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**The Centre for Attachment-based  
Psychoanalytic Psychotherapy**

# vision

Our vision for our organisation is:

- Of CAPP as a world-class centre for attachment based therapy, research and outreach.
- Of CAPP as a welcoming home in London for our work with paid staff in key areas.
- Of CAPP with a clear identity which gives legitimacy and recognition.
- Of CAPP as a centre for developing thinking.

# mission

In order to achieve that vision, CAPP undertakes the following:

- CAPP will provide accredited training to those wishing to be attachment-based psychotherapists.
- CAPP will provide an attachment-based referral service and clinic especially to the excluded and unattached.
- CAPP will develop other training provisions, especially those aimed at giving an attachment orientation to other professionals.
- CAPP will develop an outreach provision aimed both at encouraging policy makers to heed attachment issues and at developing general attachment-based emotional literacy.
- CAPP will contribute to research from its experience of attachment-based practice.

# values

The CAPP mission will put into action the following agreed values.

- CAPP believes that mental distress has its origin in failed and inadequate attachment relationships in early life and is best treated in the context of a long-term human relationship.
- Attachment relationships are shaped in the real world and impacted upon by poverty, discrimination and social inequality. The impact of the social world will be part of the therapy
- Psychotherapy should be available to all, and from an attachment-based psychoanalytic perspective, especially those discriminated against or described as “unsuitable” for therapy.
- Psychotherapy should 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 must have their reality acknowledged and not pathologised.
- CAPP values inclusiveness, access, diversity, authenticity and excellence.

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This has year has seen The John Bowlby Centre going from strength and strength.

As Chair of Trustees, I have been more actively involved than ever, and it has been inspiring to be part of such a rapidly growing and committed organisation.

The John Bowlby Centre is unique in promoting and providing a mental health service to adults which comes from an attachment-based approach. The Centre's work comes directly from the evidence-base which demonstrates that disruptions in attachment relationships - separation, loss, trauma and neglect in early life, and sometimes in adulthood – are at the root of mental distress in later life. CAPP's provision of long-term attachment-based therapy relationships has enabled the alleviation of suffering for people in distress across all sectors of our community, benefiting not only our clients, but also their families and communities.


The John Bowlby Centre also has a crucial role in challenging current models of mental distress and in campaigning for a new understanding of mental distress. We know that insecure, broken and damaging relationships lie behind many of our clients' problems. Recovery needs to take place in a long term relationship which can provide a new experience, a secure base from which to move forward, face challenges and achieve lasting change – no matter how many 'quick fix' solutions have failed in the past.

I was particularly proud of the work The Centre has done this year in reaching out into the community, promoting diversity and increasing the range of training services to enable professionals from across the mental health field to access an attachment-based approach.

I am very much looking forward to taking forward CAPP's exciting vision over the next year and to building on our success.

Many congratulations to all those of you who have contributed to our achievements this year.

**Sir Richard Bowlby**  
**Chair of Trustees**



## THIS YEAR AT CAPP - THE CENTRE FOR ATTACHMENT BASED PSYCHOANALYTIC PSYCHOTHERAPY

2005- 2006 has been a remarkable year for CAPP.

From the secure base of our own home, CAPP has been able to expand its services, explore our potential for growth and reach out into the community, building partnerships, developing networks and encouraging involvement from everyone, including those traditionally excluded from psychotherapy services and training.

This year our psychotherapy services have been expanding. This has included successfully introducing commissioned referrals via the NHS, which provides funded, long-term therapy. These commissioned funded places have been for people accessing psychiatric services who have previously been excluded from talking therapies or have experienced trauma, or loss of relationships, home, or country.

It has been an essential part of pursuing The Centre's vision and mission statement, that this successful development of our clinical work is only part of our wider aim to provide an alternative to the current model offered by mental health services in the UK. The prevailing medical model adopted by psychiatric services, posits genetics, biochemical and cognitive disturbances as the roots of mental distress. The fashionable treatments popular with the NHS therefore include most commonly drug treatments and short-term cognitive-behavioural therapies. The Centre's client population includes many people who have been through a series of chemical, short term and alternative treatments, but who urgently need talking treatment, which can enable the development of a long term attachment with a therapist who can help them understand and change repetitions, destructive patterns and difficulties in functioning from day to day, and in forming lasting relationships with others – in partnerships, with their community, and in the workplace.

