THE BOWLBY CENTRE



# 2 year Accredited Prior Learning (APL)

UKCP
UK Council for Psychotherapy

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## WELCOME TO THE BOWLBY CENTRE

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 TWO YEAR CLINICAL TRAINING AT THE BOWLBY CENTRE?

This is an engaging and robust clinical training course, which takes place at the weekends during term times providing an opportunity to deepen your thinking in the field of psychotherapy. It will provide you with the knowledge to develop your current practice and to register with the United Kingdom Council for Psychotherapy (UKCP) as an Attachment-based Psychoanalytic Psychotherapist.

During the taught part of the course, you will engage with a wide range of important theoretical material, undertake an 18 months Infant Observation and be involved in experiential group work.

By the end of the course you will have developed a solid understanding of how Attachment Theory contributes to clinical work and how helpful it so for treating trauma.

## A RELATIONAL APPROACH

Understanding psychotherapy within the context of attachment relationships means that we see it as a co-operative venture between therapist and client. The aim is to develop a secure base from which to explore the unconscious and experiences of loss and trauma. We see attachment relationships between individuals as being shaped by groups and society, over the life cycle.

We believe that the structures and pressures at work in discrimination in society have an impact on the individual and these need to be thought about and explored in the therapeutic space.

## THE IMPORTANCE OF FACILITATING MOURNING

We recognise the importance of mourning, which we see as vital to the working through of issues of abandonment, emotional neglect, trauma and abuse, whether sexual or physical. We value the fostering and encouragement of developing the true self within an authentic therapeutic relationship.

## DEVELOPING EVIDENCE-BASED PSYCHOTHERAPY

John Bowlby's original development of attachment theory was promoted primarily by his concern to ensure social recognition for the central importance of attachment and the impact of loss and abandonment on early development. He was also concerned to strengthen the scientific foundations of psychoanalysis, emphasising the importance of basing our theories on research findings as well as clinical evidence. He recognised the need for practising a psychotherapy which can be demonstrated to be an effective contribution to mental health care. Since his original work, attachment theory has come to occupy a key position in this fast-developing scientific field, providing a link between psychoanalysis, developmental psychology, neurobiology, and the behavioural sciences.

## 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:

- Compassionate
- Attuning
- Inclusive
- Curious
- Courageous
- Transparent

## 2 YEAR ACCREDITING PRIOR LEARNING (APL)

The main strands of the training programme are:

### PERSONAL TRAINING THERAPY

In view of the important role that personal therapy plays in your development and training as a psychotherapist, we would usually expect you to have been in personal therapy for a minimum of one year with a psychoanalytic psychotherapist or a psychotherapist who works from a psychodynamic perspective prior to starting the course. Therapy is once (required) or twice (optional) weekly until registration. Students must undertake a period of twice weekly therapy for 9 months if they have not had twice weekly at any point prior to starting the course.

### SUPERVISION

Supervision with an attachment-based training supervisor needs to be in place once weekly from the start of the course until registration. There is a requirement for one supervisory hour per six client hours of work if you are not already registered with another governing body from a prior training. You may continue to see previous/current supervisors alongside your new attachment-based supervisor.

### TAUGHT COURSE

Our approach to learning is based on insights from developments in adult education as well as attachment theory and psychoanalysis. We believe that adults learn best in a context in which they can be creative. Students need a secure base from which to explore and take risks. The organisation aims to provide an enabling and supportive environment, in which students can feel free to develop their own style of learning and presenting work – an environment which is both supportive and challenging.

Trainees usually take a further 6-12 months to complete their portfolio for registration. The fee for the post-taught, year is substantially lower than that for the taught part of the training and your course tutor will continue to support you during the post-taught part of your progress towards registration.

### INTERACTION WITH THE COURSE TUTOR

The course tutor is the main link between the student and The Bowlby Centre and has a key support and assessment role throughout the course. Students meet regularly with their tutor on an individual and group basis from the beginning of the training and usually continue with the same tutor until the end of their training.

