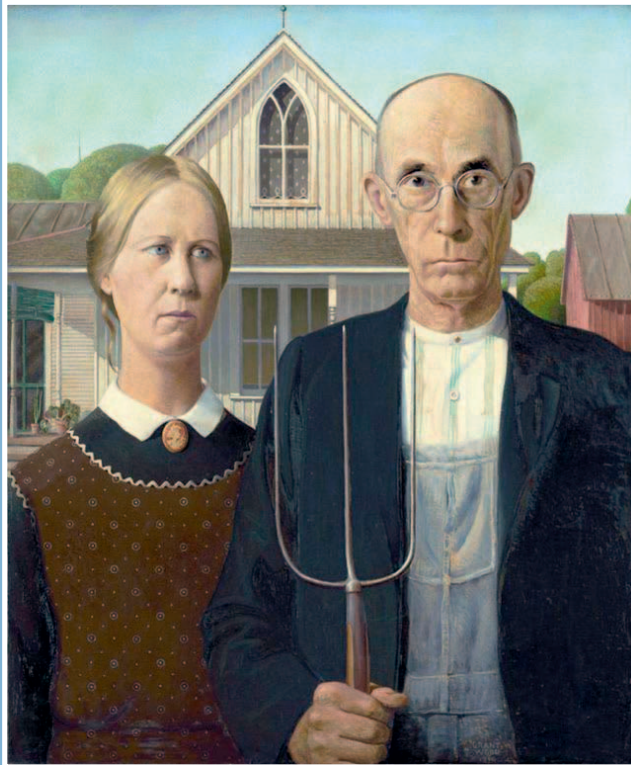




The Bowlby Centre

John Bowlby Memorial Conference 2014

**The Couple in the Room, the Couple in Mind:
Reflections from an Attachment Perspective**



Professor Sue Johnson

Tamsin Cottis

Dr. Harbrinder Dhillon-Stevens

Tom Higgins

Professor Brett Kahr

Jenny Riddell

Friday 4 April (evening) Saturday 5 April 2014 London

The Couple in the Room, the Couple in Mind: Reflections from an Attachment Perspective

'Coupling is where all human life starts. ...the search for, establishment, maintenance and mourning of couple relationships are central themes of adult existence.' **Jeremy Holmes (2001)**

Our starting point for this Conference is our belief that insecure attachments in childhood emerge from relational trauma which results in difficulties in empathy and attunement within couple relationships in adulthood.

Many psychotherapists who work with individuals underestimate the significance of acknowledging the person's intimate couple relationship(s) which is vital in supporting the individual to manage and facilitate change.

The aim of this Conference is to focus on the impact of the couple relationship both in individual therapeutic work and couple work and how to support the achievement of earned security, mutuality and capacity for intersubjectivity.

Our keynote guest speaker, Professor Sue Johnson believes that building secure bonds in therapy is only possible if we understand the nature of love and can systematically build emotional responsiveness in therapy. Emotionally-focused couple therapy (EFT) is able to do this. Her presentation will outline how this approach helps clients move from disconnection and emotional starvation into a reparative experience of secure bonding.

Other themes of the Conference:

- Prof. Brett Kahr asks why some spousal relationships fizzle and others explode in horrifically painful ways and will present the concept of 'the intra-marital affair.'
- Dr. Harbrinder Dhillon-Stevens will address ways of facilitating conversations around difference, discrimination and oppression with inter-racial couples.
- Tamsin Cottis, co-founder of Respond, will present long-term clinical work with a woman with learning disabilities in which the transformative power of the couple is explored.
- Tom Higgins will discuss the development of Gay relationships and psychotherapy from a personal perspective.
- Jenny Riddell asks what happens in the attachment of the dyads and triads created inside and outside the consulting room during therapy?



