



**THE BOWLBY CENTRE**

**ANNUAL REPORT**

**2019 – 2020**

## VISION

The vision of the Bowlby Centre:

- A world class centre for attachment-based therapy, research and outreach.
- A welcoming home in London for our work with paid staff in key areas.
- A clear identity which gives legitimacy and recognition.
- A centre for developing thinking.

## MISSION

In order to achieve that vision, The Bowlby Centre undertakes the following:

- to provide accredited training to those wishing to be attachment-based psychotherapists.
- to provide an attachment-based referral service and clinic especially to the excluded and unattached.
- to develop other training provisions, especially those aimed at giving an attachment orientation to other professionals.
- to develop an outreach provision aimed both at encouraging policy makers to heed attachment issues and at developing general attachment-based emotional literacy.
- to contribute to research from its experience of attachment-based practice.

## VALUES

The Bowlby Centre members hold the following agreed values:

- The Bowlby Centre believes that mental distress has its origin in failed and inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in the real world and impacted upon by poverty, discrimination and social inequality. The impact of the social world will be part of the therapy. Psychotherapy should be available to all, and from an attachment-based psychoanalytic perspective, especially those discriminated against or described as “unsuitable” for therapy.
- Psychotherapy should be provided with respect, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.
- Those who have been silenced about their experiences and survival strategies must have their reality acknowledged and not pathologised.
- The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organisation share the responsibility for anti discriminatory practice in relation to race, ethnicity, sex, sexuality, age, (dis)ability, religion, class, educational and learning style.

## Introduction from the Chair of Trustees

By any definition, it's been a tumultuous year. I took over as Chair in March 2020, just a few weeks before the government announced the first national lockdown. One of my first actions, alongside the new Board of Trustees and the Executive Team, was to agree to the immediate closure of the Centre. But while the building has remained largely closed since that date, the work of the Centre has very much continued.

The Executive Team took on the task of moving all the services we provide - training for students, CPD for members, and provision of psychotherapy to the public - online. That was no small feat, and they have done so with great care and skill. It is an important moment to formally pay tribute to what they have achieved, under the most difficult circumstances.

While many charities have sadly already collapsed, and many more are estimated to face bankruptcy this year, The Bowlby Centre remains in good health. It is our priority as a Board of Trustees that this position continues, particularly at a time when there is a soaring demand for our services, and as charities are increasingly acting as a safety net in society.

In fact, the position of The Bowlby Centre is as strong as ever. Training has continued, with a full intake of students this year. We continue to provide low cost therapy to those who otherwise couldn't afford it. Our CPD and annual conference have moved online. Our journal continues to grow in readership, and we have another important monograph due for publication later this year - the 11th in our series. Our clinical forums now reach three times the number they previously did. And we have a new series of online workshops, introducing the ideas of attachment theory. Not only are we further disseminating important ideas, we're generating substantial, additional revenue for the Centre.

It's this additional activity that has allowed the Trustees to appoint and properly compensate a Chief Executive, for the first time in the history of the Centre. In time, moving to payment for key roles will allow us to begin to realise our ambitions to increase further the influence and reach of the Centre. Together, the Trustees and the Executive, with input from members, are beginning to develop a strategy for increased growth. We will of course pursue those plans with care; prudence, stewardship and good governance being the watchwords.

In addition, we have begun doing some hard thinking on the issue of race: how do we make the Bowlby Centre a genuinely diverse and inclusive place to train and practice. The series of conversations on race, which began in 2020, will continue into 2021 - there is more to be said in this area and, importantly, more to be done.

I've taken more space than usual in the Chair's comments, in order to reflect on the extraordinary events of the year - marked by loss and personal tragedy for some of us - as well as to pay tribute to the tremendous collective effort to remain resilient in that context. That will be our continued challenge in 2021, as we continue to support each other through perhaps the most difficult time in our living memory, and certainly in the Centre's history.

