



**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:

3<sup>rd</sup> and 4<sup>th</sup> December 2016

### Time:

10.00 am – 4.00pm

### Cost:

£500 per couple

**Maximum of eight couples**

### Venue:

The Bowlby Centre  
1 Highbury Crescent  
London N1 5RN

### Speaker:

Presented by: **Angela Massucco**:  
Attachment based Couples &  
Individual Psychotherapist UKCP;  
**Helene Igwebuike**: Certified EFT  
Couples Therapist & Supervisor  
BACP;

### 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.

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

## HOLD ME TIGHT

### BOWLBY CENTRE, LONDON, UK

### An interactive Emotionally Focused Couples Therapy workshop - creating resilience, emotional depth and trust in long term relationships

#### The Hold Me Tight: Conversations for Connection

This is an interactive relational education programme for couples based on the book *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson, the founder of Emotionally Focused Couples Therapy (EFT). This experiential workshop comprises a weekend of deep engaging conversations that help couples develop more openness, responsiveness and trust in each other that transforms long term relationships.

Our aim:

You will learn to understand and change the negative relational dance that keeps you apart and causes conflict. Shape a more secure loving bond based on open intimate dialogues. To begin a transformative healing experience and to bring back aliveness, emotional intimacy, sexual connection and joy in your relationship.

This workshop is offered to Psychotherapists, Counsellors, Psychologists and their partners: for a maximum of eight couples (sixteen participants) to ensure a safe space for every couple to be supported by EFT therapists in connecting with each other. Each couple will be given time and support to process their emotional responses to the shared exercises and watch video clips of couples taking part in Hold Me Tight sessions with Dr. Sue Johnson.

**Angela Massucco** is an Attachment based Psychoanalytic Psychotherapist UKCP and trained at Bowlby Centre. She is an Emotionally Focused Couples Therapist and holds an Adv Dip in Couples & Psychosexual Therapy and a Psychosexual Certificate with TCCR. She is also an Art Therapist BAAT. Her experience of EFT, and Diana Fosha AEDP Training has impacted deeply personally and professionally with these experiential models that believe emotional intimacy is at the core of a rich relationship. Angela is in full time practice at Number 42, The Complete Psychotherapy Practice, London Bridge.

**Helene Igwebuike** is a certified Emotionally Focused Therapist and Supervisor approved by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). Helene uses an integrative model incorporating elements of Person-centred, Systemic Practice, Psychodynamic and Cognitive Behavioural Therapy (CBT), while specialising in Emotionally Focused Therapy (EFT), which focuses on accessing emotions and facilitating heart-to-heart conversations that create a safe and secure relationship. Helene's practice is based in Enfield, King's Cross and online Skype sessions.

Attendance at this workshop will also enable therapists to facilitate Hold Me Tight Workshops.

### 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

### HOLD ME TIGHT

**BOWLBY CENTRE, LONDON, UK**  
**3<sup>rd</sup> and 4<sup>th</sup> December 2016**

Name:
Address:
Telephone:
Email:
Notes:

I would like ..... ticket/s

**Cost:** £500 per couple

You can book and pay online by visiting [www.thebowlbycentre.org.uk/cpd/](http://www.thebowlbycentre.org.uk/cpd/) or contact Carol Tobin at [carol.tobin@thebowlbycentre.org.uk](mailto:carol.tobin@thebowlbycentre.org.uk)

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**