

# the bowlby centre

promoting attachment and inclusion

# Attachment



**In This Issue:**

- Attachment Theory in the Clinical Dialogue with Farouk M. El-Khatib and Carolina
- Pathways to Pain Relief from a Somatic Perspective
- Psychological Aspects of Attachment: A Perspective
- "You're Not Too Late for Someone Like Me": Attachment Based Psychological Interventions at Sixty-seven
- A Letter to the Editor



## New Directions in Psychotherapy and Relational Psychoanalysis



## in Psychotherapy and Psychoanalysis



## annual report 14/15

THE BOWLBY CENTRE

presents

## AUTUMN CONFERENCE 2014 ATTACHMENT, MEMORY LOSS and AGEING

**Speakers:**

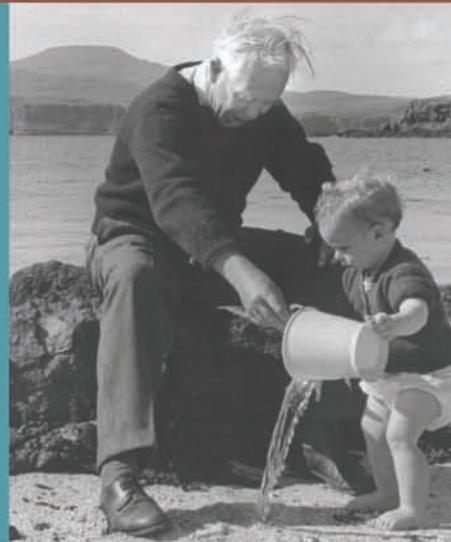
- Richard Bowlby
- Angela Cotter
- Susie Henley
- Hazel Leventhal
- Anastasia Patrikiou
- Pam Schweitzer
- Kate White

Special Guest: Sara Kestelman

# Attachment

**In This Issue:**

- John Bowlby's Last Interview
- Remembrances of John Bowlby
- The Importance of the Bowlby's Current External Social Network
- The Dynamics of Caring and the Responsibility of Professionals to Intervene: Ways to Support Well-being
- Attachment and Adversity



## New Directions in Psychotherapy and Relational Psychoanalysis

John Bowlby 1907-1990  
20th Anniversary Issue - Part One  
Volume 9 | Number 2 | July 2013

# vision

Our vision for our organisation is:

- Of The Bowlby Centre as a world-class centre for attachment based therapy, research and outreach.
- Of The Bowlby Centre as a welcoming home in London for our work with paid staff in key areas.
- Of The Bowlby Centre with a clear identity which gives legitimacy and recognition.
- Of The Bowlby Centre as a centre for developing thinking.

# mission

In order to achieve that vision, The Bowlby Centre undertakes the following:

- The Bowlby Centre will provide accredited training to those wishing to be attachment-based psychotherapists.
- The Bowlby Centre will provide an attachment-based referral service and clinic especially to the excluded and unattached.
- The Bowlby Centre will develop other training provisions, especially those aimed at giving an attachment orientation to other professionals.
- The Bowlby Centre will develop an outreach provision aimed both at encouraging policy makers to heed attachment issues and at developing general attachment-based emotional literacy.
- The Bowlby Centre will contribute to research from its experience of attachment-based practice.

# values

The Bowlby Centre mission will put into action the following agreed values.

- The Bowlby Centre believes that mental distress has its origin in failed and inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in the real world and impacted upon by poverty, discrimination and social inequality. The impact of the social world will be part of the therapy. Psychotherapy should be available to all, and from an attachment-based psychoanalytic perspective, especially those discriminated against or described as “unsuitable” for therapy.
- Psychotherapy should be provided with respect, appropriate boundaries, 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 must have their reality acknowledged and not pathologised.
- The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organisation share the responsibility for anti discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.



# Contents and Introduction

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## AN INTRODUCTION FROM THE CHAIR OF TRUSTEES

I am pleased to report that the Bowlby Centre has made great strides over the last year - a period in which the administration has changed quite considerably. Mark Linington has provided the much needed stable foundation on which the Executive Committee has risen to the challenge of managing the day to day running of the Centre ably supported by Carol Tobin and Yvonne Settle.

Although we are now in a much better financial position than was the case 12 months ago it is vital that momentum is maintained and we continue to keep a close eye on expenditure ensuring we obtain value for money so we are able to build up our reserves again. There are still projects that we would like to undertake in the future but we first need the financial security to be able to tackle these with confidence.

I would like to thank my fellow trustees for their support and vital assistance this year. Michael and Cathy have brought a fresh approach to proceedings and have taken the lead in putting the finances in sound order. Both Janie and Prue have provided insight to enable the trustees to consider properly different aspects of challenges we have had to deal with.

