

## CLINICAL FORUM

**Saturday, 8 December 2018**

**11am to 1pm**

### **Masters in the Art of Defence: Working with Avoidant Attachment**

**Speaker: LINDA CUNDY**

#### **Synopsis:**

Clients with a dismissing / avoidant pattern of attachment can be difficult to engage and frequently leave therapy before any real work can be done. They often evoke uncomfortable feelings in the therapist including boredom, fear, and strong dislike – or may make little impact on us. In this talk, Linda will describe her work with several highly defended dismissing clients and suggest that their internal worlds are governed by shame and self-hatred. This has implications for how we work with such individuals, and the aims of therapeutic work with them. The talk will be followed by refreshments to celebrate the launch of her latest book.

#### **About the speaker: Linda Cundy**

Linda Cundy trained at the Bowlby Centre in the 1990s. She has taught at a number of psychotherapy trainings for twenty-five years, and instituted a postgraduate diploma in attachment-base therapy at the Wimbledon Guild. She has published a number of papers in professional journals and has contributed to and edited three books to date; *Love in the Age of the Internet: Attachment in the Digital Era* (Karnac, 2015), *Anxiously Attached: Understanding and Working with Preoccupied Attachment* (Karnac, 2017) and *Attachment and the Defence Against Intimacy: Understanding and Working with Avoidant Attachment, Self-Hatred and Shame* (Routledge, 2018)

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