Thank you to our Executive Team for all they do, to my fellow Trustees for the support and time they give to the Centre, and to our members and patrons, for all they contribute.

**Matt Wotton**  
**Chair of Trustees**

## Annual Report 2019-2020

This financial year has seen two chairs of the Executive: Michaela Chamberlain was in the post from September 2019 to February 2020 and I have been in the role from February 2020 to the present day. We have also, in this time, had three Chairs of the Clinical Training Committee as I handed the role over to Debbie Zimmerman and Debbie subsequently handed it over to Jane Parkinson. As Matt has said in his report above, a completely new board of trustees took over in March 2020 as well. It must be evident, from this alone, that the centre has been going through a great deal of transition these last few months and I am delighted to say that, having spent some time managing this, the Executive are now in a strong position to focus on developing the Centre in some important ways.

The most important task of the year has been responding as quickly and flexibly as we could to the ever-changing circumstances that Covid has thrown up – and I am acutely aware of the losses that some of you have suffered as a result of this virus. I know that some of you have lost family and partners and that others have caught the virus and been really ill with it. I am also conscious that some of you have been dealing with other very serious health conditions which have been extremely difficult and stressful against the backdrop of this pandemic.

This year has seen many of you making changes to your lifestyle and your working practices - as a long period of reflection has necessarily taken place in response to the situation we all now find ourselves in - and it has been important for the Executive to adjust to the differing needs of our members. Having been an organisation that conducted nearly all of its business in person in the past, we are unlikely to return to that as a model in the future. The benefits of conducting seminars, committee meetings, conferences and clinical forums on-line and accessing those of you who live outside London has been significant - and we would anticipate developing a hybrid model of face to face and remote working from here on in.

One of the most important changes that we have made this year, in consultation with members from the CTC and the teaching team, has been the re-introduction of the experiential group which is a reflective group space for our students on the training. We are still committed to the weekend Attachment groups run by Jane, Joanna and Michael, but they have been suspended for the duration of this pandemic and we have understood the importance of having access to groupwork on a more regular basis during term time, which is not something that they have been able to offer.

The other significant cultural shift that the Executive has instigated has been around the Centre's approach to thinking about Race. There are several areas that will need to be addressed in relation to this – thinking about the curriculum content, accessibility to the training, deeper and more effective ways to address white privilege to name but a few – and we have started the process off by introducing an experiential group run by our new race Consultant Anthea Benjamin and her colleague Chris Scanlon. Anthea and Chris are trained group analysts and the aim of the group is to explore the ways in which racism is experienced by and perpetuated by members at the Centre. The intention is to address the deeply personal and painful aspects of racism before rushing into policy change - so that we can create a sea change in the culture rather than a set of rules that will potentially fail to actually address what needs to be addressed. In addition to this there will need to be a thorough process of creating policy changes alongside the group work, and one of the key areas will be in our review of the curriculum in 2021. In February 2021 The Executive and the CTC will be holding the first of a series of awaydays to work on this curriculum review.

The final thing to mention in terms of what we have been working on (in collaboration with the trustees) has been the development of a digital library/shop in which we can store lectures and talks both for our members (for reduced fees or for free) and for colleagues external to

the Bowlby Centre. The introduction of Graham's webinars on Attachment has been very successful and the plan is to encourage members to come forward with their own ideas on what they might like to deliver for us. We hope that it will be a good way to spread our knowledge of Attachment to a wider audience and to generate income for members and the Centre.

**Tori Settle**  
**CEO of the Bowlby Centre**

## Our Clinical Training

We are delighted to have welcomed five new trainees to the taught course this year as our clinical training continues to develop and thrive. The APL (Accrediting Prior Learning) course, which is essentially an 'opting out' of seminars that have already been completed in detail on a former training is now in its third year and we hope that more counsellors who wish to deepen their knowledge of the field are attracted to the centre. Having piloted this course over three years we have conducted a thorough review, in consultation with those students going through it, and we plan to develop and deliver an APL training in its own right as opposed to the opt in opt out system recommended to us by the UKCP. Our short courses, which offer attractive CPD options to both our members and other professionals are performing strongly and our initiative to open up the clinical fora to external participants has been very successful.