It is extremely important that others put themselves forward for consideration as new trustees so that fresh input is maintained.

**Jeremy Rutter (Chair of Trustees)**



## ***This Year at The Bowlby Centre***

### **• ANNUAL REPORT 2015**

I am very pleased with some of the important developments we have achieved together in the organisation this year. As Jeremy has stated above, a very important piece of work has been our concerted efforts to re-establish a significantly more secure financial position. This has involved hard work from many in the organisation and we still have some essential work to do. We need to ensure that we have the personnel, systems, and income generation to not only maintain our financial security, but also to put ourselves in a sound enough position to continue to develop as a creative attachment-based organisation. The Executive and the Trustees have continued to reflect on how they function: we have been considering carefully what knowledge and skills we need, and how we can develop our ways of planning and working together. I think we have worked well as a team – the Executive and the Trustees – with a clear focus on the health and well being of the organisation for its members and students. I want to take this opportunity to thank the Executive team for the hard work they have put both into their different areas of focus and into the general, and often complex, issues we face as a psychotherapy training organisation. The Executive team are: Sue Berger, Policy Director; Andrew Hill, Membership Committee; Serena Jenks, Referrals Committee and Tori Settle, Clinical Training Committee. My thanks to them, and my thanks as well to all those members and students who work very hard on the different committees and groups. I appreciate the sustained thought and effort you are contributing to The Bowlby Centre.

In addition to these important achievements, some other key accomplishments in the organisation have included:

- The putting into place of more effective systems for the management of tasks (e.g. room booking, booking courses, collecting fees)
- The development of the Executive team
- The delivery and development of the 4-year clinical training, including a new element of attachment-based group work.
- The development of the range of short courses we provide
- The delivery of the clinical forum, including the continued opening up of the forum to external participants.
- The delivery of two major conferences
- The continued provision of our low cost referrals and assessment service.

Some of these developments are described in more detail in the report below.

Further areas in which we want to continue to develop over the coming year include:

- To continue to develop our financial systems to make sure we make excellent use of the resources we have.
- To develop our web identity and how we make use of various online means of communication.
- To continue to develop the building into a place that is good for clinical practice and teaching.
- To continue to bring in members and students to make different contributions to the development of the organisation.
- To develop our relationship with other organisations

The organisation continues to be run to a very great extent on a voluntary basis. Members, students and trustees give considerable thought, time and effort to the running and development of the organisation and I am very grateful that people are willing to give so much in this way. I want to encourage more members and students to come forward to play a part in the community of our organisation. There are many areas of work which would benefit from increased involvement. Every contribution is of real value.

**Mark Linington**

**Chair of the Executive Committee**



# ***This Year at The Bowlby Centre***

## **Our Clinical Training**

We are delighted to welcome eight new trainees to the taught course this year as our clinical training continues to develop and thrive. I am pleased to say that we are back to our full complement of 4 Intake Year Groups.

For the first time we have offered a bursary placement and a conversion placement on the course. The conversion course is essentially an 'opting out' of seminars that have been completed in detail on a former training and is only offered to clinicians who are already fully qualified and already registered with another body. We continue to explore the usefulness of creating University links.

One of the biggest changes to the training this year is the inclusion of a new attachment based experiential group for the 4th years. This is a pilot group and will be reviewed in some depth before potentially rolling it out to other Intakes.

## **Clinical Training Committee**

The CTC, with Tori Settle as Chair, continues to work hard to guide and support our trainees through the training process from application through to registration. The course tutors put in an enormous amount of work both to develop and maintain fair procedures and to address ongoing issues from teachers and students alike. The committee is currently carrying out a major review of the assessment criteria for Psychotherapist in Training and Registered Psychoanalytic Psychotherapist.

## **Referrals Committee**

This group supports the Referrals Chair in processing all the assessments of individuals seeking therapy with therapists from The Centre. It strives to provide the most suitable therapist for the individual seeking help.

## **Research**

Our research project was put on hold over the last year, as we needed to address our financial position. Now that we are in a more secure position financially, we are looking to restart this project this year. The project intends to continue to research two areas: one looking at the impact of outcome measures on the psychotherapeutic process and a second at the impact of attachment-based psychotherapy on the attachment style of clients.

## **TAG and CDG**

TAG, the Teacher Appointment Group, have continued to strengthen the quality of our teaching team and are delighted to welcome more professionals from outside the centre. This has enabled the centre to forge more links with other training organisations and also to inject some new ways of thinking about our own culture. We are also delighted to have seen some of our own members developing their teaching roles and we are committed to having a good balance of both internal and external teaching staff so that we can deliver a curriculum that is both diverse and cohesive.

