



THE BOWLBY CENTRE

**ONE YEAR
ATTACHMENT-BASED PSYCHOANALYTICAL
PSYCHOTHERAPY SUPERVISION TRAINING**



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WELCOME TO THE BOWLBY CENTRE

The Bowlby Centre was founded almost 50 years ago by an active group of psychoanalytic therapists committed to challenging the prevailing psychoanalytic orthodoxy, by combining psychoanalysis with attachment theory and a relational approach to clinical work.

The Bowlby Centre is a member of the United Kingdom Council for Psychotherapy (UKCP) - a nationally recognised regulatory body which sets the standards for education and training as well as publishing a register of accredited psychotherapists.



Within the UKCP we belong to the CPJA – Council for Psychoanalysis and Jungian Analysis. We adhere to a code of ethics and practice that establishes standards of professional conduct for our psychotherapists in their work and is there to inform and protect the people who use or seek our services.

We offer:

- A 1 year online Certificate in Attachment Theory and Skills
- A 4-year Attachment Based Psychoanalytic Psychotherapy course to become a United Kingdom Council for Psychotherapy (UKCP) registered attachment-based psychoanalytic psychotherapist (ABPP)
- A 2-year Accredited Prior Learning (APL) course for people to become UKCP registered attachment-based psychoanalytic psychotherapists
- A 1 year on-line Attachment-Based Psychoanalytical Psychotherapy Supervision training (including support and application to UKCP Supervision Directory)
- Continuing Professional Development in the form of clinical forums and short courses
- An annual conference
- Attachment: a professional journal (published twice a year)
- The Blues Project: low-cost long-term therapy aimed at those who do not have the financial resources to access psychotherapy.

WHY UNDERTAKE THE 1 YEAR SUPERVISION TRAINING AT THE BOWLBY CENTRE?

This training will enable you to develop from therapist to supervisor.

It will support your current practice by consolidating, updating and enhancing your theoretical and practical skills. By the end of the course you will be equipped with the skills and experience to take on the role of supervisor with increased confidence.

At the end of the taught course you will be awarded the Supervision Certificate and CPD points.

If you meet the Application Criteria (see below) you can also progress to apply for the official assessment to join the United Kingdom Council for Psychotherapy (UKCP) Supervisor Directory.

Teaching consists of 10 on-line sessions across 10 months on Saturdays during term time

The course is for:

- Any therapist at The Bowlby Centre who is considering applying to become a Training Supervisor and/or Training Therapist or join the UKCP Supervisor's Directory
- Any non-Bowlby therapist wishing to join the UKCP Supervisors Directory who is interested in exploring an attachment-based approach to supervision
- Any existing Supervisor who might want a refresher course or who is interested in exploring an attachment-based approach to supervision

ATTACHMENT-BASED PSYCHOANALYTIC APPROACH

The course will explicitly address providing supervision from both the attachment and psychoanalytic lens.

VALUING DIVERSITY AND INTERSECTIONALITY

Our therapists come from diverse backgrounds and we look to all sections of the community in welcoming course attendees, students and clients. We operate an equal opportunities policy in our work and in our ways of relating to each other. We are committed to respecting and valuing difference and the training aims to consider the impact of age, class, culture, disability, neurodiversity, gender, race and sexuality on both students and clients.

VALUES

Our work is lived by and measured against our values. Our values are:

- Compassion
- Attunement
- Inclusion
- Curiosity
- Courage
- Transparency

1 YEAR SUPERVISION TRAINING COURSE

Throughout this course you will enhance your professional confidence and competence by developing a repertoire of skills and resources, through study, discussion and skills practice.

