

The Bowlby Centre

John Bowlby Memorial Conference 2011



**From Broken Attachments
to Earned Security:
The Role of Empathy in
Therapeutic Change**

Sandy Bloom

Sue Gerhardt

Jane Haynes

Oliver James

Anastasia Patrikiou

Eleanor Richards

Friday 25 March (evening)

Saturday 26 March 2011

London

From Broken Attachments to Earned Security - The Role of Empathy in Therapeutic Change

Painful insecure attachments, emerging from relational trauma, result in difficulties in empathy and attunement whether between parent and child, within adult couple relationships, between client and therapist and in organisational contexts. How do we establish a secure sense of self, mutuality and a capacity for inter/intra-subjectivity within all these relationships?

The conference will focus on what needs to take place within all these settings in order to facilitate empathy and attunement and, ultimately, the achievement of earned security. Conference speakers will explore how the dynamics of insecure attachment manifest themselves both at the micro-level of one to one relationships and also at the macro- level of groups and organisations and the wider society within which they are embedded.

Our understanding of the parent-infant relationship, and the essential role of empathy in the development of children's growing capacity to recognise and respond to the subjective experience of others, has greatly increased in the light of research into early attachment and its neurobiology. We know a good deal about how emotional development can go awry, and how parents' and carers' own attachment histories can impact, for good or ill, on children's sense of self.

But how does this knowledge and understanding of what can go wrong translate into clinical practice? What skills do we need and how do we need to be using them in the consulting room in order to help clients move from insecure attachment to 'earned security'?

What about our wider society? Can we apply what we have learned about security of attachment in relationships between individuals to this larger context? Can we identify the dynamics of trauma and insecure attachment within groups and organisations, particularly organisations engaged in providing health and therapeutic services? What are the additional stresses on such organisations in a climate of austerity and cuts and how do they impact upon our ability as therapists to offer a secure base of support not only to our clients in therapy, but also to each other as colleagues and co-workers within our professional organisations and in our wider professional communities?



The John Bowlby Memorial Lecture

John Bowlby died in 1990 after a lifetime dedicated to the development of our understanding of the importance of human attachment in all our lives and in the lives of children in particular. In 1993 The Bowlby Centre, formerly known as The Centre for Attachment-based Psychoanalytic Psychotherapy, launched the John Bowlby Memorial Lecture. Colin Murray Parkes, a longstanding colleague of John Bowlby's, was the first lecturer. Others since have included key contributors to attachment theory such as Mary Main, Jude Cassidy, Peter Fonagy, Sir Michael Rutter and Giovanni Liotti. Significant figures from neighbouring disciplines include Daniel Stern on infant development, Amanda Jones on parent - infant psychotherapy, Allan Schore, Judith Herman and Bessel van der Kolk on the links between trauma, attachment and neuroscience. The lecture has also been given by Stephen Mitchell, Beatrice Beebe, Susie Orbach, Jody Messler Davies, Kimberlyn Leary and Arietta Slade, relational psychoanalysts whose work is informed by attachment theory. The John Bowlby Memorial Lecture has increasingly taken a significant place in the field and is a central part of our annual conference to which many fine contributions have been made. We are delighted to welcome all our speakers to the eighteenth John Bowlby Memorial Conference.

The Bowlby Centre

Promoting Attachment and Inclusion

Since 1976 The Bowlby Centre (formerly known as the Centre for Attachment-based Psychoanalytic Psychotherapy (CAPP)) has developed as an organisation committed to the practice of attachment-based psychoanalytic psychotherapy. The Bowlby Centre is a dynamic, rapidly developing organisation which aims both to train attachment-based psychoanalytic psychotherapists and to deliver a psychotherapy service to those who are most marginalised and frequently excluded from long term psychotherapy.

We provide a four year part-time psychotherapy training accredited by the UKCP and operate a psychotherapy referral service for the public including the low cost Blues project. The Bowlby Centre has a wealth of experience in the fields of attachment and loss and particular expertise in working with trauma and abuse.

As part of our ongoing commitment to anti-discriminatory practice we offer a consultation service to the public and private sectors and are engaged in outreach and special projects. These include working with care leavers, women experiencing violence and abuse, offenders and ex offenders, people struggling with addiction to drugs, alcohol, eating difficulties or self harm, and to individuals and groups in a wide variety of mental health settings. We run short courses on 'Working with Dissociation in Clinical practice from an Attachment Perspective', 'Attachment Theory in Clinical Practice' and working with people with learning disabilities. The Bowlby Centre organises conferences including the annual John Bowlby Memorial Lecture and has a series of publications which aim to further thinking and development in the field of attachment.