As part of taking forward this goal of promoting a new understanding of mental distress, The Centre has been pursuing outreach into the community, and has been finding creative ways of building links and partnerships, and of getting our message across. This has included making partnership agreements with agencies representing client groups approaching our psychotherapy service and previously excluded from long term, analytic talking treatments. These partnerships have included agreements with care leavers groups, women experiencing violence and abuse, those at risk of offending and ex-offenders, people in mental health setting and people with addictions.



This year The Centre has also focused on building links in our borough, and this has been an exciting and rewarding process. The Centre is now an active participant in the Tower Hamlets Community Organisation Forum (COF), and now contributes to frontline work in the borough. We have also been working hard with networks in the borough and the psychotherapy community to promote one of the central aspects of our vision: to challenge the overwhelmingly white presence of clinicians and clients in psychotherapy services. Earlier this

year we held an event called 'Changing the Face of Psychoanalysis', organised jointly with the Separation and Reunion Forum, which works with clients who experienced loss as a result of their parents immigration from the Caribbean.

This event was one of the best attended and most successful we have held, and sought to find some practical answers to how we can address some critical issues in the psychotherapy world: why are people from black and minority ethnic communities over-represented in psychiatric services and statistics as clients and patients, but under-represented in psychoanalytic psychotherapy, both as clinicians and

clinicians and clients. Evidence suggests that separation, trauma, social rejection and exclusion are significant factors in mental distress. Evidence also suggests that a long term therapy relationship with a clinician trained in working with these difficulties, can facilitate change in even the most distressed clients who may have been dismissed as 'untreatable'.

The Centre's outreach work has also included holding our very successful John Bowlby Memorial Conference, this year providing a cutting edge perspective on the treatment of trauma, and abuse, in personal, social and political contexts. The Centre has also developed training and short courses, to reach out to mental health professionals who may not have been trained in an attachment-based approach, but have come to realise its importance, having worked in the field. Our short courses now include an advanced training in Attachment and Clinical Practice, and in Trauma and Dissociation, as well as our groundbreaking training in working therapeutically with Learning Disability from an Attachment Perspective.

The Centre has also continued to build its links with the forensic world, including holding joint seminars and publications with the Crime and Society Foundation and Centre for Criminal Justice Studies at King's College.

At this stage, The Centre's Executive has been developing a strategy for the next stage of our future, having achieved our key goals for the first major stage of development. As our success so far has been rapid, and the response to our projects has been so positive, we are passionate about moving forward with our vision. We know that funding our infrastructure and innovations is necessary to the continuity and sustainability of this growth. The next year will be about pursuing our determination to meet this challenge.

I want to end by giving my thanks and appreciation to the generosity and creativity of the Executive team who have taken forward The Centre's ambitious vision so successfully over the last year, and to the many others at The Centre who give their time and energy, and are dedicated to making a difference.

**Rachel Wingfield**  
**CAPP Chair**

## WHAT THE CENTRE DOES

### The Centre and Attachment-based Psychotherapy

#### The Blues Project and low cost psychotherapy

We have therapists working from the clinic at The Centre, around London and in some other parts of England and Wales providing low cost psychotherapy. The Blues Project at The Centre, run by CAPP's Referrals Co-ordinator, offers twice weekly psychotherapy for two years with Psychotherapist in Training working under training supervision. The aims of the Blues Project are to make long term Psychotherapy more accessible to those who need it, from whatever background, class, culture, ability gender, or sexual orientation.


The importance of the insights of attachment theory is highlighted in our current social climate of disconnection and transitory relationships. In London we have the most mobile population in the country and, not surprisingly, the highest levels of mental health problems. Our society's failure to recognise and meet basic human needs for attachment is reflected in the increase in refugees and immigrants now coming through The Centre, presenting with a sense of displacement, of not being welcomed. We are, also, receiving referrals from many people who have felt that sense of displacement in their own families, bringing issues of separation, loss, abuse and neglect, as well as the solutions they have found to attachment gone wrong: including addictions, self harm, isolation, violence and other crimes, bringing about rejection from others and wider society.

Historically psychotherapy has been available to people who are 'psychologically minded' and considered to be 'well' enough to respond to treatment. Clients with psychiatric diagnoses are often deemed unsuitable for treatment. However, The Centre works successfully with clients with diagnoses, such as O.C.D, psychosis and borderline states. We are doing pioneering work with many other groups traditionally excluded from psychoanalysis. For example, our work with addictions challenges the widely held belief that treatment can only begin after the client ceases substance abuse.