We have now rolled out our new attachment based experiential group for all four intakes and this initiative is proving to be successful. The groups have now become an integral part of the training. We have recently introduced placements for all students, which are a requirement of all psychoanalytic trainings under the UKCP.

## Clinical Training Committee

The CTC, currently with Jane Parkinson as Chair and Karen Witt as Vice Chair, continue to work hard to guide and support our trainees through the training process from application through to registration. The course tutors put in an enormous amount of work both to develop and maintain fair procedures and to address ongoing issues from teachers and students alike. The committee has implemented a review of the role of the training supervisor with a view to better integrating them into the teaching team and the meetings between the training supervisors and the CTC have been productive and stimulating. Two consultant psychiatrists have been appointed to the training as has an attachment consultant, Linda Cundy. We say goodbye to our external assessor, Prof Clulow, in March 2020 and welcome our new one, Prof Jeremy Holmes in October 2020. In line with the CPJA quinquennial requirements the committee have also put together a comprehensive Student handbook.

## Education Committee

The Education Committee, with Dr Liat Levy as Chair, is responsible for the main areas of work as specified below.

The committee is responsible for the selection, appointment and review of teaching staff for the 4-year clinical taught course. It is committed to using open, transparent and fair procedures for appointing teaching staff and to providing students with a rich, diverse and satisfying learning experience. The committee works closely with teachers and the clinical training committee (CTC) upon which all the course tutors sit. The Chair of the Education Committee also sits on the Executive Committee.

In addition to managing the teaching team, The Education Committee is responsible for holding and developing the curriculum for the training course. The committee ensures that the curriculum reflects the Bowlby Centre's values and that it presents a coherent theoretical and clinical model for attachment-based psychoanalytic psychotherapy.

This year the focus was on updating our curriculum, changes that have been made include, for example, our new group facilitation seminars and the introduction of more attachment-based readings into the training. Also, we are in the process of reorganizing the curriculum which will include a greater emphasis on aspects such as, race, gender, class and diversity. I would like to take this opportunity to thank again all our teachers for their hard work,

involvement and contribution to the clinical training specifically during this year where the training has been conducted online due to Covid.

## Ethics Committee

Sue Berger and Wayne Davis have managed ethical matters through the year and a number of ethical concerns arose which we are working on resolving.

The Codes and Procedures have been kept under review and a number of improvements are being developed. As the Bowlby Centre looks again at refining its Core Values, Ethics and Conduct Codes will be similarly re-examined. We are thinking about how we can help and support members to raise sensitive issues around unacknowledged offence through a more relational, meditative process than the Complaints Procedure. That Procedure will remain, of course, as a further stage in the process, if needed.

Sue has sat on the Executive Committee this year as Ethics Chair and she and Wayne have found it useful to be more aware of what is happening in the organisation as a whole. The Executive Committee decided it was a useful link and should carry on.

## Policy

This year, we have:

- Finalised a placements policy to ensure we are aligned with UKCP policies for our students undertaking placements during the training
- Developed a contemporary policy on DBS checks
- Continued to update and improved our student handbook, so that all students have a clear and chronological guide to the training, all in one place

## Referrals Committee

The Bowlby Centre's Referrals Committee was disbanded in 2020 and we currently offer no formal referrals or assessment service for low-fee or full-fee clients. Post-taught and registered members now advertise themselves via our Find a Therapist section of the website, and potential new clients are directed there, unless they have a very specific request (eg needing a therapist who speaks a particular language).

Rosalind Grainger was appointed Blues Project Coordinator in September 2020. This role involves assessing, then matching potential Blues clients with available therapists via their tutors and supervisors. Unfortunately, it also involves telling approximately seven to 10 would-be clients a week that we can't help them. Demand for the service massively outstrips supply of therapists, and for most of the year, the Blues Project is closed to new applicants.

