

The Bowlby Centre

# John Bowlby Memorial Conference 2012

## **Talking Bodies:** How do we integrate working with the body in attachment/relational psychotherapy?



**Pat Ogden**  
**Orit Badouk Epstein**  
**Roz Carroll**  
**Mark Linington**  
**Phil Mollon**  
**Nick Totton**

**Friday 27 April (evening)**

**Saturday 28 April 2012**

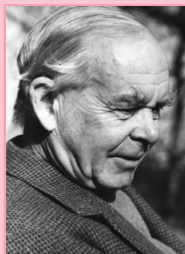
**London**

## Talking Bodies: How do we integrate working with the body in attachment/relational psychotherapy?

In the last decade, there has been an explosion of therapeutic interest in the role of the body in holding traumatic feeling states in the form of 'body memories'. Insights from work with clients increasingly demonstrate that, as leading traumatologist Bessel van der Kolk puts it, 'the body keeps the score'. Whether clients have experienced the 'big T' trauma of a major event or the cumulative relational trauma born of a history of insecure attachments and complex PTSD, patterns of emotional distress become encoded physically. Trauma remains 'locked' in the body, potentially disrupting and blocking the effective healing of traumatic relational injuries within the therapeutic relationship.

The field is evolving fast, with rapidly developing contributions from neuroscience, Sensorimotor therapies, EMDR and other new techniques, offering fresh ways of helping clients regulate the emotional legacy of trauma, extending the tools of psychotherapy beyond speech. Whilst these new approaches are generating considerable interest among clinicians, many therapists remain uncertain about whether and how we can use them with our own clients within primarily talking therapies.

This conference will explore the growing role of the body in the relational context over the last decade, and bring us up to date in thinking about the relationship between attachment, the body and trauma. How do we anchor the new understandings we are gaining within the framework of attachment? How might the integration of these ideas about the body change what we do in the consulting room? What impact might this have on the therapy relationship? Can we maintain and respect the place of a secure, attuned attachment between therapist and client, and its healing potential, at the centre of our therapeutic work?



### 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, Bessel van der Kolk and Sandy Bloom 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 nineteenth 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 with 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 counsellors 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 27th

### Chair of Conference: Sir Richard Bowlby

6.00 pm

Registration & tea/coffee

Chair of evening: **Judy Yellin**

7.00 pm

Welcome by **Dick Blackwell**, Acting Chair of Trustees

7.05 pm

### **Four relational modes of attending to the body in psychotherapy**

Speaker: **Roz Carroll**

8.05 pm

Discussion

8.15 pm

### **Embodiment and the Social Bond**

Speaker: **Nick Totton**

9.15 pm

Discussion

9.30 pm

Close of first evening

## Saturday 28th

9.00 am

Registration (for those not registered on Friday evening)

Tea/Coffee

Chair of morning: **Kate White**

9.30 am

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

9.35 am

### **Attachment and Energy Psychology – Explorations at the interface of bodily, mental, relational and transpersonal aspects of human experience and behaviour**

Speaker: **Phil Mollon**

10.35 am

Discussion

10.45 am

Refreshment break, tea & coffee

11.15 am

### **The John Bowlby Memorial Lecture**

#### **Wisdom of the Body, Lost and Found**

Speaker: **Pat Ogden**

12.30 pm

Discussion

1.00pm

Lunch: vegetarian buffet and fruit juice

Chair of afternoon: **Andrew Odgers**

2.00 pm

## **Touching Trauma: Working Relationally and Safely with the Unboundaried Body**

Speaker: **Orit Badouk Epstein**

2.40 pm

Discussion

3.00 pm

## **The Body I Want – A Psychotherapy with a Disabled Man**

Speaker: Mark Linington

3.40 pm

Discussion

4.00 pm

Conclusion

### **Orit Badouk Epstein**

Orit Badouk Epstein is an Attachment-Based Psychoanalytic Psychotherapist (UKCP registered) and a supervisor working in private practice. She works relationally with all client groups and has a particular interest and passion for working with individuals who have experienced extreme abuse and trauma displaying symptoms of dissociation. Orit is a trustee of the Clinic for Dissociative Studies. She is co-author of the recently published book *Ritual Abuse and Mind Control: the Manipulation of Attachment Needs* (Karnac Books). She regularly writes articles and film and book reviews and is on the editorial board of the journal *ATTACHMENT: New Directions in Psychotherapy & Relational Psychoanalysis* and the ESTD newsletter.