## MENTAL HEALTH FAMILIARISATION AND A PLACEMENT

There is currently a requirement from the CPJA that all trainees undertake a part-time placement which enables them to gain experience of the field of mental health. If you have had previous or current experience in the field of mental health, for example you are working in a mental health setting you can apply for an exemption. The placement is expected to be part-time no less than 6 months at half a day a week.

Throughout the course and up until registration you can write your mental health familiarisation paper which covers certain criteria. Alongside the personal research and experience of a placement and clinical work we will aim to provide additional seminars/workshops covering some of the topics required for mental health familiarisation.

## RESEARCH METHODOLOGY

Throughout the course you will be exposed to papers which cite research findings. To ensure that you can critically evaluate the value of the research we will provide an additional workshop in research methodology.

## APPLICATION CRITERIA

All applicants must:

- Have undertaken and completed a relevant previous training.
- Be qualified (but not necessarily registered) to work clinically as a counsellor or psychotherapist and be currently working with a minimum of two clients.
- Have undertaken a minimum of 3 years weekly personal psychotherapy in any modality.
- Be in weekly or twice weekly therapy with an attachment based psychoanalytic psychotherapist or a therapist registered with the British psychanalytical council (BPC).
- Be in weekly supervision with an attachment-based psychoanalytic training supervisor.
- Have had a minimum of 12 months working clinically with appropriate supervision.

## WHAT WILL BE EXPECTED FROM TRAINEES?

- To attend consistently and on time.
- To maintain respect for and confidentiality of other participants contributions.
- To operate within the values and policies and procedures of The Bowlby Centre.
- To complete any pre-course reading or other preparation such as watching a webinar or listening to a podcast.
- To achieve 80% attendance in each seminar to complete the course.

## STRUCTURE OF THE 2 YEAR APL COURSE

The formal training and teaching lasts for two years and is part-time. These are the main strands:

1. Theoretical Seminars
2. Attachment Seminars
3. Infant Observation
4. Clinical Seminars
5. Personal and Professional development
6. Group work

### THEORETICAL SEMINARS

The aim of these seminars is to help students gain a stronger theoretical understanding from an historical perspective as well as current theory and practice. The seminars cover psychoanalytic theory from Freud onwards and all the latest developments of trauma theory including neuroscience.

### ATTACHMENT SEMINARS

The aim of these seminars is to ground the training in attachment theory to enable students to gain a clear understanding of the attachment-based approach to clinical work. These seminars will aim to embed the approach both implicitly and explicitly.

### INFANT OBSERVATION

These seminars follow the development of attachment in the first 18 months of life. The aim of the Infant Observation seminars is to gain an understanding of infant development with particular emphasis on the centrality of attachment to the development of a healthy sense of self. The observation itself continues for the first 18 months of the infant's life.

### PERSONAL AND PROFESSIONAL DEVELOPMENT SEMINARS

The purpose of the Personal and Professional Development Seminars is to give students the opportunity to explore and integrate the values of The Centre and to prepare for work as an Attachment–based Psychotherapist. It is an opportunity to get to know each other better and to develop your understanding of intersectionality, power, privilege, difference and diversity.

## CLINICAL SEMINARS

These are a place for exploring the clinical application of attachment theory with experienced clinicians.

## GROUPWORK

The aim of the experiential groups is to deepen your understanding of your own attachment patterns in terms of how you give and receive care, how you share interests with your peers, and the impact of your internal and external environments on your attachment patterns.

## REGISTRATION

Following the taught part of the course you will continue to be supported and guided to apply for registration with the UKCP. You will have a course tutor, and termly individual tutorials. To apply for registration you will need to produce a registration portfolio and undertake two interviews.

## APPLICATION PROCESS

Applicants will need to apply by completing the application form on our website: Psychotherapy Training Programme - The John Bowlby Centre (thebowlbycentre.org.uk)

Applicants will usually have one interview and sometimes two. 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 with The Bowlby Centre.