#### Attachment based Therapy Service

Our therapists work mainly in London but also in various parts of England, Wales and in Southern Spain. The work of Members is based on the insights of John Bowlby, who heralded a new approach in working with mental distress by introducing the notion of a secure base. This remains a radical concept, which emphasises that as human beings we need each other. It says the emotional world of someone who has grown up without secure attachments is a terrifying place to be. The consequences for that person's future relationships and the community they live in can be catastrophic.

Key to our whole approach and what people in distress need to get well, is that to create a secure enough base to understand and work through terrible mental pain, a long-term attachment relationship is needed.



Many of the clients who come to CAPP have been through all the treatments that the N.H.S. has to offer including drugs, Cognitive Behavioural Therapy and alternative therapies. It is not that these options had no value for our clients, but they still did not provide what was really needed. Mental health services and mental health policy are still failing so desperately to understand the underlying causes of most mental distress and therefore its logical, suitable treatment - a long term relationship, in which the developments of new internal working models of attachment, self and other, can become possible.

Our therapists come from diverse backgrounds and we operate an Equal Opportunities Policy in our work. We monitor referrals, keeping details of race, culture, class, sexuality, physical abilities, age and other relevant information. We collate and evaluate this information to assess The Centre's success especially in reaching people who experience multiple exclusions. User Satisfaction Surveys are carried out at regular intervals and at the end of therapy. We also, monitor and evaluate the outcomes of the work using standard medical field data collection methodology.

## THE CENTRE & THE COMMUNITY

The John Bowlby Centre which is CAPP's home is set in the dynamic and diverse area of Spitalfields in Tower Hamlets in the East End of London, close to Brick Lane, Whitechapel, Spitalfields and The City.

This area reflects our commitment to valuing diversity and our mission to reach out into the community particularly to those previously excluded from psychotherapy.

The Centre is an active participant in the Tower Hamlets Community Organisation Forum, and now contributes to frontline work in the borough.

Over the last six months we have been active on the Community and Social Care Forum in Tower Hamlets. Through this Forum we are demonstrating the role we have to play in the community and build on the links we developed through our Launch events last year. We have sought to promote one of the central aspects of our vision which is to challenge the overwhelmingly white presence of clinicians and clients in psychotherapy services. For example, by making contact with the commissioning lead for Tower Hamlets P.C.T. who has included our service and plans in an upcoming health equity audit, led via the Public Health Directorate to investigate access issues to psychological and other 'talking therapies' for people from Black and Minority Ethnic Groups

Rooms suitable for meetings or training and development activities are available for hire at The Centre.

## THE CENTRE & DEVELOPMENT AND TRAINING

### Professional Development Courses and Activities

The Centre continues to develop our programme of short courses aimed at supporting attachment-based practice and aimed to help practicing psychotherapists, counsellors and health care professionals. These support both our own CAPP members and professionals from other training and related professions.

The courses we run include:

Attachment and Clinical Practice. A course aimed at trained mental health professionals who may not have training in an attachment-based approach and at CAPP's own therapists to help them to keep up with the developments in Attachment research and modern practice.

Working with Trauma and Dissociation from an Attachment-based approach. Aimed at professionals who work with severe mental distress.

Psychotherapy for people with Learning Difficulties. Aimed at therapists who offer psychotherapy to people who have often been excluded from psychotherapy.

### Clinical Forum

The Centre hosts a monthly Clinical Forum for all members of the CAPP community; Registered Members, students, teachers and

supervisors, when we get together to share and think together about our clinical work and practice, and present our work and our research for peer discussion.

### Continuing Professional Development

This year has seen the implementation of our new Continuing Professional Development Policy for Registered Members. This is a way of ensuring standards of practice and of helping all CAPP's nearly 100 registered therapists to keep abreast of developments in the theory and practice of attachment-based psychotherapy and in touch with the directions that The Centre is taking as we develop our vision in line with our values.

### The John Bowlby Memorial Conference

The Centre organised the 13th John Bowlby Conference. Bessel van der Kolk gave the Bowlby Lecture on "Trauma and Attachment" and there were moving and thought provoking contributions from Gillian Slovo, Chris Purnell, Felicity de Zulueta, Sue Richardson Rachel Wingfield and Valerie Sinason.

