



**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:

9th to 12th September 2015

Time:

10.00 am – 5.00pm

Cost:

£850
£600 Bowlby Centre members (limited to 5 places)

Venue:

The Bowlby Centre
1 Highbury Crescent
London N1 5RN

Speaker:

Scott R Woolley, PhD

Facilitator:

EFT Development:
Angela Massucco

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

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

4 DAY EXTERNSHIP IN EMOTIONALLY FOCUSED COUPLES THERAPY

Presented by: Professor Scott Woolley, PhD

The Externship in EFT is a four-day foundation training in Emotionally Focused Couples Therapy and a pre-requisite for Core Skills training and EFT Certification. It includes an overview of all aspects of the model including steps and stages, interventions, adult attachment theory, and application of EFT with couples and families. The Externship material is taught with a variety of teaching methods including lectures, interactive discussions, experiential small group work – supported by EFT therapists, video demonstrations and 'live' couple sessions.

Who Should Attend?

We welcome applications from psychotherapists, counsellors and mental health clinicians who work with couples and those interested in doing so. This evidence-based model and training is specifically focused on EFT with couples. We highly encourage participants to read Dr Sue Johnson's *Creating Connections* (2004), the basic text of EFT, before the start of the Externship.

Brief Objectives:

Externship participants learn how to view relationship distress from an attachment perspective, help partners reprocess the emotional experiences that led to their relationship distress, help couples create new bonding events, and work with clinical impasses. Participants will learn the steps and stages of the model, interventions most commonly used, and how to work with the couple's vulnerability by deepening affect and tracking their underlying interactional pattern.

The four-day Externship in Emotionally Focused Therapy will show how by working with this attachment-based experiential person-centred and systemic model, you can work through conflict to arrive at connection. It will help you become successful in your work with couple relationships and enhance your empathy for others and strengthen your own relationships. We know from recent research (Levenson and Sandberg, 2010) that attending an EFT Externship offers a powerful and hopeful learning experience. The EFT Externship was developed by Dr Sue Johnson and other EFT Trainers over the past 15 years.

Scott R. Woolley, PhD, served for 17 years as Director of the Couple and Family Therapy Masters and Doctoral Programs at Alliant International University. He is a founder and Director of the San Diego Center for Emotionally Focused Therapy and the Executive Director of the Training and Research Institute for EFT at Alliant (TRI-EFT Alliant). He is an AAMFT Clinical Member and Approved Supervisor, and a Certified EFT Therapist, Supervisor, and Trainer.

He has trained therapists in EFT in Canada, Chili, Finland, Great Britain, Guam, Hong Kong, Ireland, Japan, Korea, Mexico, Norway, Russia, Sweden, Taiwan, The Netherlands, and throughout the U.S., and works closely with EFT founder Dr Susan Johnson.

Working with Professor Scott Woolley:

Angela Massucco UKCP ICEEFT, Attachment based Couples and Individual Psychotherapist, Helene Igwebuike BACP ICEEFT Certified EFT Therapist and Supervisor, and EFT Alliance UK.

Therapists need to be working clinically to attend the Externship.

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

4 DAY EXTERNSHIP IN EMOTIONALLY FOCUSED COUPLES THERAPY

Presented by: Professor Scott Woolley, PhD

Name:
Address:
Telephone:
Email:
Notes:

I would like ticket/s

Cost: £850
£600 – Bowlby Centre members (limited to 5 places)

You can book and pay online by visiting www.thebowlbycentre.org.uk/cpd/

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