Rosalind considers the work of the Blues Project to be a vital and tangible component of attachment theory in action, offering a secure base to vulnerable, marginalised and financially compromised people unlikely to access psychotherapy elsewhere.

A remarkable store of knowledge has built up within our Centre about assessing and working with Blues clients and yet it is almost unknown for registered members to volunteer to take on additional Blues clients. This means (a) that clients deemed by supervisors/tutors to be too 'complex' for a student cannot be offered placement; (b) that the Blues Project is currently

funded by a workforce of students on a near-voluntary basis, yet paying market rates for supervision and psychotherapy.

The time is surely right for a Bowlby community debate (with input from all, especially students) to celebrate the wonderful work of our Blues therapists and talk together about the future funding of the Blues Project and the role of an assessment and referral service in 2021.

## Short courses

The Centre continues to develop our programme of short courses aimed at supporting attachment based psychoanalytic practice and aimed at helping practising psychotherapists, counsellors and health care professionals and others to learn and incorporate attachment based psychoanalytic understandings in their work. The courses support both our own members and professionals from other training and related professions.

- **Oct/Nov 2019** Attachment Theory in Clinical Practice with Orit Badouk-Epstein
- **Nov 2019** AEDP with Angela Massucco
- **Feb/March 2020** Attachment Narrative Therapy with Dr Arlene Vetere and Rudi Dallos
- **June 2020** Attachment Theory in Clinical Practice with Tori Settle

## Publications

### **Journal: Attachment - New Directions in Psychotherapy and Relational Psychoanalysis**

The biannual Journal “Attachment - New Directions in Psychotherapy and Relational Psychoanalysis”, is now in its 15th year of publication. According to the publishers, Phoenix Publishing House, the Journal has been well received and has been given compliments for the vibrant and radical quality of its content which is unique and appealing to a large audience of clinicians, social workers and others working in wellbeing services. Despite the global pandemic, the number of subscribers is steadily increasing, particularly in the USA and Australia and a new stream of contributors have been submitting papers. The journal, however, could benefit from greater publicity and a bigger presence on social media to increase the number of subscribers. The editor, Orit Badouk Epstein, together with the editorial team, Wayne Davis, Gulcan Sutton Purser and Yvonne Forward are looking to continue to develop and maintain the values and vision of the Bowlby Centre and Attachment theory. This year's special issue (14/2), which was dedicated to the themes of Attachment in the time of the Pandemic, is particularly relevant and is receiving very good reviews from the readership and colleagues from around the world who found it to be a timely and moving issue.

We currently have in total 262 subscribers for the journal, 137 of whom are Bowlby Centre members and students, 125 are external. Phoenix publishers predict that this should increase over the next year.



## Journal subscription

### Total 2020

272 Subscriptions

145 The Bowlby Centre

11 The Relational School

111 Individual

5 Institutions

- Richmond Wellbeing Service
- Kinder und Jugendpsychiatrische Dienste
- Institute of Technology Carlow
- University of Greenwich
- University Studi di Torino

### Total 2019

265 subscriptions:

137 The Bowlby Centre

14 The Relational School

98 Individual

8 Student

8 Institutional:

- University of South California
- University of Greenwich
- Kinder- und Jugendpsychiatrische Dienste
- NHS Oxford Health - Whiteleaf Library
- Northbrook Metropolitan College
- Università Studi di Torino
- Academic College Tel Aviv-Yaffo
- The Tavistock and Portman NHS Foundation Trust

## The Bowlby Centre Monograph Series

The Bowlby Centre also produces a series of monographs based on the papers given at the John Bowlby Memorial Conferences and other conferences put on by The Centre. Kate White is the series editor. To date these include ten volumes all now published by Routledge.