The course will cover:

- The transition from therapist to supervisor, with a comprehensive and clear understanding of the role of the supervisor
- Providing constructive, kind and sensitive feedback to supervisees.
- Deepening your ability to listen out for unconscious communication, hidden motivations, enactments, projections and projective identifications through tuning into the body, feelings, countertransference, transference, parallel process and free associations.
- Various supervision models and theories (psychoanalytic, attachment-based, schema, person centred or parts work approaches etc) in order to identify your individual style, as well as accepting that your supervisee might have a therapeutic way of working which differs to your own.
- Developing an understanding of your strengths and challenges in holding the supervisory frame, where this might unsettle, and what this might model, for supervisees.
- Exploring your individual identity and values, as informed by gender, sexuality, cultural identity and 'racial' experience, social class, neuro diversity, differently abled and religious experiences. All will be considered in your development of an understanding of the factors which might both support or challenge the supervisory relationship. You will be asked to consider the experience of difference for those in the supervisory triad.
- Understanding of diagnoses and self-labelling as well as various aspects of the psychiatric system, including working with suicide, self-harm and medication.

- Understanding psychosexual issues including how to work with compulsive sexuality, erotic transference and countertransference, enabling both you and your supervisee to face sexual shame with confidence and know when to refer to a Psychosexual Therapist.
- Gaining insight into how trauma, sexual abuse, eating disorders and addictions impact on the supervisory experience.

APPLICATION CRITERIA

To undertake the course you will need:

- A minimum of 2 years post-registration at the time of application and a substantial practice which means an average of 8 clients per week.
- Full membership of a professional body, for example, UKCP or BACP and hold professional liability insurance.
- You can supervise one of your peer group for the duration of the course unless you wish to complete the assessment required for inclusion on the UKCP Supervision Directory – in which case please see criteria below.

If on completion of the taught course you wish to apply to be on the UKCP Supervision Directory you will need:

- To have worked with clients for a minimum of 5 years, of which 3 years must be post-registration, and have undertaken at least 1600 client hours.
- To have UKCP Membership.
- To have completed 90 hours supervision with a suitably qualified supervisee who is not a peer, by the time of the Assessment.
- To have practised with at least one supervisee by the third month of this training. For the first two months you may practise supervision on a colleague/peer if a supervisee cannot be found sooner.
- Candidates are expected to find their own supervisee(s).

WHAT WILL BE EXPECTED FROM TRAINEES?

- To regularly attend the taught part of the course and the self-run small groups
- To arrive on time.
- To remain respectful and confidential of the other participants' contributions.
- To complete any pre-course reading or other course preparation e.g. videos, podcasts or case histories for consideration.
- To achieve 80% attendance across all seminars and course requirements.
- To make efforts to address any issues that make the course challenging for you.
- To operate within the philosophy, values, policies and procedures of The Bowlby Centre.

STRUCTURE OF THE 1 YEAR SUPERVISION TRAINING COURSE

The formal training and teaching includes 10 on-line sessions on a Saturday, with each day broken up into two seminars.

In between these monthly seminars there will be a requirement to meet for 2 hours each month in small peer-led supervision groups.

SESSION 1 – SEMINAR ONE

This seminar will explore the fears, hopes, and challenges of being both supervisee and supervisor, including the transition from therapist to supervisor and preparation for effective supervision.

SESSION 1 – SEMINAR TWO

This seminar explores the many roles of the supervisor and the hidden expectations within the relationship that may be at play.

SESSION 2 – SEMINAR ONE

The purpose of this seminar is to understand conflicting emotions that may arise within the supervisee and looks at how to respond to defensive reactions in order to avoid ruptures.

SESSION 2 – SEMINAR TWO

This seminar explores the challenges and complexities of the supervisory role: common pitfalls, addressing poor practice and the reluctance to accept limitations. It highlights the importance of when to prioritise the client over the supervisee.

SESSION 3 – SEMINAR ONE

This seminar is focused on issues which might arise in supervision when working with disordered eating, examining ethical issues, assessment, risk assessment, weight loss and gain.

SESSION 3 – SEMINAR TWO

The aim of this seminar is to explore safeguarding, clinical dilemmas which test ethical boundaries, avoiding liability and identifying legal issues, inadvertent disclosure, good practice and intersectionality.

SESSION 4 – SEMINAR ONE

The purpose of this seminar is to examine supervising clinical work with trauma, dissociation, D.I.D., PTSD and CPTSD and understanding what is evoked in both parties.