The Curriculum Development Group, Nicola Bainbrigge, Debbie Zimmerman, and Jennifer Rodriguez have been developing a new strand to the life cycle part of the training, focusing on adulthood and liaising with external consultants around improving the multi-cultural aspects of the course material.

The two groups plan to merge in the coming year so that the teachers and the group can work more closely to develop the curriculum further. The main aim for 2016 is to introduce more current thinking in to the programme and to review the overall cohesiveness of the course to ensure that the psychoanalytic, the attachment and the emphasis on diversity in all of its forms runs as a coherent strand throughout the seminars.

## **Administration**

After many years with us Gary has moved on to other things, and we have developed a new team with Carol and Yvonne undertaking the administration for the centre. We are deeply grateful to both of them for all their immensely hard work, and to Loureen Pierce also for her bookkeeping.



## The Centre Developing as:

### • A FOCUS FOR REFERRALS

With the wealth of information now available on the internet, members of the public are increasingly proactive in finding their own therapists. This summer, we placed the Therapy Application process up on the Bowlby Centre website, and potential clients can now seek attachment-based psychoanalytic psychotherapy via our website as well as by phone, email and post. This creates a faster process for enquirers and we can turn around the application process more quickly.

The Referrals Team has been working to match new clients with the most appropriate therapist for their specific needs, and to provide our trainees with the long-term clients they require for their training. Consideration is being given to ways of improving the service for our members, and making good links throughout the organisation.

We continue in our strategic partnership with the Yellow Heart Trust ([www.yht.org.uk](http://www.yht.org.uk)), who generously part-fund some of our low income psychotherapy work. We are grateful to our Membership and Students for continuing to make low cost therapy and Blues Project therapy available within their practices.

France Couelle, Andrew Hill, Serena Jenks, Dorothy Plaskett, and Teresa Warr

### • A FOCUS FOR INFORMATION AND TRAINING FOR PSYCHOTHERAPISTS AND HEALTH PROFESSIONALS

#### Publications

##### Journal

The Bowlby Centre oversees the publication of the journal *Attachment: New Directions in Psychotherapy and Relational Psychoanalysis* to promote an attachment-based approach to relational psychotherapy and work in mental health services. This includes leading edge research and clinical practice from contributors working in diverse contexts and with our values both from the UK and from around the world. Kate White (editor) and Orit Badouk Epstein (associate editor) working together with the journal team, Kate Brown, Emerald Davis, Yvonne Forward and Gulcan Sutton Purser are expanding the subscription base and range of international contributors. The journal is published by Karnac Books three times a year.

A major development has been the presence of the journal on-line from January 2014, including all volumes from 2007 up to the end of 2012. This is under the auspices of Psychoanalytic Electronic Publishing (PEP Web). The more recent volumes will be available as a set of contents and summaries but people will have to subscribe to the journal to get the latest volumes. Publication on PEP Web has been a very important step in our international presence since it is a major resource used by writers, researchers and clinicians in the psychotherapy field. The Centre's website page dedicated to the journal has been redesigned to show the beautiful range of covers so carefully selected by the team as well as the contents pages, and the editorial for every issue.

##### John Bowlby Conference Monographs

The Centre also produces a series of monographs based on the papers given at the John Bowlby Memorial Conferences, Kate White is the series editor. To date these include eight volumes: *Touch, Attachment and the Body*; *Unmasking Race, Culture and Attachment in the Psychoanalytic Space - What do we see? What do we think? What do we feel?*; *Sexuality and Attachment*; *Trauma and Attachment*; *Shattered States - Disorganised Attachment and its Repair*; *Terror Within and Without, Clinical Work on the Edge*; *From Broken Attachments to Earned Security - The Role of Empathy in Therapeutic Change* and *Talking Bodies: How Do we Integrate Working with the Body in Attachment and Relationally informed Psychotherapy?* *Addictions from an Attachment Perspective: Do Broken Bonds and Early Trauma Lead to Addictive Behaviors?*

Three other titles are in preparation, namely *The Couple in the Room, the Couple in Mind: Reflections from an Attachment Perspective*; *Exploring Attachment, Memory Loss and Ageing* and finally *Unlocking Pain: Disrupted Attachment and Chronic Physical Pain*.

The range of articles in these monographs and in the journal provide a rich and unique resource for students, clinicians and researchers working in the world of in the attachment and relational approaches to psychotherapy. All of these are published by Karnac.



## The Centre Developing as:

### Other publications

Our other publications include, *Telling Stories? Attachment based Approaches to the Treatment of Psychosis* edited by Sarah Benamer and *Ritual Abuse and Mind Control - The Manipulation of Attachment Needs*, co-edited by Orit Badouk Epstein, Rachel Wingfield Schwartz and Joseph Schwartz.

