



THE BOWLBY CENTRE

# ATTACHMENT, CLIMATE CRISIS AND THE NATURAL WORLD

THE 27TH ANNUAL JOHN BOWLBY MEMORIAL CONFERENCE

Saturday 20th April 2024 | 10:00am - 5:00pm

Key Note Speaker: Professor Jeremy Holmes

Speakers: Maggie Turp, Karen Carberry, Roger Duncan,  
and Dr Isabel Jimenez Acquarone.

Chaired by Linda Cundy



**ONLINE  
CONFERENCE**



# FOR THE FIRST TIME: A CLIMATE CONFERENCE THROUGH THE LENS OF ATTACHMENT THEORY

A groundbreaking climate conference that delves into the heart of the climate crisis through the unique perspective of Attachment Theory. Therapeutic practitioners worldwide are witnessing the profound impact of climate change on the mental health of individuals, as anxiety, helplessness, and depression become prevalent concerns. At the same time, the natural world serves as a vital source of comfort and healing for many.

## **EXPLORING THE HUMAN-ENVIRONMENT BOND: ATTACHMENT'S ROLE IN CLIMATE CRISIS**

This conference aims to spotlight the intricate relationship between our environment and our sense of safety and wellbeing. The climate crisis, coupled with relentless consumerist demands, is not only resulting in the loss of habitats and species but is also fostering a profound sense of insecurity that reverberates through individuals, groups, and nations globally.

## **ATTACHMENT THEORY: ILLUMINATING THE IMPACT OF INSECURITY**

Attachment Theory is well-placed to comment on the impact of insecurity. The conference will share insights into the emotional toll of the climate crisis, emphasizing its implications for life and wellbeing. This conference is a unique opportunity to deepen our understanding of the human psyche in the face of environmental challenges.

## **ACTION FOR A SUSTAINABLE FUTURE**

By attending this conference, you'll not only gain a comprehensive understanding of the psychological impact of climate change but also be inspired to contribute to solutions. The Aim of this conference is not only to raise awareness about the threats to life and wellbeing but uniting participants in their commitment to finding sustainable solutions.

**Date: Saturday 20th April 2024**

**Time: 10.00 - 5.00**

**Location: Online Via Zoom**

**Cost: £150 non-Bowlby Centre members**

Discounted Price for Bowlby Centre Members and Students

**Book Here: <https://thebowlbycentre.org.uk/cpd/>**



# ORDER OF EVENTS

SATURDAY 20TH APRIL 2024 | 10:00AM – 5:00PM UK TIME

**Linda Cundy** – Introductions

**Roger Duncan** – Nature and Belonging: Attachment and Separation from the Great Mother.

**Dr Isabel Jimenez Acquarone** – The Price We Pay: The cost of our relationship with technology in 2024 is detachment from ourselves, others and the natural world.

**Maggie Turp** – Articulating attachment and loss in times of trouble: the role of climate and eco-fiction.

**Karen Carberry** – Colonialism, climate change and migration: Attachment and survival through adoption and racial passing.

**Professor Jeremy Holmes** – Towards an Ecology of Attachment



# KEY NOTE SPEAKER

**Professor Jeremy Holmes** – Towards an Ecology of Attachment

Jeremy Holmes MD FRCPsych is Honorary Professor at the University of Exeter and was for 35 years medical psychotherapist and Consultant Psychiatrist at UCL and then in North Devon UK. He was Chair of the medical psychotherapy faculty of the Royal College of Psychiatrists 1998-2002. Author of over 250 papers and book chapters, his books include *The Oxford Textbook of Psychotherapy* (2008, co-edited by Glen Gabbard & Judy Beck), *John Bowlby and Attachment Theory* (2014), *Attachment in Therapeutic Practice* (2017), and *The Brain has a Mind of its Own* (2020). He is recipient of the Bowlby-Ainsworth foundation award New York, and the Canadian Clinical Psychology Goethe Prize. Allotment gardening, Green politics and grand-parenting now parallel his lifelong fascination with psychoanalytic psychotherapy and attachment theory.





# SPEAKER

**Roger Duncan** - Nature and Belonging: Attachment and Separation from the Great Mother.

Roger Duncan's first book *Nature in Mind, systemic thinking and imagination in ecopsychology and mental health*, was published by Routledge in 2018. He was the curator and director of the 2022 Confer Diploma Eco-psychotherapy and the Emerging Adolescent Mind- A Systemic Integration of our Relationship with Nature into Child and Adolescent Psychotherapy Practice and the 2018 Confer Eco Psychotherapy webinar *Reclaiming our Indigenous Relationship with Nature. An introduction to the Systemic Integration of Nature into Child and Adolescent Psychotherapy Practice*.