Themes of the Conference were:

Personal Narratives of Trauma in the Context of Repair and Transformation Trauma and Attachment – State of the Art and Science

Trauma and Attachment – Implications for Clinical Work

Working with Trauma in Clinical Practice – Presentations and Workshops

The Impact of Trauma on the Therapist - Taking Care of Ourselves

This year's conference was over subscribed which we see as an indication of the importance of this annual event as a focus for exploring attachment ideas in the wider world of mental health and psychotherapy.

The papers from previous conferences are edited by Kate White and published by Karnac and make a significant contribution to the professional literature about Attachment and Clinical Practice.

### Clinical Training for Psychotherapists

The Centre runs a four year, part time clinical training at a post graduate level in attachment-based psychotherapy leading to registration as a CAPP Member and Registration with the Analytical Psychology, Psychoanalytic and Psychodynamic Section of the United Kingdom Council for Psychotherapy (UKCP). Our training is reviewed and approved by the UKCP and our graduates are put forward on to its Register.

Students come from many different occupations, attracted to The Centre by our values; the wide range of writers drawn upon to critically explore the psychotherapeutic literature; our clearly stated commitment to recognise social causes of distress and our understanding of issues around abuse and trauma; and an openness to students who are gay, lesbian or from different ethnic backgrounds, culture or class or who may have disabilities. The training gives space for the affect of difference and disadvantage to be explored.



### THE CENTRE & CAMPAIGNING

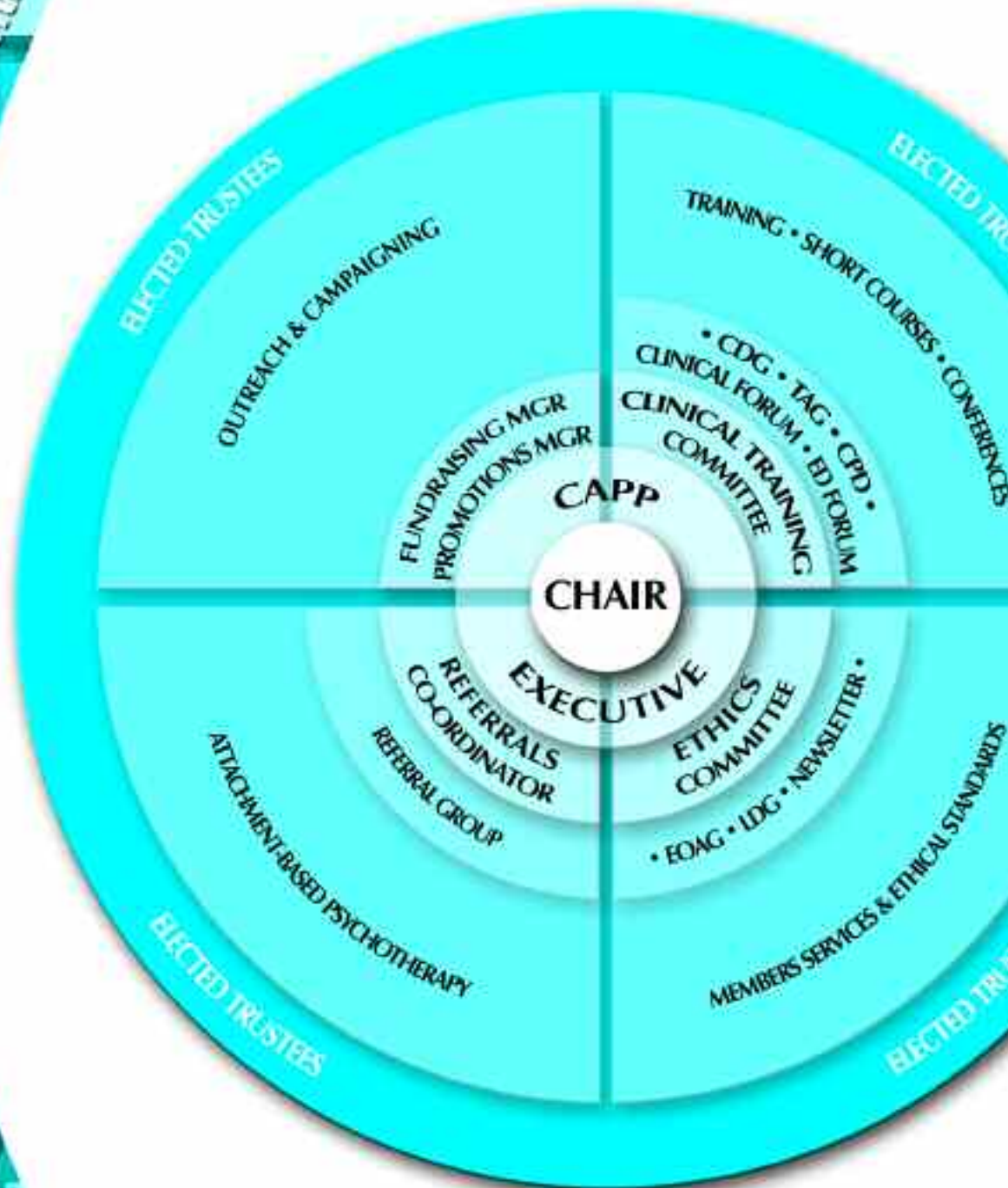
We care passionately about the way our society is failing to understand and work effectively to relieve mental distress which we see as having its roots in issues about and experiences of separation, trauma, social rejection and exclusion.

