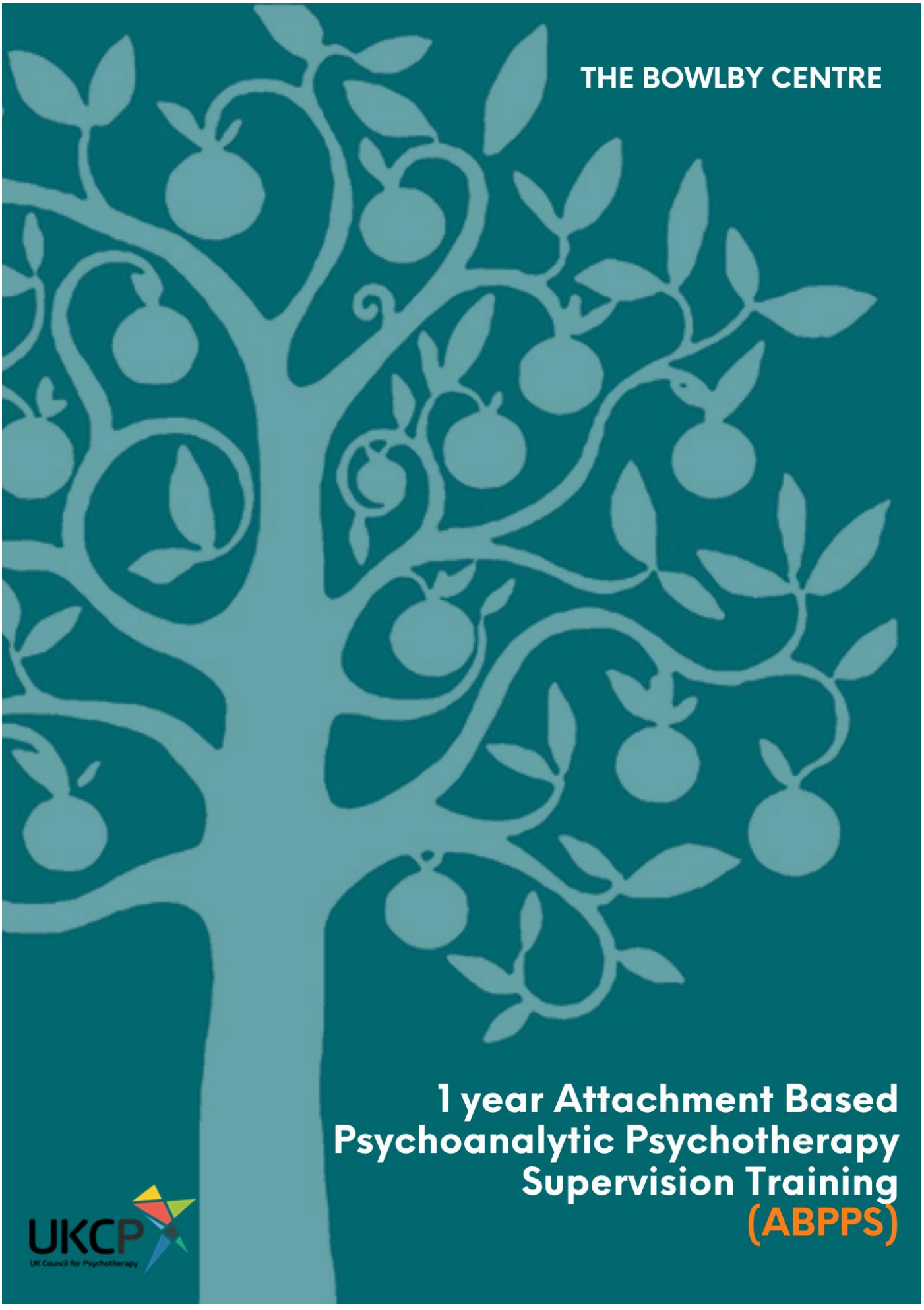
THE BOWLBY CENTRE



1 year Attachment Based Psychoanalytic Psychotherapy Supervision Training (ABPPS)

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.
- A 1 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 or BAPPS (British Association of Psychoanalytic and Psychodynamic Supervision).