## • A FOCUS FOR DEVELOPMENT AND TRAINING

### Professional development courses and Activities

#### Short courses

The Centre continues to develop our programme of short courses aimed at supporting attachment based psychoanalytic practice and aimed at helping practicing psychotherapists, counsellors and health care professionals and others to learn and incorporate attachment based psychoanalytic understandings in their work. These support both our own members and professionals from other trainings and related professions.

#### September 2014

**Soothing Complex Trauma** - with Dr Isha Mckenzie-Mavinga, Mike Shiner, Prof Antonia Bifulco, Richard Curen, Richard Gill, Dr Alessandro Colasanti, Sir Richard Bowlby, Dr Bob Johnson, Mary Sue Moore and Valerie Sinason.

#### October 2014

**Attachment in Clinical Practice short course** – with Orit Badouk Epstein.

#### October 2014

##### Emotionally Focussed Therapy

**An Experiential Introduction to EFT** with Angela Massucco and Dr Justin Grayer.

#### November 2014

**Meeting the Challenges of Dissociation** with Orit Badouk Epstein, Graeme Galton, Adah Sachs, Valerie Sinason and Judy Yellin.

#### January 2015

**Attachment Narrative Therapy** with speakers Dr Arlene Vetere and Professor Rudi Dallos.

#### May 2015

**Emotional Intimacy and the Sexual Relationship:** an EFT Perspective with Angela Massucco and Dr Justin Grayer.

#### June 2015

**Attachment Theory in Clinical Practice** with Orit Badouk Epstein

##### Attachment Theory in Clinical Practice short course

In 2015 Orit Badouk-Epstein ran two different formats of The Attachment short course; The June one is over two weekends and the autumn course is over 10 weeks. Both formats were very successful and participants felt enriched by the experience. Many of the participants showed eagerness and enthusiasm to know more and expressed a wish for more advanced modules on attachment theory in practice. Here is some of the written feedback:

- "An interesting and enlightening course"
- "The course can feel triggering to one's attachment system, I did however feel safe and contained by the course tutor"
- "Illuminating, excellent hands on and standards of teaching".
- "Attachment theory has clearly had a transforming and life affirming impact on me."



## The Centre Developing as:

### Working with Dissociation in Clinical Practice

This professional development short course is aimed at professionals who work with severe mental distress. A review of this course said:

“The capacity to separate oneself from a certain aspect of our experience can be an invaluable defence against pain, be it physical, sexual or emotional. At its extreme, however, dissociative disorders (and in particular Dissociative Identity Disorder, DID) presents us practitioners with a highly complex and disturbing clinical picture of trauma, suffering and splits, as well as with the most creative survival and adaptive choices. Extreme defence mechanisms which may resemble schizophrenia at times, personality disorders at other times and an array of complaints, symptoms and somatisations at yet others make therapeutic relationships challenging at the best of times. The course, enriching us with a variety of top-of-the-notch presenters offered a possible way in. Attachment perspectives correlate these painful presentations with disorganised attachment, hence supplying us clinicians with some hope, and scope of working safely with severe dissociation.”

We will be developing an extension module to this in the coming year, to include other aspects of these complex disorders.

### Clinical Forum

The Clinical Forum is a learning and sharing experience where students, pre-registered trainees and members of the Centre and invited speakers meet to present and discuss their clinical work. It is a regular monthly meeting where all of The Bowlby Centre community are able to meet and exchange ideas and discuss good practice. The students are asked to attend at least three clinical forums annually. It's a two hour forum where the Speaker and Discussant talk, then general discussion takes place. The speakers are chosen with the aim of covering a variety of subjects.

### Continuing Professional Development

Continuing Professional Development is a requirement for all our Registered Members. This is a way of ensuring standards of practice and of helping all of The Bowlby Centre's (circa)100 registered therapists to keep abreast of developments in the theory and practice of Attachment Based Psychoanalytic Psychotherapy, and, through committee work and involvement, participate in the continuation and development of our organisation.

### The John Bowlby Memorial Conference 2015

The 2015 Conference explored the theme of *Unlocking Pain-Disrupted Attachment and Chronic Physical Pain*. The focus was to explain and explore the concept that puzzling physical pain may be the result of attachment difficulties, including disrupted attachment relationships and traumatic experiences.

