



**THE BOWLBY
CENTRE**

**TWENTY SECOND
JOHN BOWLBY MEMORIAL CONFERENCE 2015
UNLOCKING PAIN - DISRUPTED ATTACHMENT
AND CHRONIC PHYSICAL PAIN**



**Dr Frances Sommer Anderson
Dr David Clarke
Professor Stephen McMahon
Dr. Patrick Luyten
Sarah Benamer**

**Saturday 25 April 2015 - Institute of Child Health London
and**

**Special Clinical workshop with Dr. Frances Anderson
Sunday 26th April 2015, 10am to 1pm**

At The Bowlby Centre, 1 Highbury Crescent, London N5 1RN

Programme

Saturday 25th

Chair of Conference: Sir Richard Bowlby

9.00 am

Registration & tea/coffee

Chair of the day: **Andrew Odgers**

9.30 am

A welcome to the conference from the **Chair of the Bowlby Centre** and **Sir Richard Bowlby, Patron of the Bowlby Centre**

9.40 am

Solving medical mysteries: Stress and unexplained symptoms

Speaker: **David Clark MD**

10.30 am

Discussion

10.45 am

Refreshment break & tea/coffee

11.00 am

Introduction to the memorial lecture's speaker by **Jane Parkinson**

11.05 am

The John Bowlby Memorial Lecture:

"It Wasn't Safe to Feel Angry": Disrupted Early Attachment Bonds and the Development of Chronic Pain

Speaker: **Frances Anderson PhD**

12.00 pm

Discussion

12.30 pm

Refreshment break

12.40 pm

Genetics and Epigenetics of Chronic Pain

Speaker: **Professor Stephen McMahon, FMedSci, FSB**

1 20 pm

Discussion

1.30 pm

Lunch break & tea/coffee

2.30 pm

A shared language of pain?

Speaker: **Sarah Benamer**

3.15 pm

Discussion

3.30 pm

Refreshment break

3.40 pm

The key role of attachment in the understanding and treatment of chronic pain and fatigue: New developments

Speaker: **Patrick Luyten PhD**

4.30 pm

Discussion

4.45 pm

End of Conference: **Andrew Odgers**

Sarah Benamer

Sarah Benamer is an Attachment Based Psychoanalytic Psychotherapist (UKCP) who works relationally with individuals and couples. She originally trained with The Bowlby Centre where she is an approved supervisor and training therapist. She has subsequently undertaken a College of Sexual and Relationship Therapists (COSRT) psychosexual and relationship training. Prior to becoming a psychotherapist she was a community worker, employed primarily as an independent advocate. She has worked extensively with those in crisis within the NHS psychiatric system, and with individuals in chronic pain, with long-term illness and severe physical disabilities. Sarah has a particular interest in attachment and the body, and the very specific ways in which our bodies are engaged by our individual emotional narratives over the course of our lifespan, and how in a relational therapy both the therapists and clients bodies are the terrain in which the therapeutic endeavour unfolds. In addition to therapeutic training she has an MA in Applied Anthropology. She writes about her clinical work. Articles include: *Killing Me Softly - A Relational Understanding of Attachment to Pain* (ATTACHMENT, 2008), *Engendered and Embodied Intimacies* (2012). Publications include: *Attachment and Trauma* Edited with Kate White (Karnac, 2008), *Telling Stories?: Attachment Based Approaches to the Treatment of Psychosis* (Karnac, 2010).



Frances Sommer Anderson

Psychologist Frances Sommer Anderson, PhD, SEP searched the psychoanalytic literature in 1979 while learning to treat John E. Sarno, MD's pain patients at Rusk Institute-NYU Langone Medical Center. She resonated with Winnicott and Krystal. McDougall became a cherished mentor and consultant who encouraged her to write. While an advanced psychoanalytic candidate, Lewis Aron invited her to co-edit *Relational Perspectives on the Body* (1998), a groundbreaking volume bringing the body back into the psychoanalytic consulting room. Elaborating her treatment of Ellen, she illustrated a relationship between dissociated affect and the development of chronic musculoskeletal back pain. Tracking the development of the analytic relationship - its possibilities and perils - her passion and perseverance are palpable as the analytic couple searches for relief from pain by integrating and regulating affect. In *Bodies in Treatment: The Unspoken Dimension* (2008) Anderson wrote about a 30 year period of being an analysand who was simultaneously experiencing bodywork adjunctively. Discovering in bodywork that the origin of her chronic headaches could be traced to pre-, peri-, and post-natal trauma, she now understood vividly her vulnerability to difficulties with affect regulation and sensitivity to disrupted attachments: She, too, was a pain patient. Anderson, certified in 2011 as a Somatic Experiencing Practitioner, is studying with Kathy Kain and Stephen Terrell about the impact of early trauma on Somatic Resilience. In 2013, Anderson co-authored *Pathways to Pain Relief* with Eric Sherman, PsyD.



