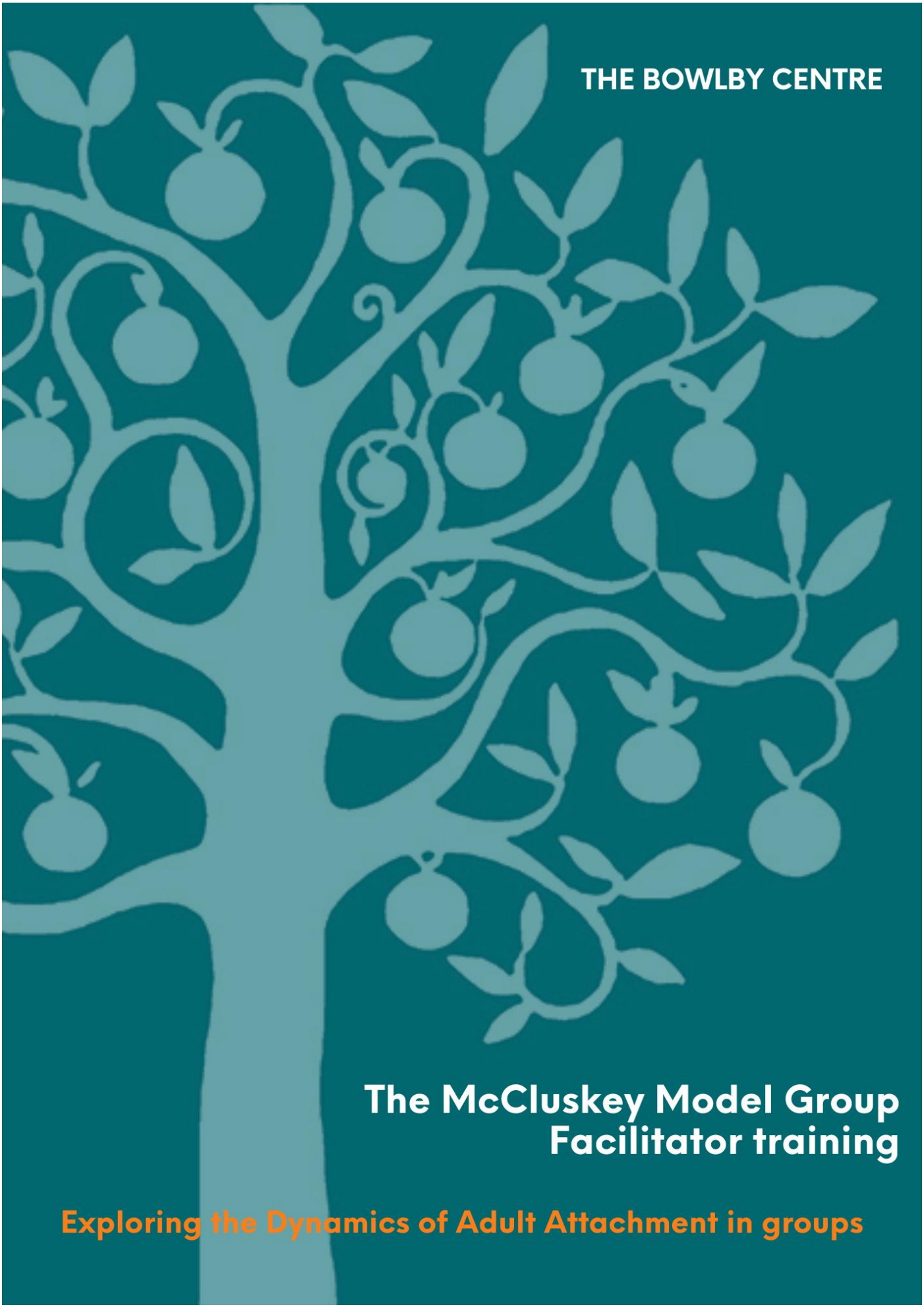

THE BOWLBY CENTRE
The McCluskey Model Group
Facilitator training
Exploring the Dynamics of Adult Attachment in groups

ADVANCED GROUP WORK

The Bowlby Centre is pleased to announce a new training pathway in collaboration with colleagues from The Association for Exploring the Dynamics of Adult Attachment (AEDAA)

This course will train you in the delivery of the McCluskey Model for Exploring the Dynamics of Adult Attachment, the Theory of Attachment Based Exploratory Interest Sharing and Exploratory Goal Corrected Psychotherapy. It offers a unique attachment-based approach to exploratory group work, as well as being relevant to work with individuals, couples and in organisational contexts.