*Touch, Attachment and the Body;*

*Unmasking Race, Culture and Attachment in the Psychoanalytic Space - What do we see? What do we think? What do we feel?;*

*Sexuality and Attachment;*

*Trauma and Attachment;*

*Shattered States - Disorganised Attachment and its Repair;*

*Terror Within and Without, Clinical Work on the Edge;*

*From Broken Attachments to Earned Security. The Role of Empathy in Therapeutic Change and*

*Talking Bodies: How Do we Integrate Working with the Body in Attachment and Relationally informed Psychotherapy?, and*

*Addictions from an Attachment Perspective: Do Broken Bonds and Early Trauma Lead to Addictive Behaviours?*

*Dementia: An Attachment Approach.*

The newest volume in the series, *Shame Matters: Attachment and Relational Perspectives for Psychotherapists*, is edited by Orit Badou Epstein and is due to be published in 2021.

Two other titles are in preparation, namely *The Couple in the Room, the Couple in Mind: Reflections from an Attachment Perspective* and *Repetition, Repetition, Repetition: Breaking the Cycle of Attachment Trauma*.

### Other publications

*Trauma and Loss: Key Texts from the John Bowlby Archive*, has received much praise from many highly regarded attachment researchers and clinicians. This volume, published in October 2019, is comprised of a selection from John Bowlby's unpublished works edited by Robbie Duschinsky and Kate White, with editorial assistance from Gareth Prosser.

Others books include *Telling Stories? Attachment based Approaches to the Treatment of Psychosis* edited by Sarah Benamer and *Ritual Abuse and Mind Control - The Manipulation of Attachment Needs*, co-edited by Orit Badou Epstein, Rachel Wingfield Schwartz and Joseph Schwartz.

The range of articles in these publications provide a rich and unique resource for students, clinicians and researchers working in the world of attachment and relational approaches to psychotherapy.

### Honoraria

Chair of The Executive Committee - £6,000

Vice Chair of the Executive Committee - £500

Chair of the CTC - £3,000

Vice Chair of the CTC- £500

Chair of Education Committee - £3,000

Director of Policy - £500

Chair of Ethics Committee - £0

Blues Project Coordinator - £500 (assessment fee £70 funded half from client and half from Bowlby Centre)

Chair of Membership Committee - £500

Chair of Conference Planning - £500

Journal Editor - £500

## THE CENTRE'S FINANCES

Extract from the Draft Annual Accounts for the Year ended 31 July 2020 prepared by Bulley Davey (reporting accountants) to be laid before the Trustees for signature.

### Statement of Financial Activities for the Year ended 31 July 2020

	2020 Unrestricted Funds	2020 Restricted Funds	2020 Total	2019 Total
	£	£	£	£
<b>INCOMING RESOURCES</b>				
<b>Income from Generated Funds</b>				
Investment Income	884	-	884	842
<b>Income from Charitable Activities</b>				
Memberships	38,959	-	38,959	37,688
Education & Training (incl conference)	159,969	-	159,969	175,485
Clinical Services	16,254	-	16,254	29,698
Other Income	-	-	-	402
<b>Total Incoming Resources</b>	<b>216,066</b>	<b>-</b>	<b>216,066</b>	<b>244,115</b>
<b>RESOURCES EXPENDED</b>				
<b>Charitable Activities</b>				
Fundraising	3,955	-	3,955	4,549
Memberships	32,310	-	32,310	35,581
Education & Training	158,633	-	158,632	150,970
Clinical Services	32,967	-	32,967	31,556
Governance Costs	12,925	-	12,925	13,068
<b>Total Resources Expended</b>	<b>240,790</b>	<b>-</b>	<b>240,790</b>	<b>235,724</b>
Net (expenditure)/income	(24,724)	-	(24,724)	8,391
Transfer between funds	14,220	(14,220)	-	-
<b>NET MOVEMENT IN FUNDS</b>	<b>(10,504)</b>	<b>(14,220)</b>	<b>(24,724)</b>	<b>235,724</b>
Total funds brought forward	166,201	14,220	180,421	172,030
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>155,697</b>	<b>-</b>	<b>155,697</b>	<b>180,421</b>

### Continuing Operations

All incoming resources and resources expended derive from continuing activities.

