



**THE BOWLBY
CENTRE**

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:

October and November 2014 and
end of January and February, 2015

Time:

Friday, from 3pm – 8.30pm and
finishes on the next day, Saturday,
from 9.30 am to 2pm.

Cost:

£1000 for all 4 blocks or
£750 without starter block

Venue:

The Bowlby Centre
1 Highbury Crescent
London N1 5RN

Speaker:

Prof Rudi Dallos
Prof Arlene Vetere

Facilitator:

Emerald Davis

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.

Registered Charity No.
1064780/0 A company Ltd. by
Guarantee No.3272512

The Bowlby Centre

1 Highbury Crescent
London
N5 1RN

Tel: 020 7700 5070
admin@thebowlbycentre.org.uk

THE BOWLBY CENTRE PRESENTS A 40 HOUR COURSE ON: ATTACHMENT NARRATIVE THERAPY WITH PROF RUDI DALLOS AND PROF ARLENE VETERE

Attachment Narrative Therapy: Working Systemically with Attachment Narratives

This course will provide training in the implementation of an integrative therapeutic approach (ANT) which combines attachment, narrative and systemic theories and techniques. This combines a consideration of the systemic processes encapsulating problems in families with an analysis of how these are fuelled by underlying attachment dynamics. In turn this is explored in terms of how family members' narratives - explanations and understanding of their problems - are connected to and in turn shape the attachment and systemic patterns. The training utilises a range of therapeutic interventions - 'Formats for Exploration' which can be employed in various clinical contexts.

The training programme will provide clinical examples in terms of case studies to illustrate the approach, DVD material, experiential learning activities and group discussion. The training programme will cover applications in child, adult and couples settings with illustrations of work with a wide range of clinical presentations including conduct problems, eating disorders, self-harm, addictions, domestic violence and trauma. The programme will be in four two-day blocks of training with a focus on: Integrative Framework and Creating Safety; Exploration and Formulation; Looking for Alternatives; Complexity, Trauma and Maintaining Change. Participants will have the opportunity to work in small supervised groups on their own clinical case material in each of the 4 blocks.

COURSE CONTENT

The Course will cover the following main themes: representational systems of attachment; intergenerational learning and care in families; trauma and the restriction of attempted solutions; recursive processes of intervention - paying attention to pattern and process; the use of self in therapeutic work; developing and monitoring the secure base in therapy and in families; the use of action techniques in therapy; and healing in relationships.

Block 1 - 31 October-1 November, 2014

Introduction and Implications of Attachment
Formats for Exploration

Block 2 – 28-29 November, 2014

Attachment Narratives
Formats for Exploration

Block 3 – 30-31 January, 2015

Working Therapeutically with Couples
Formats for Exploration

Block 4 - 27-28 February, 2015

Working Therapeutically with Trauma and Loss
Formats for Exploration

VALUING DIVERSITY

The Bowlby Centre welcomes applications from all sectors of the community and respects and values difference in age, class, culture, disability, ethnicity, gender and sexuality.

COURSE DETAILS

The Course consists of 4 teaching blocks on Attachment Narrative Therapy with the option of a preliminary starter block on systemic theory and concepts.

The 4 blocks will take place at the end of October and November 2014, and at the end of January and February, 2015. The preliminary starter block will take place at the beginning of October, 2014.

Each block starts on a Friday, from 3pm – 8.30pm and finishes on the next day, Saturday, from 9.30 am to 2pm.

The Course uses a mix of adult learning methods including lectures, readings, case presentations, experiential exercises and small group role plays. Each block Friday will include two 'formats for exploration'. These formats lay out the framework for the integration of attachment, narrative and relational systemic ideas for working therapeutically with individuals, couples and family groups. Each Block Saturday will include an attachment narrative case presentation with team formulation in two small groups.

The Course content will cover the following main themes: representational systems of attachment; intergenerational learning and care in families; trauma and the restriction of attempted solutions; recursive processes of intervention – paying attention to pattern and process; the use of self in therapeutic work; developing and monitoring the secure base in therapy and in families; the use of action techniques in therapy; and healing in relationships.