SESSION 4 – SEMINAR TWO

This seminar explores supervision work with short term clients.

SESSION 5 – SEMINAR ONE

This seminar is about becoming comfortable as a supervisor when working with the psychiatric system, client self-diagnoses and mislabelling e.g. BPD, EUPD, bipolar, psychosis, and neurodiversity.

SESSION 5 – SEMINAR TWO

The aim of this seminar is to enable a more effective supervision when working with diversity, difference and power dynamics, with the focus on 'race', ethnicity, culture, spirituality and religion, drawing on the differences and similarities between all members in the triad of supervisor, supervisee and client.

SESSION 6 – SEMINAR ONE

This seminar explores supervising work with childhood sexual abuse or trauma, so that you are able to impress upon the supervisee the significance of transference, tuning into emotional and bodily countertransference, projections and projective identifications.

SESSION 6 – SEMINAR TWO

This seminar revisits mindful, multi-layered supervision, observation without preconceptions and ways to spot unique and unconscious communication without becoming observationally clinical.

SESSION 7 – SEMINAR ONE

This seminar ensures you can establish good practice for online, phone and in person clinical work, considering professional, legal and ethical issues.

SESSION 7 – SEMINAR TWO

We begin to explore the implications of supervising alcohol, drug, gambling and digital addictions. Understanding any ethical issues that may arise and exploring our own awareness of attachment issues.

SESSION 8 – SEMINAR ONE

This session explores supervising those working with transgender, gay, lesbian, intersex, bisexual, pansexual, asexual, demisexual, nonbinary, questioning or coming-out clients.

SESSION 8 – SEMINAR TWO

We look into exploring the advantages and disadvantages of different models and styles of supervision, where the supervision might be client-centred, supervisee-centred, supervisory matrix-centred or person-centred, working with parts or a schema focussed approach

SESSION 9 – SEMINAR ONE

We begin to examine a wide range of psychosexual issues and dysfunctions.

SESSION 10 – SEMINAR ONE

The final sessions focus on deepening skills and the ability to face challenges and how to contain the sometimes difficult balance of meeting the needs of the client and the supervisee.

SESSION 10 – SEMINAR TWO

This final seminar will explore the supervisor selection, safe or challenging supervision, coasting or becoming stuck, interviewing other supervisors and supervision endings. We will explore supporting your own emotional wellbeing, professional endings with clients and how to provide transparency for your supervisee including yearly reports. We finish with a group round-up, feedback, farewells and a space for recognition of what has been particularly important for everyone during the supervision training course.

REGISTRATION & NEXT STEPS

Following the taught part of the course you will continue to be supported and guided to apply for registration with the UKCP Supervision Directory. This will require a Final Assessment Paper as well as submitting notes on the 30 case histories and your log of learning from the small groups during the course.

For Bowlby Centre members it is also recommended that this course be completed as part of the application to be considered as a Bowlby Centre Training Supervisor.

APPLICATION PROCESS

Applicants will need to apply by completing the application form on our website:

<https://thebowlbycentre.org.uk/supervision-training-course-booking-form/>

Applicants will usually have one 30 minute interview. The interview will be with a senior member of the Bowlby Centre usually from the Clinical Training Committee (CTC). The interviewer will explore each candidate's readiness to train.

There is no interview requirement for Bowlby Members.

APPLICATION DEADLINE

31st August 2025

COURSE FEES (2025)

The Course Fees are £2,680 and £2,480 for existing Bowlby Members.

CAN I PAY IN INSTALMENTS?

Yes, you can pay by 9 monthly instalments.

IS THERE AN INTERVIEW FEE?

The interview fee is £85.

For Bowlby Centre Members there will be an initial administration fee of £25 but no requirement for an interview.

IS THERE A DEPOSIT?

Yes, we require a non-refundable deposit of £250. This is applied to the course fee.

We will refund any deposit should the course not run. The deposit is retained if you withdraw from the course after acceptance.

ADDITIONAL FEES

You will need to pay for your own 15 sessions of supervision, which you need to have for the duration of this course. The supervisor of your supervision must be 5 years post-registration and a suitably experienced clinician to support you in your training and development.