The John Bowlby Memorial Lecture

John Bowlby died in 1990 after a lifetime dedicated to the development of our understanding of the importance of human attachment in all our lives and in the lives of children in particular. In 1993 The Bowlby Centre, launched the John Bowlby Memorial Lecture. Colin Murray Parkes, a longstanding colleague of John Bowlby's, was the first lecturer. Others since have included key contributors to attachment theory such as Mary

Main, Jude Cassidy, Peter Fonagy, Sir Michael Rutter and Giovanni Liotti. Significant figures from neighbouring disciplines include Daniel Stern on infant development and Amanda Jones on parent - infant psychotherapy. Allan Schore, Judith Herman, Bessel van der Kolk, Sandy Bloom and Pat Ogden on the links between trauma, attachment and neuroscience. The lecture has also been given by relational psychoanalysts Stephen Mitchell, Beatrice Beebe, Susie Orbach, Jody Messler Davies, Kimberlyn Leary, Arietta Slade, and by addictions psychiatrist Prof. Edward Khantzian, all whose work is informed by attachment theory. We are delighted to welcome all our speakers to the twenty first John Bowlby Memorial Conference.

The Bowlby Centre

Promoting Attachment and Inclusion

Since 1976 The Bowlby Centre (formerly known as the Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP)) has developed as an organisation committed to the practice of attachment-based psychoanalytic psychotherapy. The Bowlby Centre is a dynamic, rapidly developing organisation which aims both to train attachment-based psychoanalytic psychotherapists and to deliver a psychotherapy service to those who are most marginalised and frequently excluded from long term psychotherapy.

We provide a four year part-time psychotherapy training accredited by the UKCP and operate a psychotherapy referral service for the public including the low cost Blues Project. The Bowlby Centre has a wealth of experience in the fields of attachment and loss and particular expertise in working with trauma and abuse.

As part of our ongoing commitment to anti-discriminatory practice we offer a consultation service to the public and private sectors and are engaged in outreach and special projects. These include working with care leavers, women experiencing violence and abuse, offenders and ex-offenders, people struggling with addiction to drugs, alcohol, eating difficulties or self harm, and with individuals and groups in a wide variety of mental health settings. We run short courses on 'Working with Dissociation in Clinical Practice from an Attachment Perspective', 'Attachment Theory in Clinical Practice' and working with people with learning disabilities. The Bowlby Centre organises conferences including the annual John Bowlby Memorial Lecture and has a series of publications which aim to further thinking and development in the field of attachment.

One of our regular publications is our journal ATTACHMENT: New Directions in Psychotherapy and Relational Psychoanalysis, a professional journal for psychotherapists and counsellors edited by members of The Bowlby Centre and published by Karnac. We welcome contributions from colleagues of all clinical orientations that further attachment-based relational psychotherapy and counselling.

The Bowlby Centre is committed to the following clinical values:

- We believe that mental distress has its origin in failed or inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in a social world that includes poverty, discrimination and social inequality. The effects of the social world are a necessary part of the therapy.
- Psychotherapy should be available to all, and from the attachment perspective, especially those discriminated against or described as 'unsuitable' for therapy.
- Psychotherapy needs to 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 need to have their reality acknowledged and not pathologised.
- The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organization share the responsibility for anti-discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.

Programme

Friday 4th

Chair of Conference: Sir Richard Bowlby

6.00 pm

Registration & tea/coffee

Chair of evening: **Dr.Christopher Clulow, Senior Fellow of the Tavistock Centre for Couple Relationships.**

7.00 pm

Welcome: **Emerald Davies, Chair of the Bowlby Centre**

7.05 pm

'Let not to the marriage of true minds, admit impediments...'

Speaker: **Jenny Riddell**

7.50 pm

'The Intra-Marital Affair: from Erotic Tumour to Conjugal Aneurysm.'