Patrick Luyten

Patrick Luyten, PhD, is a Reader at the Research Department of Clinical, Educational, and Health Psychology at University College London, London (UK) and Acting Director of the PhD in Psychoanalytic Studies programme. He is also Associate Professor and Director of the Psychoanalysis Unit at the Faculty of Psychology and Educational Sciences, University of Leuven (Belgium). His research interests focus on depression, chronic fatigue syndrome and fibromyalgia. In this context, he is also interested in the processes involved in the intergenerational transmission of these disorders, and in the role of early adversity in particular. He is also involved in studies on mentalization-based treatment of patients with borderline personality disorder, as well as in more basic research concerning (parental) mentalization. He has published on the relationship between mental health and religion and on the epistemological status of psychoanalysis. He is a Visiting Professor at the Yale Child Study Center, New Haven (USA), and member of the Evaluation of Research Proposals and Results Subcommittee of the International Research Board of the International Psychoanalytical Association (IPA).



David D. Clarke, MD

David D. Clarke, MD is President of the Psychophysiological Disorders Association. He is also Assistant Director at the Center for Ethics and Clinical Assistant Professor of Gastroenterology Emeritus both at Oregon Health & Science University (OHSU) in Portland, Oregon, USA. He is also Associate Faculty at Arizona State University. He is board-certified in Gastroenterology and Internal Medicine and practiced Gastroenterology in Portland from 1984 to 2009. During this time he interviewed over 7000 patients afflicted with illness not explained by diagnostic tests. He learned to uncover and treat the psychosocial problems responsible for symptoms in these patients (often linked to attachment issues), in many cases after other physicians had given up.



Professor Stephen B. McMahon

Professor Stephen B. McMahon is Sherrington Professor of Physiology at King's College London, and a Fellow of the Academy of Medical Sciences. Professor McMahon's major research interest is pain mechanisms. He is actively engaged in work ranging from molecular biology to electrophysiology to human psychophysical studies. His current research is focused on neuro-immune interactions, particularly the neurobiology of chemokines, and the genetics and epigenetics of pain. Professor McMahon directs the London Pain Consortium, a collection of leading researchers in London and Oxford working to better understand chronic pain mechanisms and improve treatments. He is also the academic lead on a EU-IMI consortium called Europain, a collaboration of scientists working in academia and industry. He has a second major research interest, relating to repair of the damaged spinal cord, specifically the study of neuroprosthetic devices in neural repair.



UNLOCKING PAIN - DISRUPTED ATTACHMENT AND CHRONIC PHYSICAL PAIN

'Why do some patients keep coming back? Have you ever found yourself wondering this? As psychotherapists we are familiar with the concept that physical symptoms are often linked to emotional factors. The cost to the NHS of not recognising the psychophysiological origins of unexplained pain disorders is enormous, as patients are passed from one medical specialty to another to investigate the cause of their pain, leading to lengthy investigations and unsuccessful treatment.

The aim of this exciting conference is to bring medical and mental health professionals together to explain and explore the concept that puzzling physical pain may be the result of attachment difficulties, including disrupted attachment relationships and traumatic experiences. Bringing together contributions from psychotherapy, neuroscience and medicine, we will explore how an understanding of early disrupted attachment, including fear of abandonment, can alleviate chronic physical pain through the therapeutic process.

This year's John Bowlby memorial lecture is given by Dr Frances Sommer Anderson, psychotherapist, who has worked with the back physician Dr John Sarno at the Rusk institute, New York. Dr Sarno's research on the psychophysiological origins of pain disorders and his development of a psychotherapeutic method embracing the position that psychophysiological disorders (especially musculoskeletal pain) can originate from psychological experiences as a means to protect an individual from unbearable emotional distress has been particularly groundbreaking. Dr Anderson's work has led her to encounter residues of prenatal, perinatal and postnatal emotional trauma and attachment difficulties in the first two years of life within those suffering physical pain. She has been instrumental in bringing medical practitioners and mental health professionals together to discuss the attachment based approach.

