

The Bowlby Centre

John Bowlby Memorial Conference 2013

**Addictions from an Attachment Perspective:
Do broken bonds and early trauma lead to
addictive behaviours?**

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Professor Edward J. Khantzian, MD

Cara Crossan

Richard Gill

Lynn Greenwood

Dr Bob Johnson

Liz Karter

Professor Arlene Vetere

Jason Wright

Friday 19 April (evening)

Saturday 20 April 2013

London

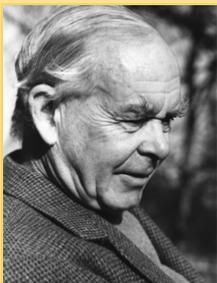
Do broken bonds and early trauma lead to addictive behaviours?

In this conference we hope to explore the paradigm that most addictive behaviours are the result of disruptive attachment bonds arising from early relational trauma. Self-medication in this context is an attempt to soothe painful feelings and dissociate from earlier traumatic events which threaten to overwhelm the self.

Professor Khantzian, who is giving the John Bowlby Memorial Lecture this year, was the first to espouse that substance abuse was not about pleasure seeking but an attempt to relieve psychic pain through self-medication. He made the connection that individuals, whose lack of self-care, vulnerability and failure of self-regulation made them more susceptible to addictive behaviours and led them to the use of substances such as alcohol and this could be extended to include food, gambling, sex and love addiction.

It is this particular aspect, the impact of disrupted attachment relationships, that we will be exploring at this conference and how the therapist, coming from and embodying an attachment and relational approach, may provide the first reliable, empathic relationship that the patient has ever known.

Following on from John Bowlby's example of bringing different disciplines together, the conference hopes to integrate the contribution from neuroscience, other new ways of thinking about addiction and the importance of attachment in this field.



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, formerly known as The Centre for Attachment Based Psychoanalytic Psychotherapy, 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 Stephen Mitchell, Beatrice Beebe, Susie Orbach, Jody Messler Davies, Kimberlyn Leary and Arietta Slade, relational psychoanalysts whose work is informed by attachment theory. The John Bowlby Memorial Lecture has increasingly taken a significant place in the field and is a central part of our annual conference to which many fine contributions have been made. We are delighted to welcome all our speakers to the twentieth 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 19th

Chair of Conference: Sir Richard Bowlby

6.00 pm

Registration & tea/coffee

Chair of evening: **Tori Settle**

7.00 pm

Welcome by Catherine Mitson, Vice Chair of the Bowlby Centre and presentation by Emerald Davis, Chair of the Bowlby Centre to Dr. Elaine Arnold on her appointment as a Patron of The Bowlby Centre.

7.05 pm

Addiction and its Context

Speaker: **Jason Wright**

7.45 pm

Discussion

8.00 pm

Taking the Toys Away – Removing the need for self damaging behaviour: a case study

Speaker: **Lynn Greenwood**

8.45 pm

Discussion

9.00 pm

Close of first evening

Saturday 20th

9.00 am

Registration (for those not registered on Friday evening)

Tea/Coffee

Chair of day: **Andrew Odgers**

9.30 am

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

9.35 am

Alcohol Misuse, Attachment Dilemmas and Triangles: a systemic attachment narrative approach to practice

Speaker: **Professor Arlene Vetere**

10.35 am

Discussion

10.45 am

Refreshment break, tea & coffee

11.15 am

The John Bowlby Memorial Lecture

The Self-Medication Hypothesis and Attachment Theory: Pathways for understanding and ameliorating addictive suffering.

Speaker: **Professor Edward Khantzian**

12.15 pm

Discussion

12.45 pm

Lunch: vegetarian buffet and fruit juice

2.00 pm	Using ‘Intent’ to Remedy Mal-attachment Speaker: Dr. Bob Johnson
2.45 pm	Discussion
3.00 pm	Struggling with Abstinence Speaker: Richard Gill
3.20 pm	Shame Reduction, Affect Regulation, and Sexual Boundary Development Speaker: Cara Crossan
3.40 pm	Gambling Addiction; Seeking certainty when relationship is the risk Speaker: Liz Karter
4.00 pm	Discussion Panel with all the speakers
4.30 pm	End of Conference: Andrew Odgers

Professor Edward J Khantzian

Professor Edward J Khantzian is Clinical Professor of Psychiatry, Harvard Medical School. He is President and Chairman of the Board of Directors of Physician Health Services, a subsidiary of the Massachusetts Medical Society. Dr. Khantzian is one of the founders of the American Academy of Addiction Psychiatry, is a past-president of that organization, and recipient of its Founder Award for his “courage in changing the way we think of and understand addictions.” His studies, publications, and teaching have gained him recognition for his contributions on self-medication factors and self-care deficits in substance use disorders and the importance of modified techniques in group therapy for substance abusers.

