Exploring the Dynamics of Attachment in Adult Life™

This is a 3 day course for professionals offering an opportunity to explore one’s own experience of attachment dynamics in the context of a confidential closed experiential group. The work will be supported by didactic input and time for reflection, application and analysis.

Dr Una McCluskey
Psychoanalytic and Systemic Psychotherapist (UKCP)

Part time Senior Research Fellow at the University of York and freelance Attachment Consultant. Author of To be Met as a Person: the Dynamics of Attachment in Professional Encounters. Karnac London, co-author of The Psychodynamics of abuse: the cost of fear, Jessica Kingsley, and joint author with Dr Dorothy Heard and Dr Brian Lake of Attachment Therapy with Adolescents and Adults: theory and practice post Bowlby 2009.

Presented with the Award for Vision, Innovation, Dedication and Achievement (VIDA) in 2004 by the Group Psychotherapy Association of Southern California in appreciation of her contribution to the field of psychotherapy.

Thursday 10th March 2016
Friday 11th March 2016
Saturday 12th March 2016

FEE: £480 for Bowlby Centre members and £525 for non-members

To be held at The Bowlby Centre, 1 Highbury Crescent, London, N5 1RN

The course will also take place in Edinburgh in December 2015

Please see www.unamcluskey.com for further details.

This course seeks to address the fact that as we work in jobs that require us to respond to the needs of others, too often we don't create the conditions to support our own personal and psychological development.

Experiences of careseeking and caregiving have their roots in infancy and shape our expectations and responses to careseeking and caregiving in adult life.

As professionals offering a service in the field of mental health and social care we will be aware of the many different ways that people express their careseeking needs, and how difficult it is sometimes to interpret these accurately and respond. People who have had contradictory experiences of caregiving will often tend to miscue professional caregivers so that any attempt at caregiving is frustrated and can end up as a frustrating experience for both parties.

The dynamics of attachment consist of several goal-corrected systems. These are careseeking, caregiving, sexuality, exploratory interest sharing with peers, the personal system for self defence, the internal supportive or unsupportive environments and the personally created external supportive environment (home/lifestyle). The theory suggests that these systems work together as a single process to contribute to and maintain maximum wellbeing. Each session will have a short didactic input on the attachment system to be explored that day, followed by two experiential groups with a short break in between. There will be time to identify what people are learning, discovering or applying to their own practice. Una McCluskey has been researching attachment dynamics for many years and will seek permission from the group to continue this work.
APPLICATION FORM (LONDON – MARCH 2016)

NAME:
PROFESSION:
ADDRESS:
MEMBER OF THE BOWLBY CENTRE: *YES/NO

Tel. No: Email:

QUALIFICATIONS:
HOW LONG QUALIFIED:
GOVERNING BODY (e.g., UKCP) IF REGISTERED:
CURRENT WORK SITUATION, ROLE AND RESPONSIBILITIES:

TRAINING IN INDIVIDUAL, GROUP OR FAMILY THERAPY:

EXPECTATION OF THE COURSE:

HOW YOU EXPECT TO USE WHAT YOU LEARN:

HOW DID YOU HEAR ABOUT THE COURSE?

Applications Assessed on a First Come, First Served Basis
Please complete and return to:
info@unamcluskey.com
Phone 01759 302104 07747 568562

Cancellation Policy: Cancellations within a month of the start of the course will be subject to 10% cancellation fee.