

# Attachment Theory in Clinical Practice

## The Bowlby Centre

*Promoting Attachment and Inclusion*

offers a short course

### Attachment Theory in Clinical Practice

**Seminar Leader: Kate White**

This professional development short course introduces the key concepts of attachment theory as they appear in therapeutic work with adults. The course explores both clinical and personal experience of attachment theory and discusses applications of new attachment research from a relational perspective. There will be an opportunity for participants to discuss current clinical dilemmas and explore how these might be understood from an attachment and relational point of view.

#### Seminars will include the following themes.

- **Introductions – our relationship to attachment theory.**
- **Attachment theory in context**
- **Separation, loss and mourning**
- **Patterns of attachment and their internal representation**
  - **Secure** • **Dismissing** • **Preoccupied** • **Unresolved/disorganised** • **Not classifiable**
- **Evaluating adult attachment states of mind**
- **Internal working models**
- **Reflective functioning**
- **Intersubjectivity**

**Clinical work will consider the role of mourning, narrative, mutuality and recognition, affective attunement and cycles of rupture and repair in the therapeutic process.**

#### Course Details:

The course is designed for practising psychotherapists and counsellors who are working from a psychodynamic perspective. Maximum of 10 participants.

#### Venue:

The Bowlby Centre, 147 Commercial Street, London E1 6BJ. (10 mins walk from Liverpool Street Station)

#### Cost:

Self Funded £470, Organisation Funded £520  
Bowlby Centre Members £400

#### Dates:

The seminars will be held on 10 Tuesdays from 2pm – 4pm; October 6th 2009 – 15th December 2008 with a break on 27th October.

#### Application process:

Send in a short course application form downloadable from our website [www.thebowlbycentre.org.uk](http://www.thebowlbycentre.org.uk) by September 6th

#### The Bowlby Centre:

*Promoting Attachment and Inclusion*

#### Who are we?

The Bowlby Centre provides a 4 year part time psychotherapy training which is accredited by the United Kingdom Council for Psychotherapy. Our influences include classical psychoanalytic thinkers from Freud to Winnicott and challenges to traditional approaches from authors such as Jessica Benjamin, John Bowlby, Ronald Fairbairn and Stephen Mitchell.

We also offer a referral service, short courses on cutting edge clinical issues, and the annual John Bowlby Memorial Conference.

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Trustees:  
Dr Elaine Arnold  
Sir Richard Bowlby  
Dr Heather Geddes  
Dr Tony Leiba

#### Valuing Diversity

The Bowlby Centre welcomes applications from all sectors of the community and respects and values difference in age, class, culture, disability, ethnicity, gender and sexuality.