### **Roz Carroll**

Roz Carroll is a Chiron-trained body psychotherapist. Over the past two decades she has vigorously pursued interdisciplinary dialogue, and counts relational psychoanalysis, attachment theory, authentic movement and neuroscience as some of the most important influences on her work. Roz teaches at The Minster Centre, The Bowlby Centre and Terapia and has given many lectures for Confer. She is the author of numerous articles and chapters, including, most recently *Self-Regulation - An Evolving Concept at the Heart of Body Psychotherapy* in *Contemporary Body Psychotherapy*, edited by Linda Hartley and published by Routledge in 2009. She has a website at [www.thinkbody.co.uk](http://www.thinkbody.co.uk)

### **Mark Linington**

Mark Linington is an Attachment-Based Psychoanalytic Psychotherapist. He trained at The Bowlby Centre, where he is a training supervisor and teacher. He has worked for more than ten years in the NHS as a psychotherapist with people with learning disabilities who have been traumatised. He has a private practice including work with young people with special needs.

## **Phil Mollon**

Phil Mollon Ph.D is a psychoanalyst and psychotherapist, with a background profession of clinical psychology. He has written widely on the impact of trauma on human development, and has drawn particularly upon the 'self psychology' of Heinz Kohut. Always searching for more effective ways of helping those who have suffered trauma, he explored psychoanalytic perspectives on EMDR, and for the last ten years has been immersed in the study of 'energy psychology', a genre of gentle yet highly effective techniques that work concurrently with the mind and the body's subtle energy system. He is the author of ten books, his most recent being *Psychoanalytic Energy Psychotherapy* (2008). Dr Mollon has worked within the NHS for over 30 years.

## **Pat Ogden**

Pat Ogden Ph.D. is the founder and director of the Sensorimotor Psychotherapy Institute, an internationally recognised school that specialises in training psychotherapists in somatic/cognitive approaches for the treatment of trauma, developmental and attachment issues. She is a co-founder of the Hakomi Institute, has been a faculty member of The Naropa University since 1985, and lectures internationally. A pioneer in somatic psychotherapy and the treatment of trauma, Dr. Ogden is trained in a wide variety of somatic and psychotherapeutic approaches and has over 40 years of experience working with individuals and groups. She is the first author of the groundbreaking book *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*, which was published in the fall of 2006 in the interpersonal neurobiology series of W.W.Norton, and is currently working on her second book, *The Body as Resource: Sensorimotor Interventions for the Treatment of Trauma*.

## **Nick Totton**

Nick Totton is a therapist and trainer with nearly thirty years' experience. Originally a Reichian body therapist, his approach has become broad-based and open to the spontaneous and unexpected. Nick has an MA in Psychoanalytic Studies, and has worked with Process Oriented Psychology and trained as a craniosacral therapist. He is currently involved with ecopsychology and addressing climate change, and is Chair of Psychotherapists and Counsellors for Social Responsibility. He has a 25 year old daughter. Nick has written or edited several books, including *Psychotherapy and Politics* (2000); *Body Psychotherapy: An Introduction* (2003); *Press When Illuminated: New and Selected Poems* (2004); and most recently, *Wild Therapy* (2011), published by PCCS Books. See [www.erthworks.co.uk](http://www.erthworks.co.uk). He lives in Calderdale with his partner and grows vegetables.

# 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 2012

I am paying for myself

£140

I am a member of The Bowlby Centre

£120

I am funded by an organisation

£175

Concessionary ticket (limited to 20)

£90

## I am applying for a concessionary ticket (limited to 20) @ £90 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: Carol Tobin, Conference Administrator,  
10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR**



# Information

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|---------------------------|--|
| <b>Venue</b>              | Institute of Child Health<br>University College London<br>30 Guilford Street<br>London WC1N 1EH  |
| <b>Dates</b>              | Friday 27th April (evening) and Saturday 28th April 2012   |
| <b>Refreshments</b>       | Tea/coffee and light lunch   |
| <b>Transport</b>          | Russell Square and Holborn – Piccadilly line   |
| <b>Access</b>             | The building is wheelchair accessible  |
| <b>Booking form</b>       | Please return completed form to Carol Tobin,<br>Conference Administrator at the address below. The form may also<br>be downloaded from our website <b><a href="http://www.thebowlbycentre.org.uk">www.thebowlbycentre.org.uk</a></b>           |
| <b>Ticket Prices</b>      | Individual £140, Organisation funded £175, Bowlby Centre<br>member £120, Concessions £90 (limited to 20 places)  |
| <b>Booking conditions</b> | Regrettably refunds cannot be given. The Bowlby Centre reserves<br>the right to change the programme should a speaker not be able<br>to attend at short notice. Participants will be asked to sign a<br>confidentiality clause on registration |
| <b>Signing</b>            | Available on request – at least 28 days notice required  |

## For more information contact:

Carol Tobin, Conference Administrator  
10 Tavistock Close, Rainham, Gillingham, Kent ME8 9HR  
Telephone: 07761 672 961  
Email: [conference@thebowlbycentre.org.uk](mailto:conference@thebowlbycentre.org.uk)

**Patron:** Sir Richard Bowlby  
**Trustees:** Dick Blackwell (Acting Chair), Elaine Arnold and Heather Geddes.

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