Our keynote guest speaker, Dr Frances Sommer Anderson, outlined how disrupted early attachment bonds can cause the development of chronic pain. Her lecture illustrated the relationship between dissociated affect and the development of chronic pain. Other speakers such as Dr David Clarke presented the concept of stress and unexplained medical symptoms, having interviewed 7000 patients afflicted with illness not explained by diagnostic tests. Professor Stephen McMahon also spoke about genetics and the epigenetic of chronic pain, his current research is focuses on neuro-immune responses. Sarah Benamer spoke of a relational understanding of attachment to pain. Dr Patrick Luyten talked about the role of attachment in the understanding of chronic pain and fatigue, focusing on mentalization based treatment.

### Conferences

In the Autumn of 2014 we held a very important and ground breaking conference entitled *Exploring Attachment, Memory Loss and Ageing*. Our speakers included members of The Bowlby Centre with experience in this field in addition to Pam Schweitzer, Sir Richard Bowlby, Sarah Kestelman, Angela Cotter and Sue Henley. The event sparked an important discussion in this field foregrounding the significance of how an attachment understanding can contribute to the wellbeing of those living with dementia and their families.

### Clinical Training for Psychotherapists

The Centre continues to offer a 4 year part time taught course as part of the 5 - 7 year, clinical training at post graduate level in attachment-based psychoanalytic psychotherapy leading to registration with the United Kingdom Council for Psychotherapy (UKCP). Our training is reviewed and approved, and our graduates are registered by the UKCP. We have recruited well for 2015, and we already have a number of potential candidates for 2016. Students come from many different occupations and are attracted to the Centre primarily because they feel aligned to our values and they want to learn more about attachment.



## The Centre's Organisation

The governance of The Centre reflected in this report is carried out in accordance with The Centre's Memorandum and Articles of Association (amended 4 October 1996). These are available in full from the Centre on request.

### • GOVERNANCE STRUCTURE OF THE BOWLBY CENTRE

Governance and management of the Bowlby Centre is carried out by the Executive Committee overseen by the Trustees  
Clinical Training and CPD is overseen, monitored and supported by the Clinical Training Committee which is made up of the Chair, Vice Chair, Course Tutors, Intake Co-ordinator, and Executive Committee Representative

Referrals are managed by the Referrals Committee led by the Referrals Chair

Membership pastoral matters and other membership matters are handled by the Membership Chair

Curriculum Development is carried out by the Curriculum Development Group

Ethical issues are managed by the Ethics Committee and Policy Co-ordinator. (Complaints are now handled by the UKCP)

Conferences are organised by the Conference Planning Groups

### • TRUSTEES

#### Janie Harvey-Douglas

Janie Harvey-Douglas has worked for over 20 years as an Occupational Therapist. For the first ten years she worked with people with acquired brain injury first in a rehabilitation setting and then in the community; she then moved to social services to work with people with a long term disability, taking a lead on housing issues. Prior to working as an Occupational Therapist, Janie trained and qualified as a Solicitor.

#### Prue Norton

Prue Norton is an Integrative Psychotherapist and Supervisor. She originally trained as a social worker, working in both the public and voluntary sector. She moved into group work and then into training for a national voluntary social work organisation. After this she was involved in training and consultancy for a company who specialised in the implementation of equal opportunities and organisation development. Having trained as a psychotherapist and qualified in 1996 she has worked in private practice with individuals both working long term and short term contracts. She worked as a staff counsellor with London Fire Brigade for 7 years where supporting firefighters after trauma was an integral part of the work. She runs supervision groups at a voluntary counselling agency as well as offering individual supervision. She is currently on the committee of a horticultural project for young adults with learning difficulties.

#### Cathy Pearman MSc

Cathy originally qualified in Jungian psychotherapy in 1978 and became a member of the Bowlby Centre in 2000.

#### Michael Pearman FCA

Michael has practiced as a Chartered Accountant, tax specialist, business and organisational consultant and trouble-shooter, forensic accountant and fund manager since qualifying in 1967. He was a partner in a large City firm before setting up his own practice.

#### Jeremy Rutter

Jeremy Rutter is a retired solicitor who has worked in private practice for 35 years as a civil litigator. He has been on management teams responsible for running the firms for which he has been a partner. He is a trustee of the David Solomons Charitable Trust which makes grants to charities concentrating on assisting those with learning disabilities. He is also the chairman of the Croydon branch of Cruse which offers bereavement counselling to those in the borough.



# The Centre's Organisation

## • COMMITTEES, GROUPS AND DEPARTMENTS

### The Executive Committee

The Executive Committee is the committee responsible for the management of the Bowlby Centre in partnership with the Trustees. It deals with the strategy for the Centre, including financial, organisational and administrative matters, training, the public interface of the Centre, marketing, organisational development, and Bowlby Centre events. It approves all new initiatives within the Centre.