Block 1 - 31 October-1 November, 2014

Introduction and Implications of Attachment

Theory for Systemic Practice: Family Attachment Dynamics, Attachment Experiences and the Development of Narrative Skills and Processes. Building the Secure Base.

Formats for Exploration: Emotional sculpting; Attachment tracking exercise

Block 2 – 28-29 November, 2014

Attachment Narratives: Exploring Attachment Processes and Dilemmas in Families and other Contexts

Formats for Exploration: Attachment focused genograms; Corrective and Replicative Scripts.

Block 3 – 30-31 January, 2015

Working Therapeutically with Couples: The Couple System as the Basis of the Family Attachment System. Couples Dynamics – Affection, Sexuality and Conflicts. Exploration and Looking for Alternatives

Formats for Exploration: Interviewing the Internalised Attachment Figure; Working with Attachment Injuries

Block 4 - 27-28 February, 2015

Working Therapeutically with Trauma and Loss: Exploring Complex Attachment Dynamics, Exploring the Influence of Abuse, Loss and Trauma - Identifying and Assisting with Trauma. Consolidation of Change and Planning for Future Challenges.

Formats for Exploration: Exploring Patterns of Comforting; Talking about Trauma

The Preliminary Starter Block on Systemic Theory and Concepts, 3-4 October, 2014

This starter block is available to those practitioners who would like a refresher or an introduction to systemic relational concepts when thinking about and working with clients' contexts and relationships. The content will include: the influence of culture and social context in family life; family life cycle theory; pattern and process in relationships; tracking circularity in relationships; symmetrical and complementary patterns in relationships; triangulation and triangular patterns in relationships; and the influence of narrative theory in practice.

Rudi Dallos

r.dallos@plymouth.ac.uk

Arlene Vetere

drarlenevetere@hotmail.com

References

Dallos, R (2005) Attachment Narrative Therapy. Maidenhead: OU Press

Dallos, R and Vetere, A (2009) Systemic Therapy and Attachment Narratives: Applications in a range of clinical settings. London: Routledge

Vetere, A and Dallos, R (2008) Systemic Therapy and Attachment Narratives. Journal of Family Therapy, 30, 374-385

Rudi Dallos is Professor and Research Director on the Clinical Psychology Training Programme at the University of Plymouth. He currently works as a family therapist in two family therapy clinics in the Southwest utilising the Attachment Narrative Therapy approach. He has conducted research into family dynamics and attachment patterns and has written several books including: Attachment Narrative Therapy, Systemic Therapy and Attachment Narratives (with Arlene Vetere), Attachment and Family Therapy and an Introduction to Family Therapy.

Prof Arlene Vetere, FBPsS, AcSS - Professor of Family Therapy and Systemic Practice at Diakonhjemmet University College, Oslo, Norway; Associate Professor, Department of Family Studies, Malta University; and recently retired Professor of Clinical Psychology, Surrey University, UK – retired December 2013. I am a clinical psychologist and systemic psychotherapist specialising in working with couples and families, and with violence and substance use in families. In the past I have worked in clinical settings designated for older people and their families, with child and adolescent problems, with the child protection system and family courts, with acute psychiatric and rehabilitation settings, with intellectual and physical disability, and with community, in-patient and out-patient settings. The course draws on our recent book: Dallos R and Vetere A (2009) Systemic Therapy and Attachment Narratives: Applications in a range of clinical settings. London: Routledge.



BOOKING FORM

**THE BOWLBY CENTRE PRESENTS A 40 HOUR COURSE ON:
ATTACHMENT NARRATIVE THERAPY
WITH PROF RUDI DALLOS AND PROF ARLENE VETERE**

Name:

Address:

Telephone:

Email:

Notes:

I would like ticket/s

Cost: £1000 for all 4 blocks or
£750 without starter block

I enclose a cheque for £..... (made payable to 'The Bowlby Centre')

Please return this form and your cheque to:

Carol Tobin
The Bowlby Centre
1 Highbury Crescent
London N5 1RN

Please make cheque payable to The Bowlby Centre and post to Carol Tobin, The Bowlby Centre, 1 Highbury Crescent, London N5 1RN. If you have any questions or queries please contact carol.tobin@thebowlbycentre.org.uk

A Certificate of Attendance will be provided for CPD purposes