

### 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:

7 October to 16 December 2014  
1 week break on 28 October

#### Time:

10 Tuesdays 2pm to 4.15pm

#### Cost:

£540 Organisations  
£480 Individuals  
£400 Bowlby Centre members

#### Venue:

The Bowlby Centre  
1 Highbury Crescent,  
London N5 1RN

#### Seminar leader:

Kate White

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.

#### The Bowlby Centre

1 Highbury Crescent  
London  
N5 1RN

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

### Promoting Attachment and Inclusion

## Attachment Theory in Clinical Practice

This professional development short course introduces the key concepts of attachment theory as they appear in therapeutic work with adults. The course explores both clinical and personal experience of attachment theory and discusses applications of new attachment research from a relational perspective. There will be an opportunity for participants to discuss current clinical dilemmas and explore how these might be understood from an attachment and relational point of view.

#### Seminars will include the following themes

- Introductions – our relationship to attachment theory.
- Attachment theory in context
- Separation, loss and mourning
- Patterns of attachment and their internal representation
- Secure • Dismissing • Preoccupied • Unresolved/disorganised • Not classifiable
- Evaluating adult attachment states of mind
- Internal working models
- Reflective functioning
- Intersubjectivity

Clinical work will consider the role of mourning, narrative, mutuality and recognition, affective attunement and cycles of rupture and repair in the therapeutic process.

*“I was surprised how this course touched on all areas of my life... for me it has been the missing piece of the jigsaw I have been looking for and brings together many things...”*

#### Course Details:

The course is designed for practising psychotherapists and counsellors and others in the helping professions who are seeking to understand their work from an attachment and psychodynamic perspective. Maximum of 10 participants.

#### Application process:

Send in a short course application form downloadable from our website [www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk) by, 5th September 2014

#### 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.



**BOOKING FORM**  
**Attachment Theory in Clinical Practice**

7 October to 16 December 2014

Name:

Address:

Telephone:

Email:

Please tell us about your professional qualifications, counselling or psychotherapy background and clinical experience and your interest in the course.

Price: £

Cost:

£520 Organisations

£480 Individuals

£400 Bowlby Centre members

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](mailto:carol.tobin@thebowlbycentre.org.uk)

**A Certificate of Attendance will be provided for CPD purposes**