning on the 11<sup>th</sup> September 2014. We envisage that the evening will be in two parts with a fifteen minute break at 8 pm for refreshments. Emerald Davis, Chair of The Bowlby Centre, will be the co-ordinator and be present throughout the course to provide the continuity.

WEEK	DATE	SPEAKER	SUBJECT
Week 1	11 September	Isha McKenzie-Mavinga	Complex trauma and the multidimensional impact of racism
Week 2	18 September	Mike Shiner	Suicide, gender and attachment
Week 3	25 September	Prof Antonia Bifulco	Attachment and early life trauma: Lifespan impacts
Week 4	2 October	Richard Curen	Paraphilias and Learning Disabilities
Week 5	9 October	Richard Gill	Working with Addiction and Complex Trauma from an Attachment Perspective and the Role of the Twelve Steps Fellowships
Week 6	16 October	Dr Alessandro Colasanti	A Psychiatrist's view on Medication
Week 7	23 October	Emma Starck	Working with Addiction and Complex Trauma from an Attachment point of view

### HALF TERM

WEEK	DATE	SPEAKER	SUBJECT
Week 8	6 November	Dr Bob Johnson	New ways of working with Complex Trauma in the Criminal Justice System
Week 9	13 November	Mary Sue Moore	
Week 10	20 November	Valerie Sinason	Complex Trauma and Dissociation

## 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:**

**£540 Organisations**

**£480 Individuals**

**£400 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](mailto: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