This year we have sought to influence the way mental distress is viewed particularly in building links with the forensic world, including holding joint seminars and publications with the Crime and Society Foundation and Centre for Criminal Justice Studies at King's College.

We held an event called 'Changing the Face of Psychoanalysis', organised jointly with the Separation and Reunion Forum, which works with clients who experienced loss as a result of their parents immigration from the Caribbean. This event was one of the best attended and most successful we have held, and sought to find some practical answers to how we can address some critical issues in the psychotherapy world: why are people from black and minority ethnic communities over-represented in psychiatric services and statistics as clients and patients, but under-represented in psychoanalytic psychotherapy, both as clinicians and clients.

We have also sought partnerships to raise awareness of issues such as support for care leavers, women experiencing violence and abuse, those at risk of offending and ex-offenders, people in mental health settings and people with addictions.

The governance of the CAPP reflected in this report is carried in accordance with the Centre's Articles of Association and the Memorandum of Understanding (amended 4 October 1996.) These are available in full from the Centre on request.



**KEY**

- EOAG = Equal Opportunities Advisory Group
- LDG = Learning Disabilities Group
- CDG = Curriculum Development Group
- TAG = Teachers Appointment Group
- CPD = Continuing Professional Education Group

## TRUSTEES

The Trustees of CAPP are elected annually at the Annual General Meeting by the Membership of the Centre. They underpin and support they work in a voluntary and non-executive capacity and have financial and legal responsibilities for which they are accountable under the requirements of the Charities Commission.

Our Trustees devolve operational management to the Chair and The Executive. However they are a source of invaluable support and encouragement and The Executive would like to thank each of them for all that they have done over the last year. Supporting our leading edge work is often demanding and done at great personal cost by each of them. They are:

### Sir Richard Bowlby (Chair of Trustees)

Richard Bowlby qualified in medical and scientific photography in 1968 spending his career illustrating medical research. He produced photographs and academic videotapes to help communicate the findings of the researchers he worked for. He retired in 1999 to spend his time studying the work of his father, John Bowlby, on the early attachment relationship between parents and their young children so that he can promote a wider understanding of the rapidly growing body of attachment research. He is in touch with many attachment researchers and a range of professionals who use attachment theory in their work. He supports various mental health and child development organisations and has produced and is freely distributing a training video on attachment. He gives papers and talks on attachment and draws on personal insights into how his father assembled the research information in developing attachment theory.

### Elaine Arnold

Elaine Arnold has been engaged in researching the effects of broken attachments on mothers and children separated through immigration from the Caribbean to Britain. The emotional scars have remained with children, now grown women some of whom seek therapeutic help. She is very keen to promote the use of attachment theory in helping persons who sometimes fail to make connection between their early life experience of separation and loss and its effect on their present mental health. She accepted the invitation to be a trustee of CAPP in order to share some of her experience of the research of black women of Caribbean origin and contribute to the teaching work of CAPP.

### Susie Orbach

In 1976 Susie Orbach co-founded The Women's Therapy Centre and in 1981 the Women's Therapy Institute, a training Institute in New York. She is currently a visiting Professor at the London School of Economics. 'I was happy to become a trustee of CAPP because it puts the social impact of individual development at the heart of its understanding of human development. The curriculum is lively and challenging and the relationships between faculty and trainees create a learning environment in which the difficulties in living, which beset the people we see in psychotherapy, can be understood with empathy and understanding.'