Some of this work is carried out through the Committees and Groups who are represented on the Executive Committee, other work is delegated to individuals who report to the committee.

### Clinical Training Committee, CTC

The CTC is responsible for the management of the students' training course and the Continuing Professional Development of members. It sets the clinical standards required of members, training therapists, training supervisors and assessors. It is responsible for the recruitment of students. It also assesses applications for membership from registered psychotherapists wishing to join the Bowlby Centre from other organisations.

The CTC oversees the processes of registration with trainees who apply for registration during the academic year and it monitors and assesses the progress of trainees throughout the five + year training. It is responsible for managing the liaison between the training course, the Teachers Appointment Group (TAG) and the Curriculum Development Group (CDG). The CTC approves the CPD requirements for members and monitors their annual CPD returns.

### Ethics Committee (including Complaints Panel)

The Ethics Committee has 6 members. It has an independent role in investigating and mediating on complaints, grievances and disciplinary procedures in accordance with the Centre's values and handbook policies. As all psychotherapist complaints are now handled by the UKCP central complaints process, the committee has had no complaints to deal with of the type which would now be dealt with by the UKCP.

### Membership Committee

The Membership Committee function along with other pastoral matters maintaining and improving the quality of our members experience within the Bowlby by Centre. Recently we have in collaboration with the Executive and Trustees managed to lower the membership fee, and will continue to work towards securing further reductions in the future. We are able to voice members thoughts directly to the Executive, respecting confidentiality if required. We are currently developing new membership categories, working closely with the rest of the Executive.

### Referrals Committee

This group supports the Referrals Chair in processing all the assessments of individuals seeking therapy with therapists from The Centre. It strives to provide the most suitable therapist for the individual seeking help.

### Bowlby Conference Planning Group

This group plans and arranges the annual conferences. They decide on themes for the conferences, arrange speakers and manage the event.

### Continuing Professional Development Group

The CTC has a group reporting to it responsible for continuing to create and develop Continuing Professional Development policy and practice. The CPD group is responsible for developing policy associated with the requirements for Professional Development of the Bowlby Centre and with creating opportunities for the Bowlby Centre to support and encourage members' CPD activities.

### Curriculum Development Group

This group holds and develops the curriculum for the 4 year Clinical Training Taught Course ensuring that it reflects the Bowlby Centre's values, working with teachers' and students' feedback in its ongoing development of the taught course curriculum.



# The Centre's Organisation

## The Journal Group

The Journal Group is responsible to the Executive for the production and promotion jointly with Karnac of The Attachment Journal.

## Teachers' Appointment Group

The Teacher's Appointment Group (TAG) is responsible for the selection, appointment and review of teaching staff for the 4-year clinical taught course. TAG is committed to using open, transparent and fair procedures for appointing teaching staff and to providing students with a rich, diverse and satisfying learning experience. The Teacher's Appointment Group works closely with teachers and course tutors .

## Administration and Finance

Our extremely hard-working administration and finance staff at the Centre are based at the Bowlby Centre and support the various officers, committees and groups, members, teachers, trainees and students. They also manage the facilities at the Bowlby Centre.

## Centre Library

The Library is a small reference library housed at the Bowlby Centre. It contains a book collection, sets of journals, tapes, and videos. The books are mostly the gift of members including large donations by Susan Vas Dias and the late Annette Berg-Goodman. The open shelves are available for people to dip into and explore and the Centre would welcome further donations of books or materials.

## Organisational Community Meetings

There are a number of opportunities for The Bowlby Centre community to come together.

These include the monthly Clinical Forum, an Open Forum twice a year where plans for The Centre's future and current issues can be thought about, and the more formal business meetings of the Annual General Meeting and Special General Meetings where people are elected to positions and business matters discussed.

## Publicity

As well as promoting attachment theory further afield, the publicity personnel promote and advertise the centre's training, referrals service, short courses, events and the journal 'Attachment'.

## Website

The development of the Centre's new website was spearheaded by Lindsay Hamilton who worked with the designers Thomas and Riley to bring the website up to date and improve its usefulness as a publicity and communication tool. There is an internal Resource which is one of the ways that the organisation communicates with and informs its members.

# The Centre's Finances

## • THE CENTRE'S FINANCES

Extract from the Annual Accounts for the Year ended 31 July 2015 prepared by Bulley Davey (reporting Accountants) to be laid before the Trustees for signature.

