



**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:

Saturday 29th March 2014

#### Time:

10.00 until 4.30

#### Cost:

£140 Organisations

£120 Individuals

£100 Bowlby Centre members

#### Venue:

The Bowlby Centre  
1 Highbury Crescent,  
London N5 1RN

#### Seminar leaders:

Phil Mollon PhD

Ruthie Smith

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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#### The Bowlby Centre

1 Highbury Crescent  
London  
N5 1RN

Tel: 020 7700 5070

admin@thebowlbycentre.org.uk

## CLEARING TRAUMAS TO THE ATTACHMENT SYSTEM AND DISTURBANCES IN AFFECT REGULATION

### integrating energy psychology

Energy Psychology is the study of the subtle energetic substrates of cognitive, emotional, and behavioural dysfunction - and comprises a range of approaches that guide the client in releasing the energetic perturbations that hold the dysfunctional patterns. This field of enquiry is not based on theory, but on exploration and observation. Practitioners find that the incorporation of energy psychology makes their work significantly more effective, rapid, and easier. Both clients and therapists feel 'lighter' and less burdened by negative emotional states. This teaching day will explore and demonstrate simple energy psychology procedures - working with meridians, chakras, the breath, imagery, and words - that participants will be able to use with clients, as well as for personal benefit.

**Phil Mollon PhD** is a psychoanalyst, psychotherapist, and clinical psychologist. He has worked in the NHS full time for over 35 years. His realisation, some years ago, that conventional talk-based therapies are often not as helpful as we might hope, or are even harmful for some traumatised patients, prompted an ongoing search for better methods. Embracing EMDR in the 1990s, he was able to move from there to an exploration of the broad field of 'energy psychology', which has been his passion for the last 13 years. Dr Mollon is the author of 10 professional books, including EMDR and the Energy Therapies, and Psychoanalytic Energy Psychotherapy (both published by Karnac), and his psychoanalytic interests have focused particularly on the work of Heinz Kohut. He is the Director of Ethics for the Association for Comprehensive Energy Psychology [ACEP]

**Ruthie Smith** is a Psychoanalytic Attachment Based Psychotherapist who worked for 10 years as a Principal Individual Psychotherapist in the NHS, and prior to that, at the Women's Therapy Centre. She has taught on a number of psychotherapy training programmes in London, including at the Bowlby Centre, and is a regular speaker on the Confer CPD programmes and at other conferences. Parallel to her career as a psychotherapist she has been studying Subtle Energy since the 1990's, training in various Energy Psychology methods, and currently teaches and supervises Energy Psychology in the UK and abroad, including on a one years EP course run by Energypsychotherapyworks. Ruthie recently established The Flame Centre in London where she works as a psychotherapist and supervisor and also co-leads Mindfulness Retreats.

### 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**  
**CLEARING TRAUMAS TO THE ATTACHMENT SYSTEM**  
**AND DISTURBANCES IN AFFECT REGULATION**  
**integrating energy psychology**

Saturday 29th March 2014

**MORNING**

10.00 - 11.15 Energy and Attachment - the dimensional interface: Phil Mollon  
11.15 - 11.45 Break  
11.45 - 1.00 Working with Attachment Trauma using Energy Psychology: Ruthie Smith

**AFTERNOON**

2.00- 3.00 Experiential work with Energy Psychotherapy  
3.00 - 3.30 Break  
3.30 -4.30 Questions and Discussion

Name:
Address:
Telephone:
Email:

I wish to purchase \_\_\_\_\_ tickets  
Price: £

Cost:

£140 Organisations  
£120 Individuals  
£100 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

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