### APPLICATION DEADLINE

30th June 2027

### COURSE FEES (2025)

The Course Fees are £5900 per annum

### CAN I PAY IN INSTALMENTS?

Yes, you can pay by instalments. Ten monthly instalments.

### IS THERE AN INTERVIEW FEE?

The interview fee is £100.

### 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.

### OTHER COURSE FEE'S

You will need to pay for your own therapy and supervision

## FREQUENTLY ASKED QUESTIONS

### WHEN IS IT DELIVERED?

On Fridays and Saturdays with the occasional Sunday (one per term.) Please look at the term dates for more detail.

### HOW IS THE COURSE DELIVERED?

The Friday seminars will be on-line and the Saturday seminars will be in person.

### WHERE WILL THE COURSE BE HELD?

Highbury Grove School, N5 2EQ (Highbury and Islington Station).

### WHAT ARE THE DATES OF THE COURSE? 2027-2028

The dates of the course are:

| 2027 Autumn Term 1 | 2028 Spring Term 2 | 2028 Summer Term 3 |
|---|---|---|
| • September 17th and 18th | • January 14th and 15th | • May 5th and 6th |
| • October 1st and 2nd | • January 28th and 29th | • May 19th and 20th |
| • *October 16th and 17th | • *February 12th and 13th | • June 2nd and 3rd |
| • November 5th and 6th | • February 25th and 26th | • *June 17th and 18th |
| • November 19th and 20th | • March 10th and 11th | • June 30th and July 1st |
| • December 3rd and 4th | • March 24th and 25th | • July 14th and 15th |

*Three weekends will be experiential group: October 16th and 17th, February 12th and 13th, June 17th and 18th. These are held on Saturdays and Sundays. There will be no Friday teaching on these weekends.

### WHAT ARE THE TIMES OF THE COURSE?

Friday: 1.30pm - 6pm

Saturdays 10am - 5.15pm

Experiential Weekends: Saturday and Sunday 10am – 4pm

## WHAT IS THE REQUIREMENT FOR PERSONAL THERAPY?

There is a requirement to be in personal therapy once a week up until registration.

For a period of 9 months there is a requirement to be therapy twice weekly prior to registration if this has not been experienced before.

You may be able to keep your current therapist if they are trained psychoanalytically but you will need to change if they are not registered as a psychoanalyst with 5 years post registered experience.

## IS THERE AN ASSESSMENT PROCESS DURING THE COURSE?

Each teacher will give you written feedback at the end of every term.

You will have one to one termly tutorial with your course tutor.

Your supervisor will write an annual report.

You are required to write an Infant Observation paper.

You are required to write a mental health familiarisation paper.

You are required to produce a portfolio for registration.

You may be asked to present in seminars.

## 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. Typically the groups are between 8 and 10 people.

## WILL THERE BE A COURSE TUTOR?

Yes, there will be a course tutor who will hold a group tutorial twice a term and hold individual tutorials once a term with each student in the group.

## WHAT DO I NEED TO DO TO REGISTER WITH THE UKCP?

- The successful completion of the taught part of the course
- Meeting requirements for client work
- Completing a registration portfolio

## IS THERE A REQUIREMENT FOR ATTENDANCE?

We have a minimum attendance for each seminar of 80%. If a student is unable to attend 80% the Clinical Training Committee will discuss whether the student is able to move onwards to the next part of the course.

## ARE THERE EXAMS?

We don't have formal exams. Students prepare presentations for seminar and complete written work.

## WHAT ARE THE MINIMUM REGISTRATION REQUIREMENTS FOR CLIENT WORK?

You are required to work with:

- One client for 18 months twice a week
- One client for 18 months once a week
- Five clients for a minimum of six months once a week

## AM I REQUIRED TO TAKE REFERRALS FROM THE BOWLBY CENTRE?

We run a Blues Project for clients with low incomes and we can refer on clients from the Blues Project to trainees. Clients coming from the Blues project will be assessed by a co-ordinator and will sign a contract for 18 months work (twice weekly) with a student.