Effective group work can enable people to experience deeper understanding of themselves and others, the relational dynamics and experiences that have shaped them, their wellbeing and the way they take up their place in the world both personally and professionally.

This course is an opportunity for you to learn how to facilitate McCluskey Model groups. You will learn the theoretical ideas, practice skills and relational frameworks to work supportively and effectively at depth with groups.

Since 2015, participation in McCluskey Model groups has been incorporated into clinical training at the Bowlby Centre and now stands as an integral part of the training programme.

The training is designed for experienced psychotherapists who would like to develop their knowledge, understanding and skills in exploratory attachment-based group work.

THE COURSE AIMS

To provide you with:

- Knowledge and skills to deliver and facilitate psychotherapeutic group work using the McCluskey Model.
- An opportunity for ongoing professional and personal development to increase the effectiveness of your therapeutic practice and enable you to work with more ease and vitality.
- Advanced training in intra/interpersonal micro and macro group facilitation skills.
- Learning alongside experienced competent peers, with a shared in-depth experience of exploring the model in relation to their own lives and development.

APPLICATION CRITERIA

- Full attendance at least 3 of the following as a minimum to ensure you have had opportunities to explore each of the 7 systems at depth in relation to your own life:
    - Experiential groups as part of Bowlby Centre training
    - Experiential groups delivered by Una McCluskey or senior members of Association for Exploring the Dynamics of Adult Attachment (AEDAA).
    - Bi-annual conferences (The McCluskey Model for Exploring the Dynamics of Attachment in Adult Life)
    - Foundation experiential (to be held in Nov 2026 with the Bowlby Centre)
- Professional training and registration as a psychotherapist with 1 year post-registration and 3 years post-graduation

REQUIRED READING

Heard, D., Lake, B. and U. McCluskey (2012) *Attachment Therapy with Adolescents and Adults*, first published 2009, London: Karnac.

Heard, D., Lake, B., & McCluskey, U. (2012). *Attachment therapy with adolescents and adults: Theory and practice post Bowlby* (Rev. ed.). Karnac

McCluskey, U. (2005), *To Be Met as a Person: The dynamics of attachment in professional encounters,* London New York: Karnac.

Heard, D. and Lake,B. (1986), 'The attachment dynamic in adult life', British Journal of Psychiatry, 149: 430 – 439.

Linington, M. (2015), 'Who Cares? Some Applications of Attachment Theory with a Man Abused in Childhood', A*ttachment: New Directions in Psychotherapy and Relational Psychoanalysis* Vol 9 (3)

McCluskey U. (2011), 'The Therapist as a Fear-Free Caregiver: Supporting change in the dynamic organisation of the self', Association of Universities and College Counselling Journal, 17: 12 – 17.

McCluskey, U. and J. Gunn (2015), 'The dynamics of caregiving: Why are professional caregivers vulnerable to anxiety and burnout, and how do we support their wellbeing?, *Attachment: New Directions in Psychotherapy and Relational Psychoanalysis*, 9 (2) : 188 – 200.

McCluskey, U. and O'Toole, M. (2019), Transference and Countertransference from an Attachment Perspective: A guide for professional caregivers, Abingdon: Routledge.

Neath N and U. McCluskey (2019), *To Be Met As A Person At Work: The Effect of Early Attachment Experiences on Work Relationships*, London and New York: Routledge.

O'Toole, M. (2016) A Combined Approach to Psychotherapy, Individual and Group from an Attachment Perspective. Attachment: *New Directions in Psychotherapy and Relational Psychoanalysis 10:110 -131.*

Stevens, J. Fox, J and Lyon, P 'To be Met as a Person Through drawing: Relational Drawing and Mental Health' in Lyon, P. and Scott, C., eds, (2025) *Drawing in Health and Wellbeing: Marks, Signs and Traces*. Bloomsbury.