You will need to pay for your own UKCP Supervisors Directory application fee, if you choose to take that route.

FREQUENTLY ASKED QUESTIONS

WHEN IS IT DELIVERED?

The course is delivered monthly online for 10 Saturdays across May 2025 – March 2026 (excluding August).

In between these monthly seminars there will be a requirement to meet for 2 hours each month for small peer-led supervision groups.

WHAT ARE THE DATES OF THE COURSE FOR 2025-2026?

2025 Autumn Term

- Saturday 18th October 25
- Saturday 8th November
- Saturday 13th December

2026 Spring Term

- Saturday 10th January 2026
- Saturday 7th February 2026
- Saturday 7th March 2026
- Saturday 11th April 2026

2026 Summer Term

- Saturday 9th May 2026
- Saturday 6th June 2026
- Saturday 4th July 2026

The welcome event will take place on-line at 9-10 am for one hour before the start of the first Saturday seminar on 18th October 2025. On the 13 December and 11 April additional 30 minutes group tutorials will take place taking the day until 5pm

WHAT ARE THE TIMES OF THE COURSE?

- 10.00 am - 11.30 am Seminar 1
- 11.30 am - 11.45 am Break
- 11.45 am - 1.00 pm Continue Seminar 1
- 1.00 pm - 1.45 pm Lunch
- 1.45 pm - 3.00 pm Seminar 2
- 3.00 pm - 3.15 pm Break
- 3.15 pm - 4.30 pm Continue Seminar 2

WHAT IS TIME THE COMMITMENT OF THIS COURSE?

- On line training: 5.75 hours per month
- On-line small supervision group: 2 hours per month
- Log of learning from the monthly small group: 15 minutes per month
- Consideration of case histories: 1.5 hours per month
- Personal supervision of your supervision: 1 hour per month.
- Supervising a supervisee: 90 hours in total (for those on the UKCP pathway).
- Logging your learning from practising as a supervisor: 15 minutes per month
- Final Assessment Paper: approximately 5 hours
- Reading: approximately 6 hours in total

IS THERE AN ASSESSMENT PROCESS DURING THE COURSE?

If you wish to apply for the UKCP Supervisor's Directory, you will need to complete:

- Evidence of having considered the 30 case history vignettes during the course, noting your thoughts about working with these.
- 90 hours of supervising a supervisee, plus a log of 100 - 200 words on your reflections and learnings of 15 hours of these sessions.
- 15 hours being supervised on your supervision, plus a 100 - 200 word log of your learnings from each session.
- Submission of your log of the small, self-run group, including dates, hours you have attended, who attended and a short 100 word written summary of your learning from each meeting.
- Submission of your Supervisor's Report.
- Completion of the Final Assessment Paper: approximately 5 hours.
- 80% attendance of the taught part of the course, 80% of the small groups and 80% of the case histories, completing any missed seminars the following year if your attendance is under 80%.

HOW MANY PARTICIPANTS WILL THERE BE ON THE COURSE?

To ensure that there is an opportunity for everyone to contribute during the seminars and to optimise the relational learning experience we anticipate the course will be for no more than 25 participants.

IS THIS COURSE FOR ATTACHMENT-BASED THERAPISTS ONLY?

No. This course is relevant to any therapist who is interested in an attachment oriented, psychodynamic or psychoanalytic foundation in supervision.

HOW MANY CPD HOURS WILL I EARN?

The CPD hours awarded will be up to 92.5 including completion of the taught course, small-group attendance and the case histories (less any missed hours). Supervision of your supervision will not be included in these hours, but can be recorded separately on your annual CPD return.

WHAT IS REQUIRED TO BECOME A BOWLBY CENTRE TRAINING SUPERVISOR?

A Bowlby Centre Training Supervisor will have to meet the criteria for working with Bowlby Centre trainees, this includes being registered with the CPJA and/or BPC and being five years post-qualification. There is an application process to become a training supervisor within the Bowlby Centre.