Speaker: **Professor Brett Kahr**

8.50 pm

Panel discussion facilitated by **Dr. Clulow**

9.15 pm

Close of first evening

Saturday 5th

9.00 am

Registration (for those not registered on Friday evening)

Tea & Coffee

Chair of the day: **Andrew Odgers**

9.30 am

Welcome by **Sir Richard Bowlby**, Patron of The Bowlby Centre

9.35 am

"Can't You See I'm Different Now?" - the Transformative Power of the Couple

Speaker: **Tamsin Cottis**

10.20 am

Discussion

10.35am

Refreshment break, tea & coffee

11.00 am

The 21st JOHN BOWLBY MEMORIAL LECTURE: Building Secure Bonds in Couple Therapy

Speaker: **Professor Sue Johnson**

12.30 am

Discussion

1.00pm	Lunch: vegetarian cold buffet and fruit juice
2.00pm	From Prison Cells to Wedding Bells: Gay relationships and psychotherapy Speaker: Tom Higgins
2.45pm	Discussion
3.00pm	Is Love Enough? Understanding how Racial Dynamics Operate in the Couple Dyad Speaker: Dr. Harbrinder Dhillon-Stevens
3.45pm	Discussion – Chair, Andrew Odgers
4.00pm	Overview of conference
4.15pm	End of Conference

Professor Sue Johnson

Professor Sue Johnson is a clinical psychologist, researcher, professor, author, popular presenter and speaker and one of the leading innovators in the field of couple therapy.

Sue holds professorships at the University of Ottawa in Canada and at Alliant University in San Diego, California. She is one of the originators and the main proponent of Emotionally Focused Couple Therapy (EFT), a powerful, tested intervention to help couples repair rifts and build strong loving bonds. She is also the Director of the Ottawa Couple and Family Institute and the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT).

She is an invited Fellow of the American Psychological Association and her work has been noted and elaborated upon in publications such as The New York Times (an article on her program for the US military), the Washington Post, USA Today, and the Globe and Mail, More and Psychology Today magazines.

Dr Johnson's best known professional books include, *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2004) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002). Her latest book, *Love Sense: The revolutionary new science of romantic relationship* (Jan 2014) is all about attachment.

Tamsin Cottis

Tamsin Cottis has over 25 years experience of working with people with learning disabilities. She is a co-founder and former assistant director of Respond, the UK's leading provider of psychotherapy to children and adults with learning disabilities. In recent years she has specialised in the assessment and psychotherapy treatment of young people with learning disabilities who have sexually harmful behaviour. Currently Consultant Clinical Supervisor at Respond and a teacher at the Bowlby Centre, she also works as a child psychotherapist in schools and in private practice. Tamsin is a founder member of the Institute of Psychotherapy and Disability. She is a published author of short fiction.

Dr. Harbrinder Dhillon-Stevens

Dr. Harbrinder Dhillon-Stevens is a BPS Registered Chartered Psychologist, HCPC Registered Counselling Psychologist, UKCP Registered Integrative Psychotherapist (Adults), and Child Psychotherapist, HCPC Registered Child Art Psychotherapist and has a Doctorate in Psychotherapy. Currently, she is Primary Tutor at the Metanoia Institute on the Doctorate in Counselling Psychology and Psychotherapy (DCPsych). She is also Programme Leader of the MSc in Child Psychotherapy at Metanoia. Dr. Dhillon-Stevens has a private practice and undertakes training, research, clinical supervision and therapeutic work with children, young people, adults, couples & families. She is an expert witness in working with children and families in assessment and therapeutic treatment.

Dr. Dhillon-Stevens's research was in the area of anti-oppressive practice in psychological therapies entitled: *Healing Inside and Outside: An Examination of Dialogic Encounters in the Area of Anti-Oppressive Practice in Counselling and Psychotherapy* (2004).

Her recent publications include 'Issues for Psychological Therapists from Black and Ethnic Minority Groups' in *The Handbook of Transcultural Counselling and Psychotherapy*, Lago, (Ed). (2011) Open University press and two chapters in *The Sage Handbook of Counselling and Psychotherapy*, Feltham & Horton, (Eds), (2012) Sage Publications.

