

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, 21 November 2015

Time:

10.00 – 4.30

Cost:

Individuals: £120

Organisations: £140

Bowlby Centre members: £100

Venue:

The Bowlby Centre
1 Highbury Crescent
London N1 5RN

Speaker:

Mary Sue Moore

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

Attachment Repair & Creativity With Mary Sue Moore

Mary Sue's presentation will bring together some new information about how the brain *learns about*, and *creates*, a knowledge of self and self in relation to another. This happens in large part by ordinary brain responses to relationships built on shared experience. What's really new in the ideas is that cognitive learning is greatly advanced, when the relationship fosters curiosity, but not authority. Certain kinds of cells ("Glia"-Astrocytes, in particular) that have been thought to be essentially "filler material" found in some key areas of the brain, are actually as important to learning and problem solving than neurons are. It turns out that these "white matter, glial" cells actually potentiate learning *as well as* neuron growth, and are best activated when both creative activities and interaction with nature are experienced by the child or adult. In addition, as these parts of the brain are nurtured, there is increased ability in the individual to deal with interpersonal and attachment relationship stress. There are many ways to activate these "glial cells" in children and adults -- and to foster the growth of a sense of self as competent to meet and surmount challenges in life, despite the experience of early adversity. Clinical/psychotherapeutic and interpersonal *applications* of this new knowledge of how we learn who we are, and how best to deal with stressful situations, will be a key focus. The presentation will also include discussion of various forms of self-expression and autobiographic narratives as avenues to access and develop the experience of one's resiliency in adversity.

Mary Sue Moore, Ph.D.



Mary Sue is a clinical psychologist, psychotherapist and educator in Colorado. She has taught and participated in a variety of clinical research projects in the U.S., U.K., and Australia over the past 25 years. Her research has focused on attachment theory and the impact of trauma on the developing brain. From 1986 to 1988, Mary Sue undertook a Fulbright Research Fellowship in London, where she worked with John Bowlby at the Tavistock Clinic.

Moving to Boulder in 1989, she worked as a clinician and consultant for a local CAMH service, where she pursued long-standing educational, research and clinical training interests, while continuing to teach in London twice a year, at the Tavistock Clinic. She is also writing a book on the impact of trauma and disturbed attachment relationships in children's drawings.

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 Repair & Creativity

With Mary Sue Moore
Saturday, 21 November 2015

Name:

Address:

Telephone:

Email:

Notes:

I would like ticket/s

Cost: Individuals: £120
Organisations: £140
Bowlby Centre members: £100

You can book and pay online by visiting www.thebowlbycentre.org.uk/cpd/

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