

The Bowlby Centre

(CAPP – The Centre for Attachment-based Psychoanalytic Psychotherapy)
& the Journal

ATTACHMENT

Present

'Telling Stories?'

Attachment-based Approaches to the Treatment of Psychosis



Key Note Speaker: Professor John Read
**'Is Attachment Theory the Missing Link in the
Relationship Between Childhood Trauma and
Psychosis?'**

Other speakers include:

**Orit Badouk Epstein, Christine Blake, Jacqui Dillon,
Professor Andrew Gumley, Mark Lington, Julie McNamara,
Dr Dele Olajide & Dr Joseph Schwartz**

**Institute of Child Health, 30 Guildford St, London WC1N 1EH
Friday October 31st - Saturday November 1st 2008**

The Bowlby Centre

Promoting Attachment and Inclusion

Since 1976 The Bowlby Centre (formerly known as CAPP) has developed as an organisation committed to the practice of attachment-based psychoanalytic psychotherapy. The Bowlby Centre is a dynamic, rapidly developing charity which aims both to train attachment-based psychoanalytic psychotherapists and to deliver a psychotherapy service to those who are most marginalized 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 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 'Attachment and Dissociation', and 'The Application of Attachment Theory to Clinical Issues' including 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. Bowlby Centre members participate extensively in all aspects of the field, making outstanding theoretical, research, and clinical contributions. Their cutting edge work is consistently published in the leading journals and monographs.

ATTACHMENT:

New Directions in Psychotherapy and Relational Psychoanalysis

ATTACHMENT is a professional journal for psychotherapists and counsellors published by The Bowlby Centre and Karnac. We welcome contributions from colleagues of all clinical orientations that further attachment-based relational psychotherapy and counselling. ATTACHMENT is a professional rather than academic journal, and as such, colleagues are encouraged to submit accounts of clinical work, poems, personal experiences, reviews of books, films, and exhibits, consistent with our values, that they feel can make a contribution to the ongoing development of an attachment and relational approach to clinical work. In no case will ATTACHMENT reject a submission without detailed consultation with the author. We are mindful of the sensitivity of clinical work and the feeling that writing may risk objectifying the therapeutic relationship. ATTACHMENT takes the view that exchanges between colleagues about clinical work are essential to the development of our field and is in the best interests of our clients.

The Bowlby Centre and ATTACHMENT share 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.

Telling Stories?

Attachment-based Approaches to the Treatment of Psychosis

This conference will explore the contemporary state of affairs with regards to the understanding and treatment of psychosis and will propose a new relational and attachment orientated paradigm for the 21st century.

People deemed psychotic have been marginalized in society; their expression of internal terror is itself experienced as terrifying and is managed as a public health issue, historically by incarceration and restraint and more recently with medication, beginning with the insulin shock therapy of the 1930s and chlorpromazine in the 1950s. This defensive, fear based reaction has left little scope for exploration and creativity in the field, with many questions remaining unanswered and the actual experiences of those with psychosis remaining, with a few notable exceptions, almost exclusively unheard.

We will locate past understandings of psychosis in their historical and cultural context, and through multidisciplinary dialogue present an integrated attachment-based approach. In contrast to the containment model that is currently favoured this will offer those with psychosis the possibility of more nourishing engagement with the world.

By appreciating an individual's psychotic story within a relational attachment framework it is possible to see how he or she understands themselves in the world, their developmental journey, personal experience of trauma and how this influences current patterns of behaviour.

Contextualising psychosis in the light of real world experience enables an awareness of 'madness' as an adaptive response which employs whatever means to maintain attachment to significant others and ensure that person's survival. This adaption can echo both individual circumstance and the wider social structure; explaining trends such as the over representation of certain groups including women, the black and Irish communities in the diagnostic statistics as a reflection of patriarchy or the post colonial experience and racism. The narrative of psychosis engages all aspects of a person's being and we will seek to explore how the body is employed in non-verbal psychotic communication.

It is hoped that this conference will herald a comprehensive discussion of the place of listening and talking therapies in the treatment of psychosis, drawing upon the knowledge of those on the cutting edge, in research, diagnosis and in the consulting room and asking if an inclusive approach to mental distress means that to truly understand psychosis we must begin with listening to those who know this from the inside out; the voices and narrative of those who have been condemned as unanalysable and mad.