Tom Higgins

Tom Higgins is an attachment-based psychoanalytic psychotherapist. He trained at the Bowlby Centre where he is a training therapist and supervisor. He has worked in NHS mental health services for the past 15 years, in a variety of settings, including perinatal mental health, forensic mental health and a child and adolescent mental health service. He is currently the team leader of an NHS service, offering group and individual psychotherapy to people who have a diagnosis of a Personality Disorder. He also has a private practice.

Professor Brett Kahr

Professor Brett Kahr is Senior Clinical Research Fellow in Psychotherapy and Mental Health at the Centre for Child Mental Health in London, and Honorary Visiting Professor at the University of Roehampton. A Visiting Clinician and Lecturer at the Tavistock Centre for Couple Relationships, he served two terms as Chair of the Society of Couple Psychoanalytic Psychotherapists, and three terms as founding Chair of the British Society of Couple Psychotherapists and Counsellors, the Professional Association of the Tavistock Centre for Couple Relationships. He also serves on the Editorial Board of the journal *Couple and Family Psychoanalysis*, and as a Series Co-Editor of "The Library of Couple and Family Psychoanalysis" for Karnac Books. A Trustee of the Freud Museum, and author of seven books, including, most recently, *Sex and the Psyche*, published by Penguin Books, and *Life Lessons from Freud*, published by Pan Macmillan, he has been a Consultant to the Bowlby Centre since 1991.

Jenny Riddell

Jenny Riddell is a psychoanalytic psychotherapist working with individuals and couples. She is a registered member of The Bowlby Centre and BSCPC. Her specialist interests are in how a couple grieve, infertility, affairs and working with couples in later life. She has a private practice and supervises, trains, teaches and is academic supervisor for masters dissertations on a variety of psychotherapy trainings. She has worked with Relate, WPF, TCCR, and is a member of BPC, BSCPP, UKCP, BAPPS, COSRT and BAC.

Booking Form

If applying for more than one person please photocopy this form

Name

Address

Telephone

Email

Training/
Background

Where did you hear
about this conference?

Please send me a ticket for the John Bowlby Memorial Conference 2014

I am paying for myself

£160

I am a member of The Bowlby Centre

£100

I am funded by an organisation

£200

Concessionary ticket (limited to 20)

£100

I am applying for a concessionary ticket (limited to 20) @ £100 because I am:

A full-time student

Receiving benefits

Over 65

Please attach verification with your booking form

I enclose a cheque made payable to The Bowlby Centre for

£

I require an invoice to be sent on my behalf to my employer/funding body

Name of contact

Telephone

Address

If you would prefer not to be included in any future mailings, please tick box

**Please return this form with payment to: Carol Tobin, Conference Administrator,
10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR. Please make cheques
payable to: The Bowlby Centre.**

Information

Venue	Institute of Child Health University College London 30 Guilford Street London WC1N 1EH
Dates	Friday 4th April (eve) and Saturday 5th April 2014
Refreshments	Tea/coffee and light lunch
Transport	Russell Square and Holborn - Piccadilly line
Access	The building is wheelchair accessible
Booking form	Please return completed form to Carol Tobin, Conference Administrator at the address below. The form may also be downloaded from our website www.thebowlbycentre.org.uk
Ticket Prices	Individual £160, Organisation funded £200, Bowlby Centre member £100, Concessions £100 (limited to 20 places)
Booking conditions	Regrettably refunds cannot be given. The Bowlby Centre reserves the right to change the programme should a speaker not be able to attend at short notice. Participants will be asked to sign a confidentiality clause on registration
Signing	Available on request - at least 28 days notice required

For more information contact:

Carol Tobin, Conference Administrator
10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR
Telephone: 07764 497104 Email: carol.tobin@thebowlbycentre.org.uk

Patrons: Sir Richard Bowlby and Dr Elaine Arnold
Trustees: Janie Harvey-Douglas, Prue Norton and Jeremy Rutter

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