### Total recognised gains & losses

The company has no recognised gains or losses for the year other than the results above.

## THE CENTRE'S FINANCES

### Balance Sheet as at 31 July 2020

	2020	2020	2019	2019
	£	£	£	£
<b>Fixed Assets</b>				
Tangible assets		2,496		1,157
<b>Current Assets</b>				
Debtors	21,716		40,100	
Cash at Bank and in hand	157,587		182,894	
	<hr/>		<hr/>	
	179,303		222,994	
<b>Creditors</b>				
Amounts falling due within one year	(26,102)		(43,730)	
	<hr/>		<hr/>	
<b>Net current assets</b>		153,201		179,264
		<hr/>		<hr/>
<b>NET ASSETS</b>		<b>155,697</b>		<b>180,421</b>
		<hr/>		<hr/>
<b>Funds held</b>				
Restricted Funds		-		14,220
Unrestricted Funds		155,697		166,201
		<hr/>		<hr/>
<b>TOTAL FUNDS HELD</b>		<b>155,697</b>		<b>180,421</b>
		<hr/>		<hr/>

For the financial year ended 31 July 2020, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

#### Directors' responsibilities

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

***The notes to the Financial Statements are in the Annual Report and Financial Statements, which are available on request from the administrator after they have been signed by the Trustees.***

## THE CENTRE'S FINANCES

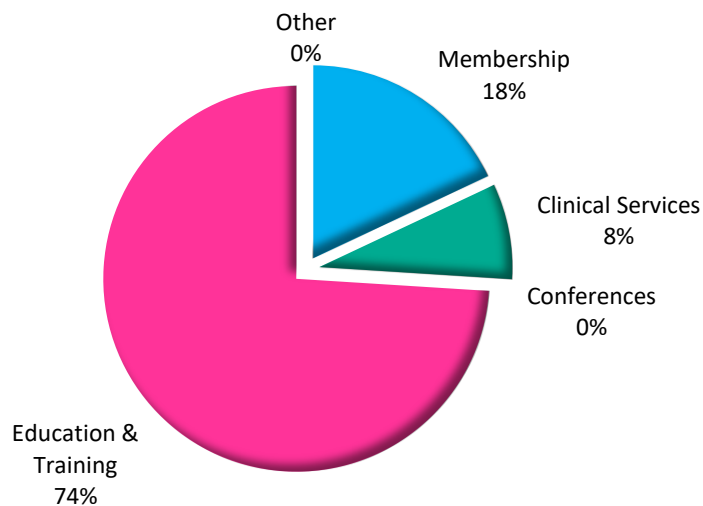
### Financial Review 2019-2020

#### Principle Funding Sources

The Charity received income (excluding interest) of £215,182 (2019 £243,273) during the year. The main source of funding being Clinical Training fees of £159,924 (2019 £132,313), Membership £38,959 (2019 £37,688), Clinical Services £16,254 (£2019 29,698) and Conference £45 (2019 £43,172). We are grateful to the members, students, trustees, and supporters who have given up so much of their valuable time voluntarily and enabled the organisation to continue to meet its charitable objectives.

#### Incoming Resources

Total income (including interest) for the year was £216,066 (2019 244,115), which is £28,049 lower than the previous year. A conference was not held in this year.