### Statement of Financial Activities (including Income and Expenditure Account) for the Year ended 31 July 2015

	2015	2015	2015	2014
	Unrestricted Funds	Restricted Funds	Total	Total
	£	£	£	£
<b>Incoming resources</b>				
<b>Income resources from generated funds</b>				
Investment Income	75	-	75	72
<b>Income resources from charitable activities</b>				
Fundraising	1,289	-	1,289	(1,943)
Memberships	33,515	-	33,515	37,257
Education & Training	152,913	-	152,913	147,831
Clinical Services	21,925	-	21,925	14,926
<b>Total incoming resources</b>	<b>209,717</b>	<b>-</b>	<b>209,717</b>	<b>198,143</b>
<b>Resources expended</b>				
<b>Charitable Activities</b>				
Fundraising	1,039	-	1,039	1,765
Memberships	27,497	-	27,497	35,427
Education & Training	121,964	-	121,964	123,037
Clinical Services	27,533	-	27,533	28,130
Governance costs	6,481	4,165	10,646	26,398
<b>Total resources expended</b>	<b>184,514</b>	<b>4,165</b>	<b>188,679</b>	<b>214,757</b>
<b>Net movements in funds</b>	<b>25,203</b>	<b>(4,165)</b>	<b>21,038</b>	<b>(16,614)</b>
<b>Reconciliation of funds</b>				
<b>Total funds brought forward</b>	<b>14,815</b>	<b>18,385</b>	<b>33,200</b>	<b>49,814</b>
<b>Total funds carried forward</b>	<b>40,018</b>	<b>14,220</b>	<b>54,238</b>	<b>33,200</b>

### Continuing operations

All incoming resources and resources expended derive from continuing activities.

### Total recognised gains and losses

The company has no recognised gains or losses for the year other than the results above.

*The notes to the Financial Statements are in the Annual Report and Financial Statements, available on request from the administrator.*

# The Centre's Finances

## Balance Sheet: As at 31 July 2015

	2015	2014
	£	£
<b>Fixed assets</b>		
Tangible assets	27,653	37,026
<b>Current assets</b>		
Debtors	11,430	19,370
Cash at bank and in hand	71,138	13,294
	<b>82,568</b>	<b>32,664</b>
<b>Creditors:</b>		
Amounts falling due within one year	(55,983)	(36,490)
<b>Net current assets</b>	<b>26,585</b>	<b>(3,826)</b>
<b>Net assets</b>	<b>54,238</b>	<b>33,200</b>
<b>The funds of the charity:</b>		
<b>Restricted funds:</b>	<b>14,220</b>	<b>18,385</b>
<b>Unrestricted funds:</b>		
Unrestricted income funds	40,018	14,815
<b>Total charity funds</b>	<b>54,238</b>	<b>33,200</b>

For the financial year ended 31 July 2015, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

# The Centre's Finances

## Financial Review 2014 - 2015

### Principal Funding Sources

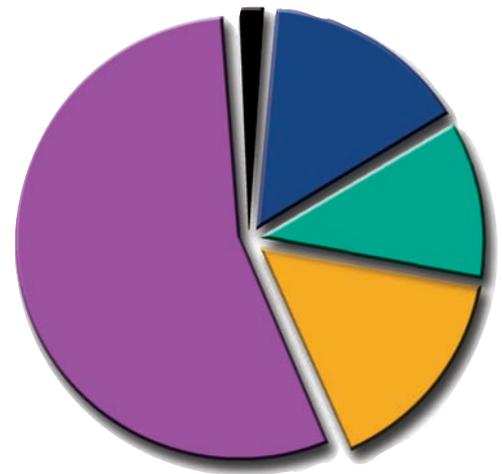
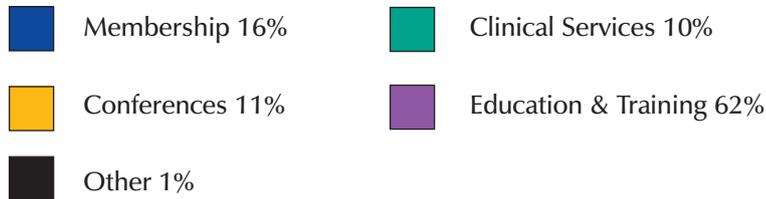
The Charity received a total income of £209,717 during the year, with the main sources of funding being Clinical Training Fees (62%), Membership Fees (16%), Clinical Services (10%) and Conferences (11%) and Other (1%). We are grateful to the members, students, trustees and supporters who have given up so much of their time voluntarily and enabled the organisation to continue to meet its charitable objectives.

### Reserves

The Charity's funds at 31 July 2015 total £54,238, of which £14,220 are restricted funds.