Cara Crossan

Cara Crossan is a qualified and accredited addiction therapist, consultant and clinical supervisor. She has over 13 years experience of working with individuals and families affected by addictions. She holds a Masters Degree in Addiction Psychology and Counselling and is a qualified Hazelden trained addiction therapist. Cara specializes in the treatment of trauma and its manifestations in addictions and compulsive behaviors. She has done extensive training with Dr Patrick Carnes and Dr Kenneth Adams in the United States where she is Certified Sex Addiction Therapist Candidate (CSAT). In the UK, Cara is a Trustee of the Association for the Treatment of Sexual Addiction and Compulsivity (ATSAC). ATSAC provides information and offers support on sex addiction and compulsivity.

Richard Gill

Richard Gill initially trained and worked at Hazelden in Minnesota USA in 1988/9 with people with various addictions. On returning to the UK he headed the clinical team at the St Joseph’s hospital addiction unit in Haselmer, Surrey whilst also carrying out work at the Priory Hospital Roehampton. He then set up and ran for five years the SHARP addiction treatment programme in London which is now part of Action on Addiction. During this time he supervised the Maya Project for women in Peckham whilst training at The Bowlby Centre. As chair of the accreditation committee for the National Association of Drug and Alcohol Counsellors he became involved in the growth of centres for addiction in Europe, South Africa, New Zealand and the Caribbean. He now works in private practice as an attachment-based psychotherapist in central London.

Lynn Greenwood

Lynn Greenwood has 15 years experience of working with people with complex difficulties, including those labelled as having personality disorders, dissociative disorders and eating disorders. She is a consultant psychotherapist to the Clinic for Dissociative Studies and a psychotherapist and supervisor in private practice. She has worked in the NHS (South West London & St George's Mental Health NHS Trust) and private hospitals (The Priory, Huntercombe Maidenhead), written widely and edited *Violent Adolescents*, (Karnac, 2005). Lynn consults to the television industry and has worked on over 90 series, assessing potential contributors and providing on-going psychological advice, support and management. She is a performed playwright.

Dr Bob Johnson

Dr Bob Johnson has been a consultant psychiatrist for 21 years, and a Principal in General Practice, also for 21 years prior to that. He has made a special study of the long term impact of trauma, especially with respect to psychopathy and psychosis. He has had extensive medico-legal experience and now runs a small clinic accumulating video and other material for training packs and workshops.

Liz Karter

Liz Karter is a leading therapist in gambling addiction, specialising in gambling and women. Working in the field since 2001 with the leading agencies in the UK and in private practice, Liz established the first Women's Groups for problem gambling. She has appeared on numerous radio and TV programmes as a specialist in gambling and women and is a regular conference speaker and writer. Liz is author of '*Women and Problem Gambling: Therapeutic Insights into Understanding Addiction and Treatment*,' published March 2013.

Professor Arlene Vetere

Arlene Vetere is professor of clinical psychology at Surrey University, UK, and professor of family therapy and systemic practice at Diakonhjemmet University College, Oslo, Norway. She is an HCPC (Health and Care Professions Council) registered clinical psychologist, UKCP registered systemic psychotherapist and AFT (Association for Family Therapy & Systemic Practice) UK registered systemic supervisor. She is interested in the integration of systems theory and practice with attachment theory and narrative theory and their application across a range of clinical settings. Her recent book with Rudi Dallos, *Systemic Therapy and Attachment Narratives* (2009, Routledge) is under revision for a second edition. She has worked for over 10 years in a community alcohol service and this presentation reflects her experience with the applications of attachment theory with problems of substance use.

Jason Wright

Jason has worked as a psychoanalytic psychotherapist for twenty years, following a pluralistic model. He was CEO and Clinical Director at the Core Trust addictions charity for twelve years, served on the Drugscope and London Drugs and Alcohol Network boards and held the post of Chair of the now Council for Psychoanalysis and Jungian Analysis. He currently serves on the board of the College of Psychoanalysis and chairs The Psychoanalytic Consortium. He trained at the Association of Independent Psychotherapists, and has an MA in intercultural and group analytic psychotherapy through Goldsmiths College. He has also sustained a general psychotherapy practice since 1993 founding the group practice 'number 42' in London Bridge.

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 2013

I am paying for myself

£140

I am a member of The Bowlby Centre

£120

I am funded by an organisation

£175

Concessionary ticket (limited to 20)

£90

I am applying for a concessionary ticket (limited to 20) @ £90 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. Mobile: 07764 497104**

Information

Venue	Institute of Child Health University College London 30 Guilford Street London WC1N 1EH
Dates	Friday 19th April (eve) and Saturday 20th April 2013
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 £140, Organisation funded £175, Bowlby Centre member £120, Concessions £90 (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: Dick Blackwell (Acting Chair), Jeremy Rutter and Brian Ryerkerk

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