

Clinical Forum

Saturday, 9 June 2018

11am to 1pm

Attachment-based affect regulation as a guiding principle for work place counselling and stress management training

Synopsis:

Sally Rose will introduce the Workable Ranges model, which is a visual psychoeducational tool to convey attachment-based affect and stress regulation. This model is used in individual therapy/counselling and across a range of proactive interventions. It positions safe relational and mindful presence at the centre of healthy, regulated and workable states. It illustrates how mobilised or immobilised forms of threat-based dysregulation sit above and below states of balance. This is used as a rationale for relational therapeutic work and different approaches to self-care, resilience, improving working relationships and optimising performance. Examples from clinical work will be given. As the model derives in part from the work of Dan Siegel, who integrates secure attachment states, care-giver and mindful presence, it can also be a tool to reflect on our therapeutic presence as therapists with our clients.

About the speaker Sally Rose

Sally Rose is a UKCP registered psychotherapist originally trained at the Arbours Association. She is also a trained teacher of mindfulness-based interventions.

Attachment Theory is her secure base which widened over time to integrate features of body psychotherapy and mindfulness practice. She is strongly committed to attachment-based, embodied relational therapy and to bringing insights informed by it into the workplace. She leads the Staff Counselling and Psychological Support Service at the University of Leeds.

Chair: Tori Settle, Chair of the Clinical Training Committee

Time:	11.00am - 1.00pm (Registration 10.45)
Cost:	£30 (Bowlby Centre members and students - free)
Venue:	The Bowlby Centre 1 Highbury Crescent, London N5 1RN
Chair of Clinical Forum:	Helene Everitt, member of the Bowlby Centre
CPD:	2 hours - (CPD certificate provided)