

## CLINICAL FORUM

### VIA VIDEO LINK

Saturday, 9 January 2021

11am to 1pm

## THE DEVELOPMENT OF THE SELF IN THE PRESENCE OF A “SCAREGIVER”

**SPEAKER: ORIT BADOUK EPSTEIN**

### Synopsis:

Mary Main and Judith Solomon (1986) first identified fear in the face of attachment needs and described it as the (D)Disorganised Attachment Style. The research findings have given us a new lens into the way we see human behaviour that is evident in many of our traumatised clients. The child's needs for both protection and autonomy are universal and has been at the heart of object relation and attachment theory. It is there where co-relatedness matters and a developed sense of self are most involved. This presentation will discuss a client who suffered extensive abuse resulting in the colonisation of her body and mind and fragmentation of the self. Her attachment to her “scaregiver” (Badouk Epstein, 2015) was “cannot be classified” and was diagnosed with DID (Dissociative Identity Disorder). The client's regular suicidal ideation, eating disorders and other forms of self harm were the client's attachment cries and a response to a diminished self. The relational journey we embarked upon gradually enabled the client to move on to a place of safety, better functioning and self-regulation allowing her slowly to develop the coherence needed for the emancipation of her imprisoned body and mind.

### About the speaker:

Orit Badouk Epstein is a UKCP registered Attachment based Psychoanalytic psychotherapist, trained at the Bowlby Centre. She is a trainee supervisor and therapist, a teacher and the Editor of the journal “Attachment-New Directions in Psychotherapy and Relational Psychoanalysis”. She specialises in attachment theory and trauma, writes and present papers on these topics and consults worldwide on attachment theory. She runs a private practice with individuals and parents. Orit has a particular interest in working with individuals who have experienced extreme abuse and trauma and have displayed symptoms of dissociation. She is the co-author of the books “Ritual Abuse and Mind Control: The Manipulation of Attachment Needs” (Badouk Epstein, Wingfield & Schwartz, 2011 Karnac), “Terror within & without” (Yellin, Badouk Epstein, 2013, Karnac) and was the co-editor of the ESTD (European Society for Trauma and Dissociation) newsletter for 10 years as well as being a regular contributor of articles and film reviews. In her spare time Orit enjoys the arts, reading philosophy and writing poetry.

<b>Time:</b>	11.00am - 1.00pm
<b>Cost:</b>	£30 (Bowlby Centre members and students - free)
<b>Chair of Clinical Forum:</b>	Helen Everitt, member of the Bowlby Centre
<b>CPD:</b>	2 hours - (CPD certificate provided)