Dr David Clarke will bring a broad medical perspective from his own experience as a physician, whilst Professor Stephen McMahon will present us with the latest research findings on the epigenetics of chronic pain. Dr. Patrick Luyten will present from the perspective of attachment and mentalization-based approach. Bowlby Centre Psychotherapist and Supervisor, Sarah Benamer, will be considering how we forge psychotherapeutic relationships in painful terrain and exploring pain from a relational and attachment based perspective.

Booking Form

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

Name

Address

Telephone

Email

Training/
Background

Where did you hear
about this conference?

Please send me a ticket for the John Bowlby Memorial Conference 2015

I am paying for myself

£160

I am a member of The Bowlby Centre

£90

I am funded by an organisation

£200

Concessionary ticket (limited to 20)

£90

I am applying for a concessionary ticket (limited to 20) @ £90 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.**

The Bowlby Centre

Promoting Attachment and Inclusion

Founded in 1976, the Bowlby Centre is a training centre for Attachment-based Psychoanalytic Psychotherapy. It promotes attachment and inclusion.

It provides:

- A five year (+) part-time psychotherapy training accredited by the UKCP.
- A psychotherapy referral service, including the low cost Blues Project for those frequently excluded from long term therapy.
- Short courses on Clinical Practice using the perspective of Attachment Theory and our psychotherapists' expertise in working with trauma, abuse and dissociation.
- It publishes a professional journal called "Attachment: New directions in Psychotherapy and Relational psychoanalysis" and other publications, such as the conference monographs, in order to further thinking and development in the field of attachment.

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.

Cover: 'The pain of separation', by Ishrath Humairah, reproduction authorised by the artist.

Patrons: Sir Richard Bowlby and Dr. Elaine Arnold

Trustees: Jamie Harvey-Douglas, Prue Norton and Jeremy Rutter

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The John Bowlby Memorial Lecture

John Bowlby died in 1990 after a lifetime dedicated to the development of our understanding of the importance of human attachment in all our lives and in the lives of children in particular. In 1993 The Bowlby Centre, launched the John Bowlby Memorial Lecture. Colin Murray Parkes, a longstanding colleague of John Bowlby, was the first lecturer. Others since have included key contributors to attachment theory such as Mary

Main, Jude Cassidy, Peter Fonagy, Sir Michael Rutter and Giovanni Liotti. Significant figures from neighbouring disciplines include Daniel Stern on infant development and Amanda Jones on parent - infant psychotherapy. Allan Schore, Judith Herman, Bessel van der Kolk, Sandy Bloom and Pat Ogden on the links between trauma, attachment and neuroscience. The lecture has also been given by relational psychoanalysts Stephen Mitchell, Beatrice Beebe, Susie Orbach, Jody Messler Davies, Kimberlyn Leary, Arietta Slade, and by addictions psychiatrist Prof. Edward Khantzian, all whose work is informed by attachment theory. We are delighted to welcome all our speakers to the twenty second John Bowlby Memorial Conference. A monograph will be created containing all the talks from this conference.

Information

Venue	Institute of Child Health, University College London, 30 Guilford Street, London WC1N 1EH
Refreshments	Tea/coffee and light lunch provided
Transport	Russell Square and Holborn - Piccadilly line
Access	The building is wheelchair accessible
Booking form	Please return the form to: Carol Tobin, Conference Administrator, 10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR. To download a Booking form or book and pay online please visit www.thebowlbycentre.org.uk . For more information, phone Carol on: 07764 497104 or email her at carol.tobin@thebowlbycentre.org.uk .
Ticket Prices	Individual £160, Organisation funded £200, Bowlby Centre member £90, Concessions £90 (limited to 20 places)
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

Special Clinical workshop with Dr. Frances Anderson

Sunday 26th April 2015, 10am to 1pm

At The Bowlby Centre
1 Highbury Crescent, London N5 1RN



Using Experiencing the Pain Matrix ®, Dr. Anderson's experiential teaching process, the significant impact of early experiences of being in physical pain will be explored through silent guided meditation exercises. Participants will learn about the complex subjective experience of "pain", which is comprised of sensations, emotions, and cognitions/beliefs. Discussion following these exercises will integrate contemporary research on the interpersonal neurobiology of pain, elucidating the concept of "learned neural pathways", and underscoring the impact of disrupted early attachment bonds on the development of chronic pain. Dr. Anderson will teach simple techniques for helping people in pain begin to self-regulate, thereby facilitating their capacity to identify and tolerate dissociated affects associated with the development of their chronic pain.

This event is an experiential seminar for up to 25 attendees only and is open to the John Bowlby Memorial Conference 2015 delegates only.

Tea, Coffee and biscuits provided Cost: £ 45 CPD: 3 hours CPD certificate provided