



Who are we?

The Bowlby Centre provides a 4 year part time psychotherapy taught course which is accredited by the United Kingdom Council for Psychotherapy. Our influences include classical psychoanalytic thinkers from Freud to Winnicott and challenges to traditional approaches from authors such as Jessica Benjamin, John Bowlby, Ronald Fairbairn and Stephen Mitchell.

We also offer a referral service, short courses on cutting edge clinical issues, and the annual John Bowlby Memorial Conference.

The Bowlby Centre is a Company Limited By Guarantee No. 3272512. Registered Charity No. 1064780/0

## short courses

### Course Details:

**Date:**

Saturday, 22<sup>nd</sup> and Sunday, 23<sup>rd</sup> October 2022

**Time:**

10 am to 4pm

**Cost:**

£300

**Venue:**

Online

**Seminar leader:**

Tori Settle

The Bowlby Centre used to be known as The Centre for Attachment-based Psychoanalytic Psychotherapy - CAPP

The Bowlby Centre is governed by a Board of Trustees and managed by an elected Executive.

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### Promoting Attachment and Inclusion

## Exploring Attachment Theory

An online weekend course designed and facilitated by  
Tori Settle

### About the course

**What is it about?**

We will be exploring how our 'attachment system' is comprised of various elements or sub systems - a care giving system, a care seeking system and a fear system (fight/flight) being just three of them. We will be concentrating on how these three systems are connected and how our internal and external worlds impact on them. We will be referencing Bowlby's attachment theory and Una McCluskey's work on the Dynamics of Attachment in professional encounters.

**Is it for me?**

If you are a professional care giver in any area that covers mental health or wellbeing then this course is for you. Typically participants are counsellors, psychotherapists, social workers, nurses, coaches and teachers - but this course is open for anyone who wants to learn more about their patterns of giving care to others, all through an attachment lens.

**What will I learn?**

We will be exploring how our attachment patterns influence how we give and receive care and how, when we become anxious or fearful in relationship, our capacity to give and receive care effectively break down. A good therapeutic encounter relies on this care exchange being secure and attuned. When it becomes insecure, the therapeutic relationship can be vulnerable to breaking down - resulting in therapeutic encounters being prematurely terminated and professionals or caregivers feeling deskilled or dreading the work.

### About Tori

I am currently the CEO of The Bowlby Centre and have a private practice in Kent. I have a passion for teaching and am a registered attachment based psychoanalytic psychotherapist and supervisor