Programme

Friday Evening

Chairperson: Tony Leiba

6.30

Tony Leiba – Introduction to conference

6.45

Dr. Joseph Schwartz

'The Politics and History of Psychosis'

7.45

Discussion

8.00

Julie McNamara – Personal Experience, Poetry and Music

'Never Let the Truth Get in the Way of a Good Story'

8.30

Discussion

9.00

Close

Saturday Morning

Chairperson: Brett Kahr

8.45

Registration

9.15

Rachel Wingfield – Chair of The Bowlby Centre

9.30

Jacqui Dillon Hearing Voices Network

'The Personal is Political'

10.10

Discussion

10.20

Dr. Dele Olajide

'You Are Not Listening: Running an Inpatient Mixed Psychoses Group.'

11.00

Discussion

11.20

Tea Break

11.50

Professor John Read: Key Note Speaker

'Is Attachment Theory the Missing Link Between Childhood Trauma and Psychosis?'

12.40

Brett Kahr

The Psychotherapeutic Implications

Discussion

1.00

Lunch

Saturday Afternoon

Clinical Contributions - Chairperson: Kate White

2.00

Dr. Andrew Gumley

'Telling Stories: The Relational Roots of Emotional Recovery and Adaptation Following Psychosis'

2.30	Discussion
2.40	<i>Orit Badouk Epstein</i> 'Sitting in the Room With Pockets of Psychosis'
3.10	Discussion
3.20	Tea Break
3.40	<i>Christine Blake</i> 'Truth is Stranger Than Fiction - What Happens to the Story When No-one Wants to Know'
4.10	Discussion
4.20	<i>Mark Linington</i> 'In Bits: Hearing the Fragmented Narratives of People Who Experience Psychosis.'
4.50	Discussion
5.00	Plenary
5.30	Closing Remarks
5.45	Close of Day

Biographies

Professor John Read, PhD, ~ 'Is Attachment Theory the Missing Link Between Childhood Trauma and Psychosis?'

Professor John Read, PhD, is an Associate Professor in the Psychology Department of the University of Auckland. He is the co-ordinating editor of *Models of Madness: Psychological, Social and Biological Approaches to Schizophrenia*. Following his PhD in Clinical Psychology in the USA in 1983 he worked as a Clinical Psychologist and a manager of mental health services in the U.S.A. and the U.K. and most recently at the Psychiatric Inpatient Unit of Auckland Hospital in New Zealand. In 1994 he joined the Psychology Department of the University of Auckland where, he teaches clinical psychology students, he has published numerous research papers, documenting the link between childhood trauma and psychosis and hallucinations in particular. His other research studies demonstrating that biological causal beliefs about mental health problems are related to increased fear and prejudice. Dr Read is a member of the Board of the International Society for the Psychological Treatments of Schizophrenia and other psychoses (www.isps.org) and Editor of the forthcoming ISPS journal *Psychosis: Psychological, Social and Integrative*.

Dr Joseph Schwartz, PhD, ~ 'The History and Politics of Psychosis'

Dr Joseph Schwartz originally trained as an experimental high energy physicist with the Alvarez Group in Berkeley, USA. He became a community organiser in Mississippi before re-training in the Department of Psychiatry of the College of Physicians and Surgeons of Columbia University. He was a research consultant with the Department of Psychiatry of Flower Fifth Avenue Hospital, The William Alanson White Institute and The Department of Psychiatry of Columbia University. His books include the prize winning 'Einstein for Beginners' (with Michael McGuinness) and 'Cassandra's Daughter: A History of Psychoanalysis in Europe and America'. He works in private practice and is Research Consultant, a training therapist and supervisor at The Bowlby Centre. Currently his main areas of interest are clinical work and the history of psychoanalysis. He is the Editor of the Journal 'ATTACHMENT - New Directions in Psychotherapy and Relational Psychoanalysis'.

Orit Badouk Epstein ~ *'Sitting in the Room With Pockets of Psychosis'*

Orit Badouk-Epstein is a member of The Bowlby Centre, where she is part of the executive, co-ordinating the publicity and writing for the journal ATTACHMENT. She works as a relational psychotherapist in private practice and has a particular interest in therapy with individuals who have experienced extreme trauma, DID – Dissociative Identity Disorder, ritual abuse and working with parents.

Christine Blake ~ *'Truth is Stranger Than Fiction - What Happens to the Story When No-one Wants to Know'*

Christine Blake is a CAPP trained psychotherapist, teacher and member of The Bowlby Centre Executive. She has a background of 20 years experience of working in the community with and for women and girls around issues of violence, rape and sexual abuse. Christine has a particular interest in developing theory and practice that is non pathologising. Her aim is to enable clients to take control of their own lives in a context that seeks to address all forms of inequality; including exploring power differences within the therapy relationship and wider world of social relationships. This incorporates an understanding of the impact of individual and institutionalised oppression.

