

A stylized, light blue tree with many branches and leaves, bearing several round fruits resembling oranges. The tree is set against a solid teal background.

THE BOWLBY CENTRE

**1 year Attachment Based  
Psychoanalytic Psychotherapy  
Supervision Training  
(ABPPS)**

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The Bowlby Centre was founded almost 40 years ago by an active group of psychoanalytic psychotherapists committed to challenging the prevailing psychoanalytic orthodoxy, by combining psychoanalysis with attachment theory and a relational approach to clinical work.

### **The United Kingdom Council for Psychotherapy**

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 10 week 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.
- One Year Attachment Based Psychoanalytic Psychotherapy Supervision Training (ABPPS): Online.
- Continuing Professional Development clinical forums.
- Short courses.
- An annual conference.
- A professional journal (twice a year).
- The Blues Project, low-cost long-term therapy offered for 18 months aimed at those who would not have the financial resources to access psychotherapy.
- Pep-web - a Psychoanalytic Electronic Publishing Web, which gives you free access to current and past psychoanalytic journals and papers.

## 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 online 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

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## ATTACHMENT-BASED PSYCHOANALYTIC APPROACH

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

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## 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.

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## VALUES

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

- |              |                |
|--------------|----------------|
| • Compassion | • Curiosity    |
| • Attunement | • Courage      |
| • Inclusion  | • Transparency |

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.
- Exploring your individual identity and values, as informed by gender, sexuality, cultural identity and 'racial' experience, social class, neurodiversity, 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 3 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.
- To be working with at least one supervisee, or you can supervise one of your peer group, for the duration of the course, unless you wish to complete the assessment required for inclusion in the UKCP Supervision Directory, in which case please see the 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 of 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 with 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 online 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, which will usually be of one or two participants.

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### 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.

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### 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.

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### 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 or repair, and supportive vs collusive supervision and necessary challenge.

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### SESSION 2 – SEMINAR TWO

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

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### 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, neurodivergences, weight loss and gain and remaining alert to hidden clues.

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### 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.

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## SESSION 4 – SEMINAR ONE

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

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## SESSION 4 – SEMINAR TWO

This seminar explores supervision work with short-term clients, confidentiality, trust, boundaries and dual roles in small or large organisations.

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## 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.

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## 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.

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## SESSION 6 – SEMINAR ONE

This seminar explores supervising work with childhood sexual abuse or trauma, the supervisee, the significance of transference, tuning into emotional and bodily countertransference, projections and projective identifications.

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## 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, plus working with money issues and online therapy.

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## 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.

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## 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.

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## 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.

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## 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.

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## SESSION 9 – SEMINAR ONE

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

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## SESSION 10 – SEMINAR ONE

The final sessions focus on deepening skills and the ability to face challenges, working online and supervisee traits.

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## SESSION 10 – SEMINAR TWO

This final seminar will explore supervisor selection and supervision endings. We will explore supporting your own emotional wellbeing, professional endings with clients and how to address feedback and report writing. 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 conducted by the course manager, Sarah Jack, or 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.

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## APPLICATION DEADLINE

31<sup>st</sup> July 2026

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## COURSE FEES (2026)

The Course Fees are £2,700 for Non-Bowlby Members and £2,500 for existing Bowlby Members.

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## CAN I PAY IN INSTALMENTS?

Yes, you can pay by 9 monthly instalments.

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## 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.



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## 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.

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## ADDITIONAL FEES

You will need to pay for your own 15 sessions of supervision (or 4 sessions if not taking the UKCP pathway), 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 October 2026 – July 2027. 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 2026-2027?

2026 Autumn Term	2027 Spring Term	2027 Summer Term
<ul style="list-style-type: none"><li>• Saturday 10<sup>th</sup> October 2026</li><li>• Saturday 7<sup>th</sup> November 2026</li><li>• Saturday 5<sup>th</sup> December 2026</li></ul>	<ul style="list-style-type: none"><li>• Saturday 16<sup>th</sup> January 2027</li><li>• Saturday 13<sup>th</sup> February 2027</li><li>• Saturday 13<sup>th</sup> March 2027</li><li>• Saturday 10<sup>th</sup> April 2027</li></ul>	<ul style="list-style-type: none"><li>• Saturday 8<sup>th</sup> May 2027</li><li>• Saturday 12<sup>th</sup> June 2027</li><li>• Saturday 10<sup>th</sup> July 2027</li></ul>

The welcome event will take place online from 9 to 10 am for one hour before the start of the first Saturday seminar on 10<sup>th</sup> October 2026. On the 5<sup>th</sup> December and 8<sup>th</sup> May, additional 30-minute group tutorials will take place, from 4:35 – 5:05 pm.

### 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 |

### 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 within your small groups will not be included in these hours, but can be recorded separately on your annual CPD return.

### 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 12 participants.

Registered Charity: No. 1064780/0

A Company Limited by Guarantee: Reg No. 3272512

**Registered Office:** 6 North Street, Oundle, Peterborough, PE8 4AL

 [www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk)

 020 7700 5070

 [admin@thebowlbycentre.org.uk](mailto:admin@thebowlbycentre.org.uk)

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## 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.

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## 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.

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## WHAT IF I FIND THERE ARE DUAL ROLES ON THIS SUPERVISION COURSE?

The presence of a participant's current or former therapist or supervisor teaching on this course is not viewed as an inherent ethical problem by The Bowlby Centre or governing bodies, as long as clear professional boundaries are maintained, and the participant's prior therapeutic or supervisory experience is not inappropriately disclosed or exploited within the course context. However, the onus falls entirely on the participant to navigate the potential complexities should their client or supervisee be on the same course. This situation requires the participant to proactively manage boundaries, address potential conflicts of interest, and possibly seek external consultation or course provider guidance to ensure that their primary professional relationships remain safe, confidential, and uncompromised, prioritising the well-being of their client or supervisee above all else.

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## WHAT HAPPENS IF I CAN'T FIND A SUPERVISEE?

We recommend that everyone find their own supervisee where possible, but each participant is welcome to turn to one of their peers for the first two months of the course for practice, maybe offering free supervision to a colleague to gain the necessary experience. If the therapist is planning on the Certificate of Attendance pathway, then offering peer supervision for the duration of the course is acceptable, but they will need to have offered 25 supervision sessions. However, by the start of month 3 all participants on the UKCP Supervisors Directory pathway will need to have a suitable supervisee (who is not a peer). The monthly small groups will be an opportunity to gain further supervisory experience, but will not count towards the overall required hours of supervising, for either pathway. A mix of the participants supervising individuals and groups does count towards supervising hours for either pathway.

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## WHAT IS THE TIME COMMITMENT OF THIS COURSE?

- Online training: 5.75 hours per month
- Online 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. (15 hours in total)
- 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

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## IS THERE AN ASSESSMENT PROCESS DURING THE COURSE?

The completion of the following within 2 years of completion of the course is required for the UKCP Supervisors directory:

- Evidence of having considered the 30 case history vignettes during the course, noting your thoughts about working with these. (e.g. a 100-word log of your learnings)
- 90 hours of supervising a supervisee (over a 2-year period), 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 which confirms you have completed 90 hours of supervising a supervisee(s) and 15 hours of taking your supervisee(s) to supervision for consultation. (Completion of all aspects of the course, including the 90 hours, has to be completed within 2 years of the end of the course in order for The Bowlby Centre to send on your details to the UKCP (if you are applying for this pathway). After this point, you would need to make an application to the UKCP yourself, which would be possible if you have met their criteria.
- 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%.
- Full payment of fees and completion of the evaluation form