Teaching consists of 10 online sessions across 10 months on Saturdays during term time. The course is for:

- Any non-Bowlby therapist wishing to join the UKCP Supervisors Directory who is interested in exploring an attachment-based approach to supervision
- 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 existing Supervisor or Therapist 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:

- 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 and how it differentiates from being a therapist.
- Providing constructive, kind and sensitive feedback to supervisees and understanding the impact of the insecure frame.
- 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 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 the challenges in holding the supervisory frame. Being able to smoothly repair ruptures, address poor practice, and considering supportive, collusive and directiveness in supervision.
- 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.
- Working with money issues, triangular relationships, burn out, guilt and parallel process.
- 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 prepared to work with at least one supervisee from month 3 or to 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 or apply to the BAPPS 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 or apply to become a supervisor with the BAPPS, 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 (which would include supervision of supervision) with a suitably qualified supervisee(s) who is not a peer, by the time of the Assessment.
- To be practising 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), however, we can provide links to organisations that can provide access to non-fee paying supervisees.

ENTRY TO THE UKCP SUPERVISION DIRECTORY

The Bowlby Centre will put forward via the CPJA college all successful UKCP supervision graduates from the following colleges, the CPJA, CEC and HIPC. If you belong to the CEC you will have two options either via the CPJA or through SEA.

If you have trained with the Minster Centre (HIPC), you will also have two options either via the CPJA or via the Minster Centre. If you choose the Minster Centre route, they will provide you with an application form

(which allows you to show how you have met the HIPC requirements) in order for them to put you forward for inclusion on the UKCP Supervisor's Directory.

At the time of writing we are yet to have full validation from the following: CCAP, CFCSP, CMP, COOHP, CSRP, PCIPC, and UTC. It is therefore important for those who are applying from one of these colleges to check with their college's supervision statements to ensure that this course is suitable (if you are keen to be included in the UKCP Supervisor's Directory).

SUPERVISION OF A 'QUALIFIED MEMBER'

This course will allow any graduate to supervise any "qualified' therapist accredited with any professional organisations e.g. UKCP, BACP etc, so long as the supervisor has appropriate knowledge and competency relevant to the individual's supervisee's work.

BECOMING A TRAINING SUPERVISOR

If you aim to become a 'training' supervisor then it is likely that each training organisation has their own requirements to be accepted as a 'training' supervisor. Some organisations may only allow you to become a 'training supervisor' if you have completed one of their college's supervision courses.

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.

MONTH 1 – SEMINAR ONE

This seminar will explore the fears, hopes, and challenges of being both supervisee and supervisor, supervisor selection, the transition from therapist to supervisor, preparation for effective supervision and how to address feedback and report writing.

MONTH 1 – SEMINAR TWO

This seminar explores the many roles of the supervisor and the hidden expectations within the relationship that may be at play. We will explore working with and understanding the attachment patterns that influence supervision and discuss a (fictitious) transcript of a preoccupied supervisee in supervision.

MONTH 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 repair ruptures, and supportive vs collusive supervision. We will also discuss a (fictitious) transcript of a disorganised supervisee in supervision.

MONTH 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, plus supportive, collusive or directive supervision.

MONTH 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.

MONTH 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.

MONTH 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.

MONTH 4 – SEMINAR TWO

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

MONTH 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.

MONTH 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.

MONTH 6 – SEMINAR ONE

This seminar explores supervising work with childhood sexual abuse or trauma, the importance of working with the body, as well as tuning into emotional and bodily countertransference, projections and projective identifications.

MONTH 6 – SEMINAR TWO

This seminar explores working with money issues through a (fictitious) transcript of a supervisee unable to maintain fee boundaries, as well as mindful supervision, listening without preconceptions and ways to spot unique and unconscious communication without becoming observationally clinical.