One of our regular publications is our journal ATTACHMENT: New Directions in Psychotherapy and Relational Psychoanalysis, a professional journal for psychotherapists and counselors edited by members of The Bowlby Centre and published by Karnac. We welcome contributions from colleagues of all clinical orientations that further attachment-based relational psychotherapy and counselling.

The Bowlby Centre is committed to the following clinical values:

- We believe that mental distress has its origin in failed or inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in a social world that includes poverty, discrimination and social inequality. The effects of the social world are a necessary part of the therapy.
- Psychotherapy should be available to all, and from the attachment perspective, especially those discriminated against or described as 'unsuitable' for therapy.
- Psychotherapy needs to be provided with respect, warmth, openness, a readiness to interact and relate, and free from discrimination of any kind.
- Those who have been silenced about their experiences and survival strategies need to have their reality acknowledged and not pathologised.

The Bowlby Centre values inclusiveness, access, diversity, authenticity and excellence. All participants in our organization share the responsibility for anti-discriminatory practice in relation to race, ethnicity, gender, sexuality, age, (dis)ability, religion, class, educational and learning style.

Programme

Friday 25th

Chair of Conference: **Sir Richard Bowlby**

6.00 pm

Registration and tea/coffee

Chair of evening: **Judy Yellin**

7.00 pm

Welcome by **Tony Leiba**, Chair of Trustees

7.05 pm

Its The Environment, Stupid! - Parental Love Bombing as a Clinical Tool for Repairing Early Injuries

Speaker: **Oliver James**

7.55 pm

Discussion

8.15 pm

**“To shed what still attempts to cling as if attached by thorns”
(R.M Rilke)**

Speaker: **Jane Haynes**

9.05 pm

Discussion

9.30 pm

Close of first evening

Saturday 26th

9.00 am

Registration (for those not registered on Friday evening)

Tea/Coffee

Chair of morning: **Andrew Odgers**

9.30 am

Welcome by **Sir Richard Bowlby**, Patron of The Bowlby Centre

9.35 am

The John Bowlby Memorial Lecture

**Creating, Destroying, and Restoring Sanctuary within
Care-giving Organisations**

Speaker: **Sandy Bloom**

10.45 am

Discussion

11.15 am

Refreshment break, tea and coffee

11.45 am

The Effort of Empathy

Speaker: **Sue Gerhardt**

12.35 pm

Discussion

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| 1.00 pm | Lunch: vegetarian buffet and fruit juice |
| | Chair of afternoon: Kate White |
| 2.00 pm | “What happens after this quiet bit? I may have to leave now.” The Risks of Empathy |
| | Speaker: Eleanor Richards |
| 2.40 pm | Discussion |
| 3.00 pm | Earned Security: Reciprocal Influences, Ruptures and Shifts in the Psychotherapeutic Process |
| | Speaker: Anastasia Patrikiou |
| 3.40 pm | Discussion |
| 4.00 pm | Where Next? A Dialogue with Conference Speakers and Participants |
| 4.30 pm | Conclusion - Emerald Davis |

Sandy Bloom

Sandy Bloom is a psychiatrist, currently Associate Professor of Health Management and Policy and Co-Director of the Center for Nonviolence and Social Justice at the School of Public Health of Drexel University in Philadelphia. From 1980-2001, Dr. Bloom directed *The Sanctuary* programmes, inpatient mental health treatment for adults maltreated as children. Since 2005 she has served as Distinguished Fellow of Andrus Children’s Center and has helped to train over 100 programmes nationally and internationally in the Sanctuary Model, a trauma-informed approach to organizational change. A new book, co-authored with Brian Farragher, the C.O.O. at Andrus Children’s Center is titled, *Destroying Sanctuary: The Crisis in Human Service Delivery* was published by Oxford University Press in 2010. The third volume of the series, *Restoring Sanctuary*, is due for publication in 2011. She maintains a website at www.sanctuaryweb.com.

Sue Gerhardt

Sue Gerhardt is a practising psychotherapist in private practice. Since the late 1990s, she has played a significant role in drawing attention to the importance of early intervention in infancy. Inspired by the work of Daniel Stern, she co-founded the Oxford Parent Infant Project (OXPIP), a charity providing parent/infant psychotherapy for parents and babies, which today helps around 50 families a week in Oxfordshire. In 2004, she published *Why Love Matters: how affection shapes a baby's brain*, bringing the pioneering work of Allan Schore and the latest scientific findings in neurobiology to a wider audience. Most recently, she has argued in *The Selfish Society* (2010) that infancy is not just of concern to parents but has a central place in our culture and in transmitting social values. Sue has two grown-up children and lives in Oxford.