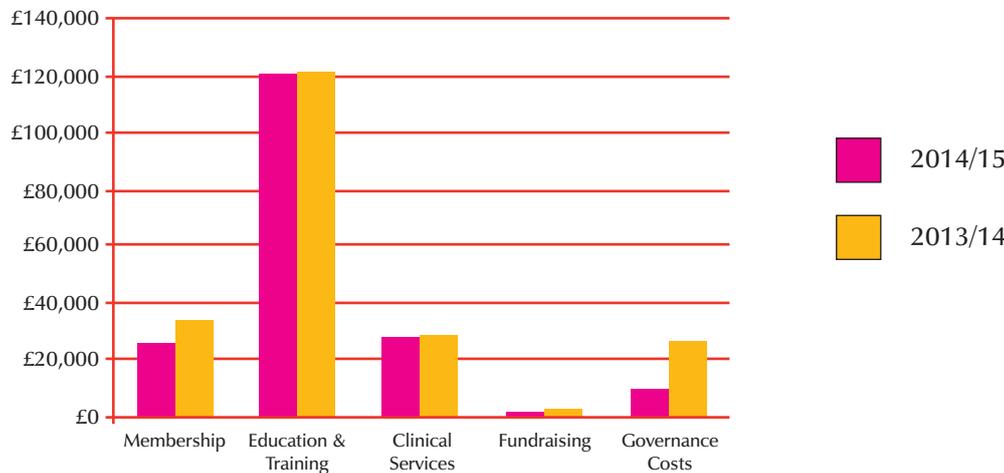
### Incoming Resources

Income for the year was £209,717 which is £11,574 higher than the previous year



### Resources Expended

Expenditure for the year was £188,679 which is £26,078 lower than the previous year. This total can be broken down as follows:



The Trustees and the Executive have been working hard on establishing increased financial security this year. We are especially grateful to Michael and Cathy Pearman for their sustained and knowledgeable help both practically and systemically with this important piece of work. We reviewed our expenditure and needs carefully at the beginning of 2015 and made a plan to re-establish the security of our position. We still have some work to do in this area. We have made some reductions to our administrative budget, frozen our honorarium and research project, improved our income systems and tightened our expenditure controls. We have generated income through two conferences, our short courses and the recruitment of a full four year intake. We are undertaking a further review of our finances as part of our organisational development plan. This will involve reflecting on how we currently use our resources, budgeting with an agreed process for particular projects, restarting our research work, establishing increased financial expertise on the Board and the Executive and continuing to develop the systems which support sound and effective financial management. The aim of this work is not only to maintain the security of our financial position, but to also allow us to develop progressively as an organisation.

**Mark Linington**  
Chair of The Executive Committee



# Attachment

# Attachment

www.thebowlbycentre.org.uk



**In This Issue**  
 Attachment Theory in the Clinical Setting: What's New? *Michael Rutter*  
 Attachment and the Family: A Review of the Evidence *John Bowlby*  
 Attachment Theory and the Development of the Self *John Bowlby*  
 The Development of Attachment Theory: A Review of the Evidence *John Bowlby*  
 Attachment Theory and the Development of the Self *John Bowlby*  
 Attachment Theory and the Development of the Self *John Bowlby*

## New Directions in Psychotherapy and Relational Psychoanalysis



## in Psychotherapy and Psychoanalysis



# Attachment

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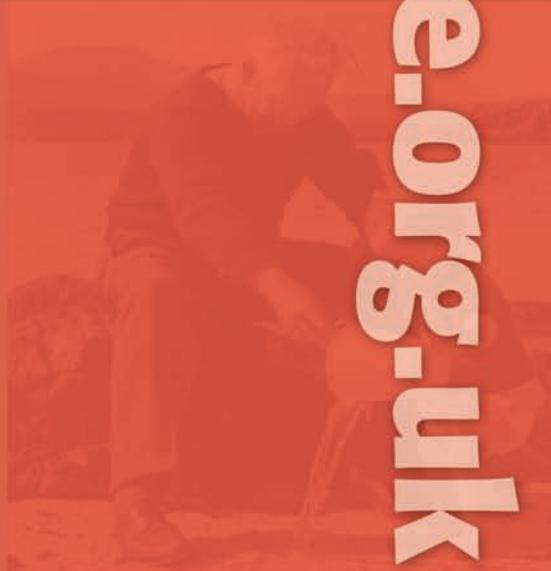
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Speakers:  
 Richard Bowlby  
 Angela Cotter  
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 Kate White

**In This Issue**  
 John Bowlby's Last Years: A Review of the Evidence *John Bowlby*  
 The Development of Attachment Theory: A Review of the Evidence *John Bowlby*  
 The Importance of the Self: A Review of the Evidence *John Bowlby*  
 The Development of Attachment Theory: A Review of the Evidence *John Bowlby*  
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## New Directions in Psychotherapy and Relational Psychoanalysis