### James Sainsbury

James Sainsbury is married with two sons, one nearly nine and one nearly six years old. He is a trustee of a number of charities and is the Chair of Trustees at Home Start. He became a Trustee of CAPP because he strongly believes in the importance of attachment theory and attachment based therapy and practice, in the work that CAPP does in training and making therapists available, and of promoting the importance of attachment and all its implications.

## COMMITTEES

### The Executive

The Executive Committee led by the Chair of CAPP is the committee responsible for the management of the Centre under the oversight of The Trustees. It deals with the strategy for taking CAPP forward in line with its Vision, Mission and Values. It manages the organisation including managing and controlling financial, organisational and administrative matters, the public interface of CAPP, organisational development, and CAPP events. Some of this work is carried out through Committees and Groups which are represented on the Executive Committee by their Chairs or Convenors.

Members: Sue Berger (Chair CTC), Emerald Davis (Vice-Chair), Judith Erskine (Referrals Coordinator), Hannah Hurst, Donatella Landi, Jane Marsh, (Company Secretary and Administration Manager), Nigel McBride (Chair Ethics Committee) Caroline Parker (Treasurer), Joe Schwartz (Policy Director), Kate White, (Convenor Bowlby Planning Group), Curriculum Development Group Rachel Wingfield (Chair of CAPP).



### Ethics Committee

This Committee monitors all issues related to ethics as laid out in CAPP's Code of Ethics and Practice. It is answerable directly to The Trustees as well as reporting in to The Executive. Any complaints which are received are managed in accordance with the CAPP Complaints Procedure and when necessary a Complaints Panel is put together to deal with an individual complaint. The Ethics Committee has met as required over the past year to respond to and investigate complaints. Members: Pat Cohen, Emerald Davis, Jess Michael, Catherine Mitson, Nigel McBride (Chair), Rachel Wingfield

### Clinical Training Committee

The CTC is responsible for the management of the Clinical Training and Continuing Professional Development within CAPP. It sets the clinical standards required of CAPP Members, training therapists, supervisors and assessors. It is responsible for recruitment of students and the assessment of applications for Membership from students and from registered psychotherapists wishing to join CAPP from other organisations. The CTC manages the registration process and the assessment processes for trainees by which they are approved to progress through the training. This includes the move to Psychotherapist-in-Training status when students are approved to start clinical work under the guidance of approved training supervisors. The CTC is also responsible for managing the Clinical Training Course, working closely with the Teachers Appointment Group and the Curriculum Development Group and manages The Academic Appeals Procedure. This year the Committee have worked to ensure that it's processes are documented and communicated so that we ensure that everyone is dealt with equitably and in line with our values. We have developed our procedures for implementing the CPD group's new Continuing Professional Development procedures and put in place more rigorous monitoring and support for post-taught students moving towards Registration. We have also clarified our requirements for training supervisors and our application procedures for people seeking CAPP Membership from other training.

Members Sue Berger (Chair), Pat Cohen (CT), Clint Coveney (CT), Jane Marsh (CT), Angela Massucco (CT), Nigel McBride (Chair Ethics Committee), Penny McMillan (CT), Jess Michael (CT), Catherine Mitson (Vice Chair and Acting Secretary CT), Rachel Wingfield (CAPP Chair ex-officio), Helen Straupmanis (CT) Roxy Wilding (Convenor CPD group)

## WORKING GROUPS

### The Continuing Professional Development Group

The CTC has a group reporting to it responsible for Continuing Professional Development. The CPD group has developed the Centre's Continuing Professional Development Policy and is now working on systems to support members in its first year of operation.

Members: Clint Coveney, Sue Egan, Angela Greenfield, Jane Marsh, Eleanor Richards, Roxy Wilding (Convenor).

### Bowlby Conference Planning Group

This Group plans and organises the annual Bowlby Memorial Conference. This year the conference held at the London Voluntary Services Resource Centre was entitled "Trauma and Attachment" with the keynote speaker being Bessel van der Kolk. The conference was oversubscribed, which is a mark of how important this conference is becoming in being one of the most important forums for leading edge thinking about attachment and clinical practice.

Members: Sarah Benamer, Christine Blake, Richard Bowlby, Judith Erskine, Kate White (Convenor), Judy Yellin.