Stevens, J. (2025), Connection Comics (www.graphicattachment.co.uk)

MAIN COMPONENTS OF THE COURSE:

1. Theory of Attachment Based Exploratory Interest Sharing (TABEIS).
2. McCluskey Model for Exploring the Dynamics of Adult Attachment.
3. Training in group application of the McCluskey Model.
4. Understanding and practice of Exploratory Goal Corrected Psychotherapy
5. Skills development and reflections in and on practice including video analysis.
6. Presentations.

FURTHER DETAIL IF NEEDED

- How the McCluskey Model of group facilitation works.
- Skills and principles in setting up a group, structuring groups and model adherence.
- Orientating the group to the task.
- Developing observer skills.
- Understanding and application of the seven systems of the Theory of Attachment Based Exploratory Interest Sharing.
- Integration into own practice framework.
- The application of metatheory in micro practice i.e., removing ambiguity
- Experiential component – tracking the systems in self.
- Applications to individuals and organisations

WHAT WILL BE EXPECTED FROM THE COURSE PARTICIPANTS?

The course participants are expected to attend consistently and on time.

You will be asked to contribute your own thoughts and ideas and link these with your own professional and/or personal experience.

You will be required to maintain respect for your fellow students and recognise the confidentiality of their contributions.

You will be expected to actively engage in the full course programme including skills practice.

You will be asked to keep your own journal in whatever way suits you.

You will be asked to prepare and deliver an end of course presentation.

You will be required to complete any pre-course reading

ADDITIONAL BENEFITS

REDUCED PRICE FOR ATTENDANCE AT BOWLBY CLINICAL FORUMS

The Clinical Forums are a presentation and discussion of clinical work through an attachment lens, held monthly online, on a Saturday between 11am-1pm.

REDUCED PRICE FOR ATTENDANCE AT THE ANNUAL JOHN BOWLBY MEMORIAL CONFERENCE

A one-day online conference which will address a particular theme from an attachment perspective.

THE PRACTICALITIES

HOW LONG IS THE COURSE?

16 Days over 8 weekends over two years 2027-2029

WHEN IS IT DELIVERED?

The course is delivered on Saturdays and Sundays

HOW IS THE COURSE DELIVERED?

This course will be delivered in-person at The Dance Space, 2 Market Square, Circus St, Brighton BN2 9AS

WHAT ARE THE DATES OF THE COURSE? 2025-2026

The dates of the course are:

2027

- April 24th / 25th
- July 10th / 11th
- November 6th/7th

2028

- January 22nd/ 23rd
- April 22nd/23rd
- July 8th/9th
- November 4th/5th

2029

- January 27th/28th

WHAT ARE THE TIMES OF THE COURSE?

9:30am-4:30 pm (UK time) including breaks

WHAT ARE THE CRITERIA FOR A PLACE ON THE COURSE?

Full attendance of at least 3 of the following as a minimum. This is to ensure that participants have had opportunities to explore each of the 7 systems at depth in relation to their own lives:

- Experiential group as part of Bowlby Centre training
- Experiential group delivered by Una McCluskey or senior members of Association for Exploring the Dynamics of Adult Attachment (AEDAA).
- Bi-annual conference (The McCluskey Model for Exploring the Dynamics of Attachment in Adult Life)
- Foundation experiential (to be held in Nov 2026 with the Bowlby Centre)

Professional training and registration as a psychotherapist with 1 year post registered and 3 years post graduated

IS THERE AN APPLICATION FORM AND INTERVIEW FOR THE COURSE?

Yes, you will need to complete an application form and undertake a 30-minute interview. There is an interview fee of £50

HOW MUCH DOES THE COURSE COST?

The course fee is £4,250 for Bowlby Members and £4,500 for all other attendees

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.

CAN I PAY IN INSTALMENTS?

Payment will be required in 3 instalments

£1,500 as soon as you have accepted you place on the course

£2,000 by 30.9.27

£1,000 by 30.9.28

DO I HAVE TO PAY IF I MISS A SESSION?

Yes, you will need to pay for any missed sessions.

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.

WILL THERE BE A COURSE TUTOR?

The course will be delivered by Jane Cato, Nicola Neath and Joanna Stevens