Jane Haynes

Jane Haynes, following a Freudian analysis, trained as a Jungian psychoanalyst. Indebted to this past, she now regards herself as a psychotherapist - whose primary tool to understanding the trickster energies of the psyche is not primarily through interpretation but through a dialogic relationship - in which attachment theory has a pivotal role. She wrote and was then forced to self publish - having been rejected by every publisher - *Who is it that can tell me who I am?* which, after it was shortlisted for the PEN Literary Autobiography Prize, was re-published by Constable. She is passionate about Proust and recently spoke about Proust and 'embodied time' in the *Recherche*, at the Royal Society of Literature.

Oliver James

Oliver James, after a degree in social anthropology at Cambridge University and training as a child clinical psychologist at Nottingham University, worked as a research fellow at Brunel University and then as a clinical psychologist in the Cassel mental hospital for six years, before becoming an author, journalist (he has had columns in six national newspapers), TV producer, radio broadcaster and television presenter. He is the author of the bestsellers *They F*** You Up – How to survive family life* (2002) and *Affluenza – How to be successful and stay sane* (2007). He has also written *How Not To F*** Them Up* (2010), *The Selfish Capitalist*, (2008), *Contented Dementia* (2008), *Britain on the Couch – How Keeping Up With The Joneses Had Depressed Us Since 1950* (1997) and *Juvenile Violence in a Winner-Loser Culture* (1995). He has contributed articles to scientific journals in recent years, including the *Journal of Epidemiology and Community Health* and *The Psychologist*. He has acted as an adviser to both New Labour and the Tories.

Anastasia Patrikiou

Anastasia Patrikiou is a psychoanalytic psychotherapist. She originally trained and worked as an architect and subsequently completed a Post-Graduate Diploma in Counselling at Strathclyde University and an Attachment-based Psychoanalytic Psychotherapy training at The Bowlby Centre. She has been in private practice since 2003, and currently works in primary care in the NHS, and with people with eating difficulties at the Priory Hospital. For a number of years she developed and managed a pilot voluntary sector counselling service, which aimed to make therapy accessible to marginalised groups which was successfully mainstreamed. Originating from a migratory background, she has a particular interest in trauma, loss, and the impact of displacement on relational structures and identity narratives.

Eleanor Richards

Eleanor Richards was a lecturer and researcher in musicology and worked in community arts before training in music therapy in the early 1990s and subsequently in psychotherapy at The Bowlby Centre. She is now a psychotherapist in Cambridge, working in private practice and in the Cambridgeshire and Peterborough NHS Foundation Trust, where she has a special interest in working with people with learning disabilities. She is also a senior lecturer and supervisor on the MA in music therapy at Anglia Ruskin University, Cambridge. In her continuing musical life she is active as a player and improviser.

Booking Form

If applying for more than one person please photocopy this form

Name

Address

Telephone

Email

Training/
Background

Where did you hear
about this conference

Please send me a ticket for the John Bowlby Memorial Conference 2011

I am paying for myself

£135

I am a member of The Bowlby Centre

£115

I am funded by an organisation

£170

Concessionary ticket (limited to 20)

£85

I am applying for a concessionary ticket (limited to 20) @ £85 because I am:

A full-time student

Receiving benefits

Over 65

Please attach verification with your booking form

I enclose a cheque made payable to The Bowlby Centre for

£

I require an invoice to be sent on my behalf to my employer/funding body

Name of contact

Telephone

Address

If you would prefer not to be included in any future mailings, please tick box

**Please return this form with payment to: Jo Gardetta, Conference Administrator,
The Bowlby Centre, 147 Commercial Street, London, E1 6BJ**

Please detach along dotted line.

Information

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|---------------------------|---|
| Venue | Institute of Child Health University College London 30 Guilford Street London WC1N 1EH |
| Dates | Friday 25 March (evening) and Saturday 26 March 2011 |
| Refreshments | Tea/coffee and light lunch |
| Transport | Russell Square and Holborn - Piccadilly line |
| Access | The building is wheelchair accessible |
| Booking form | Please return completed form to Jo Gardetta, Conference Administrator at The Bowlby Centre at the address below. The form may also be downloaded from our website www.thebowlbycentre.org.uk |
| Ticket Prices | Individual £135, Organisation funded £170, Bowlby Centre member £115, Concessions £85 (limited to 20 places) |
| Booking conditions | Regrettably refunds cannot be given. The Bowlby Centre reserves the right to change the programme should a speaker not be able to attend at short notice. Participants will be asked to sign a confidentiality clause on registration |
| Signing | Available on request - at least 28 days notice required |

For more information contact:

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Telephone: 020 7247 9101

Email: conference@thebowlbycentre.org.uk

www.thebowlbycentre.org.uk

Patron: Sir Richard Bowlby

Trustees: Tony Leiba (chair), Elaine Arnold,

Dick Blackwell and Heather Geddes

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