Jacqui Dillon ~ *'The Personal is Political'*

Jacqui Dillon is the national Chair of the Hearing Voices Network in England, a user led charity which works to promote acceptance and understanding of the experiences of hearing voices, seeing visions, tactile sensations and other sensory experiences. She is an international speaker and trainer specialising in hearing voices, 'psychosis' and trauma. Jacqui is a member of the campaign co-ordinating committee for CASL – the Campaign to Abolish the Schizophrenia Label. She is a published writer. Along with Professor Marius Romme and Dr Sandra Escher she is co-author of the forthcoming book: 'Recovered Voices: An Anthology of 50 Voice Hearers Stories of Recovery'.

Professor Andrew Gumley ~ *'Telling Stories: The Relational Roots of Emotional Recovery and Adaptation Following Psychosis'*

Professor Andrew Gumley graduated in clinical psychology from the University of Glasgow in 1993. His first position as a clinical psychologist was within a North Glasgow Community Mental Health Team. In that team he was able to develop his interests in the psychological treatment of individuals with psychosis. He moved to Ayrshire and Arran Community Care NHS Trust in 1996, where he undertook PhD research into psychological aspects of relapse in schizophrenia. He is currently Senior Lecturer in Clinical Psychology and Programme Director for the Doctorate in Clinical Psychology training programme.

Mark Linington ~ *'In Bits: Hearing the Fragmented Narratives of People Who Experience Psychosis.'*

Mark Linington is an attachment-based psychoanalytic psychotherapist working in Harrow Primary Care Trust and in private practice. His work in the NHS has focused on people with learning disabilities who experience psychosis. He has a particular interest in thinking about the countertransference aspects of such work. He trained at the Centre for Attachment-based Psychoanalytic Psychotherapy (The Bowlby Centre), where he now teaches.

Julie McNamara ~ *'Never Let the Truth Get in the Way of a Good Story.'*

Julie McNamara is an award winning playwright, singer/songwriter and raconteur. A graduate of the Maudsley Hospital, her work has taken her across the globe onto some extraordinary platforms, from our national theatres to psychiatric hospitals and Mental Health conferences and festivals throughout Canada, New Zealand, Australia and back. She has worked as a Consultant with the DRC's Mental Health Action Group and has had a number of commissions in the Arts. She is currently making mayhem for Liverpool's DaDa Festival as part of their contribution to Capital of Culture 08. 'Crossings' will appear in London from September 08 onwards.

Dr Dele Olajide ~ *'You Are Not Listening: Running an Inpatient Mixed Psychoses Group.'*

Dr Dele Olajide, PhD, FRCPsych, Consultant Psychiatrist & Trust Caldicott Guardian Maudsley Hospital, NHS Foundation Trust. is a General Adult Psychiatrist and a Clinical Psychopharmacologist who works in Southwark. This is an inner city borough with a multi-cultural population with high socioeconomic deprivation and high prevalence of severe mental illness among African and Caribbean communities. He is a strong advocate of a biopsychosocial approach to the management of mental disorders. Dr Olajide is a member of the Board of Governors, South London & Maudsley NHS Foundation Trust and Hon. Medical Adviser, Department of Transport.

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 'Telling Stories?' Conference 2008

I am a Bowlby Centre student £130

I am a Bowlby Centre member £150

I am paying for myself £165

I am funded by an organisation £245

I am applying for a concessionary ticket (limited to 20) @ £95 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: Conference Administrator,
The Bowlby Centre, 147 Commercial Street, London, E1 6BJ

Please detach along dotted line



Information

Venue	UCL Institute of Child Health, 30 Guilford Street, London WC1N 1EH
Dates	Friday (evening) 31st October and Saturday 1st November 2008
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 Conference Administrator at The Bowlby Centre at the address below. The form may also be downloaded from our website
Ticket Prices	Self funding £165 Bowlby Centre member £150 Bowlby Centre student £130 Organisationally funded £245 Concessions £95 (20 places on a discretionary basis)
Booking conditions	Regrettably refunds cannot be given. The Bowlby Centre reserve the right to change the programme should a speaker be unable 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:

The Bowlby Centre,
147 Commercial Street, London E1 6BJ
Telephone: 020 7247 9101
Email: administrator@attachment.org.uk
www.johnbowlbycentre.org.uk

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