

## CLINICAL FORUM

Saturday, 9 February 2019

11am to 1pm

### History taking and assessment of clients

**Speakers:** Gregor MacAdam and Ruthie Smith

#### Synopsis:

This workshop may be of interest to all psychotherapists - both those in training and experienced therapists. Many Bowlby Centre psychotherapists work with clients in agencies where only short-term therapy is available, and where therapists are required to undertake assessments. How important do we consider assessment to be? Are there essentials that need to be covered? How do we go about assessing? A core value of the Bowlby Centre is that everybody should have access to Attachment Based Psychotherapy – how does this value inform our assessments and can we or should we ever say no? The presentation at this forum is more of a workshop style where we will outline some of the features to consider when making assessment. We will also consider issues relating to assessing risk both at assessment stage and during treatment. The workshop will likely raise more questions than answers but will hopefully open up the field for discussion.

#### About the speakers:

Gregor MacAdam qualified at the Bowlby Centre in 2000 where he is a training therapist and supervisor. He has been providing psychotherapy for adults and young people both privately and within the NHS for many years. He was psychotherapy discipline lead of a Child and Adolescent Mental Health Services in London and over a 20-year period clinically developed, led and supervised several different psychotherapy services for children adolescents and young adults. Earlier in his career he qualified as a humanistic counsellor, working and supervising within a residential therapeutic community supporting young people with alcohol and substance misuse. He has provided an Attachment Based Psychotherapy Service for adults with addiction problems and has had experience in providing psychotherapy for those with learning disabilities who have a history of sexual abuse and those with a history of sexually offending behaviour. Gregor is now in full time private practice.

Ruthie Smith is a Psychoanalytic Attachment Based Psychotherapist and Energy Psychotherapist with 30 years' experience in private practice and 10 years as a Principal Individual Psychotherapist and Supervisor in the NHS. She taught on a number of Psychotherapy Training Programmes including at JBC before founding *The Flame Centre* in London where she works as a psychotherapist and supervisor. She specialises in work with trauma, having studied a variety of energy therapy modalities which clear PTSD from the body. She teaches alongside Phil Mollon on *Converging Streams* Energy Psychotherapy courses put on by the Energy Psychotherapy network. Ruthie has regularly lectured on a wide range of subjects for *Confer* conferences, with a specialist interest in the crossovers between psychotherapy and contemporary spirituality. She runs Flame residential retreats in Norfolk and her other interests include music (jazz and classical).

<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>	Debbie Zimmerman, member of the Bowlby Centre
<b>CPD:</b>	2 hours - (CPD certificate provided)