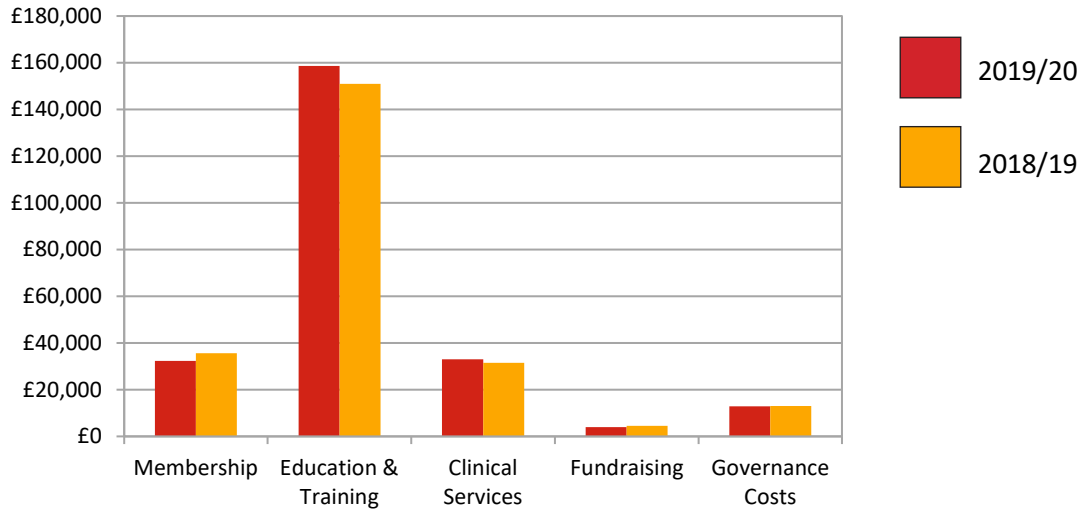


## THE CENTRE'S FINANCES

### Financial Review 2019-2020 (cont'd)

#### Resources expended

Expenditure for the year was £240,790 (2019 £235,724) which is £5,066 higher than the previous year. This can be broken down as follows.



#### Reserves

The Charity's funds at 31 July 2020 stood at £155,697 (2019 £180,421).

The Trustees have continued to work with the Executive Committee lead by the newly appointed CEO, to ensure a near balanced position in consideration of reduced income relating to COVID-19. The financial situation remains as planned and the budget for the following financial year is well-balanced and designed to generate a near balanced position.

**Claire Mayne**  
Treasurer

## TRUSTEES

### **Sue Berger**

I worked as a community worker in a Law Centre in the early 70s and then in housing before doing a counselling training at the Institute of Education. As I started the Bowlby Centre training in 1993, the first year of the UKCP registered course, I also started to develop a counselling and psychotherapy service in a women's health centre in Camden Town. I ran the service for 20 years and had a small private practice and am now semi-retired, just providing supervision on a monthly basis, mostly for sexual and domestic violence services.

I have worked in collectives, been a trustee for other voluntary organisations and briefly worked part time for Islington Social Services, setting up a counselling service in a mental health day centre. With that range of experience, I was pleased to be able to step into the breach, when there was a governance crisis at the Bowlby Centre, and become a trustee temporarily while we were developing a new Board of Trustees.

### **Richard Cross**

Richard Cross has worked with children and young people with complex needs for over 30 years and in senior roles such as CEO & Director for over 19 years. He is a UKCP Psychotherapist & Child Psychotherapist. He is Head of Assessment & Therapy Team of a national organisation supporting children, young people and carers. He collaborates with UCL & AFC, London on multiple research projects which are focusing on attachment, trauma and dissociation. He is also a trustee for the Institute of Recovery from Childhood trauma (IRCT) and a member of the faculty at the International Society for the study of Trauma and Dissociation.

### **Catherine Holland**

Catherine is an attachment based psychoanalytic psychotherapist (UKCP) and an Organisational Consultant (BPC). She trained at a variety of organisations but primarily The Bowlby Centre, the Tavistock and Portman NHS Foundation Trust and the Sensorimotor Psychotherapy Institute.