MONTH 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.

MONTH 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.

MONTH 8 – SEMINAR ONE

We will explore working with LGBTQIPA+. Understanding the impact of heteronormativity, client vigilance to discrimination, judgement, being shamed or misunderstood, as well as clients being pathologised, experiencing depression and turning to self-harm and suicidality in their struggles with their identity and being in a minority.

MONTH 8 – SEMINAR TWO

This seminar examines the clinical dynamics of supervision through a contemporary psychoanalytic lens. Participants will explore how unconscious superego functions intersect with gender roles and systemic misogyny within the supervisory relationship.

MONTH 9 – SEMINAR ONE

We will be exploring a wide range of psychosexual issues and dysfunctions as well as other models of sex.

MONTH 9 – SEMINAR TWO

We will explore how to avoid erotic transference becoming acted out and what might precede this boundary violation through slides, plus a transcript of a supervisee in supervision, close to this violation.

MONTH 10 – SEMINAR ONE

We will be discussing the Insecure Frame and the impact this can have on the clinical work and the supervisee, as well as considering triangular relationships.

MONTH 10 – SEMINAR TWO

This final seminar will explore supervision complacency, managing breaks and professional endings with clients and supervisors. We will also be looking at burn out, supporting your own emotional wellbeing, working with guilt and consider how hidden supervisee traits impact on client development and clinical work. We finish with a group round-up, farewells and a space for recognition of what has been particularly important for everyone during this 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 if you so wish. 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.

APPLICATION DEADLINE

July 31, 2027

COURSE FEES (2026)

The Course Fees are £2,700 for Non-Bowlby Members and £2,500 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 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 2027-2028?

2026 Autumn Term

- Saturday 9th October 2027
- Saturday 6th November 2027
- Saturday 4th December 2027

2027 Spring Term

- Saturday 15th January 2028
- Saturday 12th February 2028
- Saturday 11th March 2028
- Saturday 22nd April 2028

2027 Summer Term

- Saturday 13th May 2028
- Saturday 10th June 2028
- Saturday 8th July 2028

The welcome event will take place online from 9 to 10 am for one hour before the start of the first Saturday seminar on 9th October 2027. On the 12th February and 8th July, 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.

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.

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. Following completion of the course Bowlby Centre members will be able to complete the application process to become a training supervisor for the Bowlby Centre.

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.

WHAT HAPPENS IF I CAN'T FIND A SUPERVISEE?

We recommend that everyone find their own supervisee where possible, but offer links to organisations who offer non-fee paying supervisees. However, 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.

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

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 (of the 35) 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(s) (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

WHAT WILL BE INCLUDED IN THE SUPERVISOR'S REPORT?

The supervisors report will verify your 90 hours of supervising a supervisee(s) and will be confirming that your supervisory work is of a satisfactory standard and has reached the theoretical and practical learning outcomes in line with UKCP or BAPPS (British Association of Psychoanalytic and Psychodynamic Supervision) expectations.

CAN I BECOME A BOWLBY CENTRE TRAINING SUPERVISOR WITH A BACP MEMBERSHIP?

To become a Bowlby Centre Training Supervisor, you need to have UKCP membership and be part of the CPJA or BPC, as well as be 5 years post-registration. However, completing the Final Assessment Paper, plus all other UKCP Supervisors Directory pathway criteria, will give participants eligibility to also apply for the British Association of Psychoanalytic and Psychodynamic Supervision (BAPPS) membership if they meet all other criteria for BAPPS membership.

Unfortunately, it is not possible for those with a BACP membership or otherwise to apply for the UKCP Supervisors Directory unless the participant also has a UKCP membership. However, this does not prevent the BACP registered participant from applying to BAPPS. All participants will gain a solid foundation and gain confidence in supervision as a result of completing this training course. Any therapist attending this course who is registered with any governing body may practise as a supervisor.