### Education Forum

The Education Forum is a place where everyone involved and interested in education issues in CAPP meets to discuss and confer. This includes Registered Members, Teachers, post taught students, Course Tutors and representation from students.

It is convened by members of the Executive and met twice this year.

### Curriculum Development Group

This group holds and develops the curriculum for the Clinical

Training Course ensuring that it reflects CAPP's values, working with teachers' and students' feedback in its ongoing development of the taught course curriculum.

Members: Jenny Riddell, Bernie Laschinger, Kate White

### Referrals Group

This group supports CAPP's Referrals Coordinator in processing all the assessments for referral to CAPP from individuals seeking therapy. It strives to provide the most suitable therapist for the individual seeking help in an equitable way for all therapists.

Members: Judith Erskine (Referrals Coordinator) Donatella Landi, Nigel McBride, Jess Michael, Catherine Mitson, Tori Leach

### Equal Opportunities Advisory Group

The Equal Opportunities Advisory Group (EOAG) is a sub-group of the Executive. It has overall delegated responsibility for developing the Equal Opportunities Policy, co-ordinating its operation, as well as overseeing the maintenance and monitoring of supporting procedures. The EOAG is also responsible for reviewing procedures and ensuring they are not discriminatory in their operation. The group includes a representative from each CAPP committee.

Members: Emerald Davis, Donatella Landi, Jess Michael, Rachel Wingfield (Chair), Judy Yellin

### Teachers' Appointment Group

The Teachers' Appointment Group (TAG) is a sub-group of the Executive, and is responsible for the selection, appointment and review of teaching staff. The TAG is committed to developing open, transparent and fair procedures for appointing teaching staff and to providing students with a rich, diverse and satisfying learning experience.

Members: Hannah Hurst, Donatella Landi, Catherine Mitson, Jenny Riddell, Kate White, Rachel Wingfield (Chair)

### Learning Disabilities Group

This group is working to create a shift in awareness within CAPP concerning learning disabilities and psychotherapy. The group's work aims to influence CAPP's curriculum and the provision of psychotherapy to people with learning disabilities and their carers. The group is operating and developing short courses in this area. It plans to publish work on attachment and learning disabilities.

Members: Emerald Davis (Leader), Claire Harris, Mark Linington, Benjamin Marr, Eleanor Richards

### Clinical Forum

The Clinical Forum is a learning and sharing experience where students and members and invited speakers meet to present and discuss their clinical work. It is a regular meeting where all members of the CAPP community are able to meet and exchange ideas. The Forum is normally held on the second Saturday of each month during term time. Attendance at the Clinical Forum is strongly encouraged for all members as part of their Continuing Professional Development and all students are encouraged to attend as regularly as possible and required to attend three forums per year. This year the Forum was convened and chaired by Paul Renn, who put together an interesting and thought provoking programme, supported by Joe Schwartz.

## OFFICERS AND INDIVIDUALS

### Fundraising and Development

The Centre's fundraising and development is led by Christine Blake and funded by the Tedworth Trust. Christine, who is a CAPP graduate herself, leads the work to raise funding, to take the work forward with front line agencies and others, who support and share the values and mission of The Centre and its work.

### Promotions and Publicity

This year has seen the appointment of Orit Badouk Epstein, a CAPP Graduate, to lead the work of promoting the Centre and its work and supporting and organising the publicity needs of the Centre.

### Administration and Facilities

The administration team is led by Jane Marsh, the Administration Manager and Company Secretary who with a small part-time team organises both the administration for Committees and Groups, Members and Students and the Facilities Management of The John Bowlby Centre. This year we have developed new procedures for resolving grievances and discipline to support the growth of the Centre from a small voluntary group to an organisation with needs for more clearly agreed and codified ways of working together within our values. We are also developing the policies that are required for organisations with people working together safely and within legal requirements

Administration and Facilities team: Lucy Bannister, Gerry Bristow, Jo Gardetta, Jane Marsh, Irma and Heyder Nieva, Emma Stark.

## Finance

The Finance Team is led by Caroline Parker, the Treasurer, supported our Bookkeeper and the Administrators. This year we have been working to ensure that our accounting and reporting procedures meet the new legal requirements and developing our systems and controls to meet the way The Centre is growing and developing.

Finance Team: Caroline Parker, Treasurer, Vinita Tawakley, Bookkeeper, and Bulley Davey, Accountants.

