



**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:

Friday, 14 May 2021 and
Saturday, 15 May 2021
Friday, 11 June 2021 and
Saturday, 12 June 2021

2pm - 8.30pm on Friday, and
10am - 2.30pm on Saturday

Cost:

£500

Venue:

ONLINE

Speaker:

Prof Rudi Dallos
Prof Arlene Vetere

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

THE BOWLBY CENTRE PRESENTS A 20 HOUR COURSE ON: ATTACHMENT NARRATIVE THERAPY WITH PROF RUDI DALLOS AND PROF ARLENE VETERE

Attachment Narrative Therapy: Working Systemically with Attachment Narratives

This four day course will introduce an integrative approach to systemic practice: attachment narrative systemic therapy. The course combines attachment, trauma and narrative theories of development with systemic theory and practice to consider how systemic processes in families are fuelled by attachment dynamics. We shall explore how family members' narratives – their explanations and understandings of their difficulties – are connected to, and in turn shape the attachment and systemic processes.

The course uses an adapted range of therapeutic interventions that can be employed in various therapeutic settings. The following main themes are covered: representational systems of attachment; intergenerational learning and care in families; trauma and the restriction of attempted solutions; recursive processes of intervention; the use of self in therapeutic work; developing and monitoring the secure base in therapy and for families; the use of action methods in therapy; and healing in relationships. The course uses a mix of adult learning methods including therapeutic examples, lectures, and experiential learning in small groups and group discussion.

COURSE CONTENT

The Course will cover the following main themes: representational systems of attachment; intergenerational learning and care in families; trauma and the restriction of attempted solutions; recursive processes of intervention - paying attention to pattern and process; the use of self in therapeutic work; developing and monitoring the secure base in therapy and in families; the use of action techniques in therapy; and healing in relationships.

Block 1 – 14-15 May 20201

Introduction and Implications of Attachment Theory
Exploration and Understanding of Attachment Narratives: the role of loss and trauma
Formats for Exploration

Block 2 – 11-12 June 2021

Attachment Narratives: Intervention and the Possibility of Change
Maintaining the Secure Base into the Future
Formats for Exploration

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.

The 4 day courses come with the option of continuing Skype – based supervision/application sessions. These will be 4 - 6, 2- hour follow up sessions for groups of up to 4/5 people. There is the further option of continuing sessions on a monthly basis to guide participants' application of the ANT approach and techniques in their practice.

Rudi Dallos

r.dallos@plymouth.ac.uk

Arlene Vetere

drarlenevetere@hotmail.com

References

Dallos, R (2005) Attachment Narrative Therapy. Maidenhead: OU Press

Dallos, R and Vetere, A (2009) Systemic Therapy and Attachment Narratives: Applications in a range of clinical settings. London: Routledge

Vetere, A and Dallos, R (2008) Systemic Therapy and Attachment Narratives. Journal of Family Therapy, 30, 374-385

Dallos, R (2019) Don't Blame the Parents: Positive Intentions, Scripts and Change in Family Therapy. London: McGraw Hill.

Rudi Dallos is Emeritus Professor on the Clinical Psychology Training Programme at the University of Plymouth. He has developed an intervention SAFE – using ANT for families with a child with a diagnosis of autism. This is being evaluated as part of a funded research trial. Rudi contributes to various family therapy training programmes and offers consultation and supervision using the ANT approach. He is continuing to develop a programme of research into family dynamics, attachment and the development of problems. He has written several books including: Attachment Narrative Therapy, Systemic Therapy and Attachment Narratives, Attachment and Family Therapy, Formulation in Psychotherapy and Counselling and an Introduction to Family Therapy

Arlene Vetere, FBPsS, FAcSS, is Professor of Family Therapy and Systemic Practice at VID Specialized University, Oslo, Norway. I am a clinical psychologist and systemic psychotherapist specialising in working with couples and families, and with violence and substance use in families. In the past I have worked in clinical settings designated for older people and their families, with child and adolescent problems, with the child protection system and family courts, with acute psychiatric and rehabilitation settings, with intellectual and physical disability, and with community, in-patient and out-patient settings. The course draws on our recent book: Dallos R and Vetere A (2009) Systemic Therapy and Attachment Narratives: Applications in a range of clinical settings. London: Routledge. Rudi Dallos and I are currently working on the second edition of this book. My more recent writing includes Supervision of Family Therapy and Systemic Practice' co-edited with Jim Sheehan, Springer 2018; and 'Intervening After Violence: Therapy with Couples and Families' co-written with Jan Cooper, Clarissa Summit Scerri and Angela Abela, Springer 2018; and 'Interacting Selves: Systemic approaches to personal and professional development in psychotherapy and counselling, co-edited with Peter Stratton, Routledge 2016. Also 'Narrative Therapies with Children and their Families' co-edited with Emilia Dowling, Routledge second edition 2018.



BOOKING FORM

**THE BOWLBY CENTRE PRESENTS A 20 HOUR COURSE ON:
ATTACHMENT NARRATIVE THERAPY
WITH PROF RUDI DALLOS AND PROF ARLENE VETERE**

Name:
Address:
Telephone:
Email:
Notes:

I would like ticket/s

Cost: £500

You can complete the booking form and pay online by going to www.thebowlbycentre.org.uk/cpd/ or pay by cheque

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