He is a Systemic Psychotherapist and Systemic Supervisor, father and grandfather, currently working within CAMHS (Child and Adolescent Health Service) in the NHS in the UK and also in private practice. His approach has been shaped by his background in Biology, training, and experience as a Waldorf teacher, and as a Vision Fast guide with The School of Lost Borders, in California. Prior to training as a psychotherapist, he was one of the pioneer tutors of the Ruskin Mill Education Trust where he was involved in the development and training of innovative therapeutic education programs for adolescents with complex and challenging behaviour in the woodlands and wilderness settings over a period of 18 years. Roger has been exploring, developing and leading nature-based retreats and researching Eco Systemic approaches to nature and mental health for over three decades. More recently he trained with the Psychedelic Health Professionals Network (PHP) which has led into a deeper systems approach to healing and an exploration of this experience as a rite of passage into encounters with the spiritual in both Nature and the human Soul.

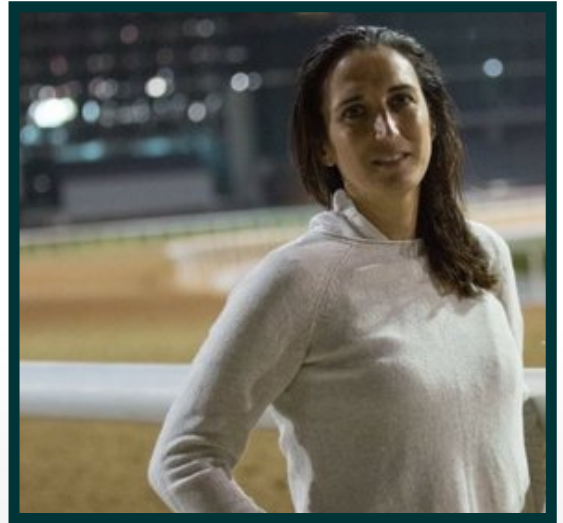




# SPEAKER

**Dr Isabel Jimenez Acquarone** - The Price We Pay: The cost of our relationship with technology in 2024 is detachment from ourselves, others and the natural world.

Dr Isabel Jimenez Acquarone is a BSc (Hons 1st class) Scientific Psychologist, UKCP certified Parent-Infant Psychoanalytic Psychotherapist, and holds a PhD from Imperial College London in Equine Sciences, having a scientific neuroethological and anthro-zoological approach to her work. She is a temperament consultant who is known across numerous fields spanning from early diagnosis, detection and intervention of autism to the management of elite performance horses, which is where her passion lies.



Her work has taken her worldwide offering her Equine Science Consultancy services with her focus being equine temperament assessment it is her love of horses from an early age that has meant that not only does she bring state-of-the-art technology, and scientific knowledge but a great understanding and deeper perspective making her unique in her field where she wholeheartedly ensures that each individual reaches their full potential.

In 2013 Dr Jimenez Acquarone founded ANIMA Sanctuary in Mallorca, an NGO dedicated to the rescue, care and rehabilitation of animals of all needs and species, as well as the education of two-legged individuals towards meeting the needs of their four-legged friends. She currently works part-time as the Director of the School of Infant Mental Health in London, creating an army of early interventionists, thus ensuring infant mental health and well-being from the very start. Her latest venture in 2023 includes setting up the research Project Intellectus-Corda which is in its initial primary phase.





# SPEAKER

**Maggie Turp** - Articulating attachment and loss in times of trouble: the role of climate and eco-fiction.

Maggie Turp is a psychotherapist whose work draws on psychodynamic, attachment and narrative perspectives. Her publications include *Psychosomatic Health: the body and the word* (2002), *Hidden Self-Harm: narratives from psychotherapy* and a number of journal papers. In recent years she has focused her work on climate and ecological issues. She is an active member of the Climate Psychology Alliance and contributes to the CPA therapeutic support service. She is co-editor of the Climate Psychology journal 'Explorations' and sole editor of the 'Cli-Fi Corner' section, which reflects her special interest in the ways in which fiction might help us to imagine and think through current threats and losses and possible future scenarios.





# SPEAKER

**Karen Carberry** - Colonialism, climate change and migration: Attachment and survival through adoption and racial passing.

Karen is Head of Family and Systemic Therapy at Orri, and an AFT Accredited Systemic Clinical Supervisor, and an Advisory Board Member of The Humanity Summit; former Board Director of Hope Bereavement Services, former Board Director and Trustee of The Association of Family. As a former walk leader for “Walks for Health” taking mental health treatment outside of the therapy room, and incorporating unique methods in clinical practice is central to her concept of ‘isomorphic mattering’ in which the inherent value of individuals and transgenerational communities through corporate learning is key to social wellbeing.



Karen is a visiting lecturer at the University of Oxford on the Dclin Doctoral Programme. She is co-editor of *Therapy in Colour: Intersectional, Anti-Racist and Intercultural Approaches by Therapist of colour* published by Jessica Kingsley Publishing, and *The International Handbook of Black Community Mental Health* published by Emerald Publishing.







# THE BOWLBY CENTRE

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.



## CHAIR: LINDA CUNDY



Linda Cundy is an Attachment-Based psychoanalytic psychotherapist and supervisor in private practice. She has over 25 years' experience as a teacher and independent trainer and has contributed to and edited four books on Attachment to date (currently working on five and six). A keen gardener with a life-long interest in anthropology, the relationship with the natural world is important to her. Linda is the Attachment Theory Consultant to the Bowlby Centre.



# **WE LOOK FORWARD TO SEEING YOU THERE**

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