She has a long career in health and social care working as a practitioner with looked after children, adolescents, family work, Young Offenders, CAMHS, migration/refugees, addiction, domestic violence etc. A road traffic accident disrupted her career where she was invited to develop and lead children's commissioning. This led to various roles as policy maker, advisor to the government, OECD and Europe where she led various National and International programs that enhanced standards and qualifications. Returning to the front line, she works with students, parents, couples and individuals, providing supervision and therapy and working across borders. Catherine has an interest in organisational health, attachment focused EMDR, early infant trauma and forensic issues originating from developmental distress.

Catherine is also a Trustee of OPUS (Organisations promoting understanding of Society), as well as being an active member of ISPSO (International Society of Psychoanalytic Study of Organisations), APPCIOS, and a variety of other organisational networks

## **Lawrence Kilshaw**

Lawrence is an attachment-based psychoanalytic psychotherapist. His principal training was at the Bowlby Centre, where he teaches trainee psychotherapists and serves as Course Tutor.

Working mostly in private practice in the City of London, he is trustee of a number of charities. Lawrence has numerous languages and is very active in his community.

## **Claire Mayne**

Claire is an accountant with extensive experience in Charity Finance, Governance and Operational Functions.

She has previously worked with charities that provide services such as child and adult therapy, post graduate courses, professional membership and contractual service to HM Prisons.

In 2019 Claire changed her engagement within the charity sector by resigning from her role as a Chief Operating Officer and transitioned into the commercial aviation finance sector.

Claire is currently the Bowlby Centre's Honorary Treasurer and a primary school governor.

## **Jane Parkinson**

Jane is an attachment based psychoanalytic psychotherapist (UKCP). She trained with The Bowlby Centre in 1988 where she has been a course tutor, training supervisor and member of the Clinical Training Committee since 2012. She is currently Chair of the CTC.

She has a background in nursing, midwifery and health visiting, she worked in the NHS until 2012, mainly in the field of safeguarding, supervising and managing child protection work for health visitors. She also had a lead in domestic violence for the NHS Children's trust in Brighton, producing working guidelines and providing training and supervision for staff working with Domestic abuse.

After retiring from the NHS in 2012 she was invited to become a Trustee with a lead in clinical governance for RISE, the domestic abuse charity in Brighton.

Since 2005 she has a growing interest in attachment and stress-related illness. Most of her practice is working from an attachment perspective with people who have chronic pain and medically unexplained symptoms. She is a member of the Psychophysiological Disorders Association.

## **Sarah Vine**

Sarah is a criminal barrister, specializing in cases involving serious allegations of physical and sexual violence. She was involved in the establishment of the Wellbeing At The Bar initiative, in particular in her practice area. She trains legal professionals in dealing with vulnerable witnesses in criminal trials and has worked on the national roll-out of pre-recorded cross-examination for complainants in sensitive cases. She led the working group for the largest empirical study into the application of legal restrictions on evidence of the sexual history of complainants in cases of sexual offending. She appears in national media as an occasional commentator on legal matters.



## **Matt Wotton**

Matt has over two decades of experience in forensic mental health. He spent the first decade at the frontline of the criminal justice system, in a series of operational roles, and the last decade coaching senior leaders, and advising ministers.

Most recently he led a review of Race in the Criminal Justice System (The Lammy Review), commissioned by the Prime Minister. Before then, he was Head of the Race Unit and a member of the Prison and Probation Board.

Matt has a master's degree from Warwick Business School and has also studied at the London Business School and Cranfield University.

He is now a psychotherapist in private practice and is currently editing a peer-reviewed journal on the topic of mental health and early attachment.

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#### **Trustees**

Sue Berger  
Richard Cross  
Catherine Holland  
Lawrence Kilshaw  
Claire Mayne  
Jane Parkinson  
Sarah Vine  
Matt Wotton

#### **Patrons**

Dr Elaine Arnold  
Sir Richard Bowlby  
Professor Susie Orbach

#### **Registered Office**

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Peterborough  
PE7 8HP

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Registered No. 3272512  
Registered Charity No. 1064780/0