

## **CLINICAL FORUM**

**Saturday, 9 May 2015**

**3pm – 5pm**

**Title: 'Who needs who? – the roots of traumatic disappointment, often shown in clients with preoccupied attachment style'**

### **SPEAKER:**

**Orit Badouk Epstein**

When teaching on the attachment short course participants are often less clear of how preoccupied attachment patterns translate relationally in adulthood and in the clinical setting. As with all insecure attachment styles, the clinical work with the preoccupied clients often entails the gathering of internal and external records of the accumulative traumatic events and experiences, sustained early on in life by their care givers that can only give rise to forces that interfere with the client's movement towards mental wellbeing. The journey I embark upon with my preoccupied clients, therefore, is not so dissimilar to the one I have with all my other clients but one that more painfully confronts the client's need to mourn their relentless disappointment in their wistful searching and yearning for the ideal care-giver. We also need to pay attention to the client's vested interest empowered by a protective need to keep things exactly as they have always been, and by doing so, feeling helplessness and indecisiveness and 'sitting on the fence'. In doing so, the client is not fully aware of his need to constantly recreate the past in the present. This presentation meant to shed some light into the work with these clients and share some effective ways of overcoming the client's feeling of being stuck in relentless hope.

Orit Badouk Epstein is an Attachment based Psychoanalytic psychotherapist, supervisor and a teacher on the Attachment short course at the Bowlby Centre. She works relationally with individuals, couples and parents. Orit has a particular interest for working with individuals who have experienced extreme trauma displaying symptoms of dissociation. Orit is a trustee for the Clinic of Dissociative Studies. She is co-author of the book "Ritual Abuse and Mind Control: the Manipulation of Attachment Needs" and "Terror within & Without (Karnac Books)". She is the associate editor for the Journal Attachment New Direction and co-editor of the ESTD (European Society for Trauma and Dissociation) newsletter where she regularly writes articles, film and book reviews.

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