Extract from the Consolidated Statement of Financial Activities prepared by Bulley Davey (Independent Examiner) for the Trustees for the Year Ended 31 July 2006

	2006 Restricted Funds £	2006 Unrestricted funds £	2006 Total £	2005 restated Total £
<b>Incoming resources</b>				
<b>Income resources from generated funds</b>				
<i>Voluntary income</i>				
Donations and Gifts	2,548	-	2,548	
Grants	9,000	-	9,000	30,000
Investment Income	-	618	618	1,319
<b>Income resources from charitable activities</b>				
Charity operations	-	157,052	157,052	140,043
<b>Total incoming resources</b>	<b>11,548</b>	<b>157,670</b>	<b>169,218</b>	<b>171,362</b>
<b>Resources expended</b>				
<b>Costs of generating funds</b>				
Fundraising trading: costs of goods sold and other costs	9,000	2,608	11,608	10,983
<b>Charitable Activities</b>				
Membership	682	27,437	28,119	
Education & Training	683	108,694	109,377	
Clinical Services	1,183	15,507	16,690	
	2,548	151,638	154,186	146,022
<b>Governance costs</b>	-	9,695	9,695	9,156
<b>Total resources expended</b>	<b>11,548</b>	<b>163,941</b>	<b>175,489</b>	<b>166,161</b>
<b>Net (outgoing)/incoming resources for the period</b>	-	(6,271)	(6,271)	5,201
<b>Fund balances as at 1 August 2005</b>	-	67,420	67,420	62,219
<b>Fund balances as at 31 July 2006</b>	-	61,149	61,149	67,420

## Balance Sheet

### As at 31 July 2006

	Year ended 31 July 2006 £	Year ended 31 July 2005 £
<b>Fixed assets</b>		
Tangible assets	26,656	35,078
<b>Current assets</b>		
Debtors	27,228	21,508
Cash at bank and in hand	17,836	31,596
	<b>45,064</b>	<b>53,104</b>
<b>Creditors:</b>		
<b>amounts falling due within one year</b>	<b>(10,571)</b>	<b>(20,762)</b>
	<b>34,493</b>	<b>32,342</b>
Net current assets	<b>34,493</b>	<b>32,342</b>
Net assets	<b>61,149</b>	<b>67,420</b>
<b>Capital funds</b>		
<b>Unrestricted funds:</b>		
General funds	61,149	67,420
	<b>61,149</b>	<b>67,420</b>

#### Continuing operations

None of the company's activities reflected in the statement of financial activities were acquired or discontinued during the above two financial periods.

#### Total recognised gains and losses

The company has no recognised gains or losses other than the deficit and profit for the above two financial periods.

*The notes to the Financial Statements are in the Trustees' Report, available on request from the administrator.*

#### Principle Funding Sources

The principal sources of funding for the charity during the period were course fees (63% of income), membership fees (15%), the Bowlby Memorial Conference (13%) and Grants and Donations (7%). The Executive strategy is to move away from such a high dependence on student income towards securing more long-term funding for expanding provision of low cost therapy for those who need it, through fundraising efforts.

As ever, the charity has relied heavily on many hundreds of voluntary hours by Members, Students, Trustees and supporters in achieving its charitable objectives within its financial constraints.

#### Reserves

The Trustees believe that the level of reserves that are freely available for the charity's general purpose should aim to be the equivalent of the loss of three student income fees over four years. This is because although most of the charity's expenditure is fixed, the variation in student numbers each year means that income tends to fluctuate. Three 'student income fees' amounts to £37,800 over four years. The charity's target is therefore to keep our general reserves at a minimum of £38,000.

The charity's reserves as at the 31st July 2006 stand at £61,149. Of this amount, £26,656 is represented by fixed assets held for the enduring benefit of the charity, leaving a residual balance of £34,493 in general reserves. This is an improvement on the previous year, but falls short of the target reserve level which increases with student fees. The charity aims to continue efforts to build the reserves up to their target level.



## Deficit Analysis

The net movement of funds for the year was a decrease of £6,271. During the period depreciation, a non-cash, accounting transaction has been entered into the accounts. This included a charge of £6,877 for leasehold improvements, which currently have a further three years to be fully written off. The net incoming resources for the period, when depreciation is excluded, is £2,957.

The investment in these improvements when we took on the current lease means that not only do we have suitable accommodation for our own charitable activities, but we also have a potential new source of income. Hiring out meeting, training, and therapy rooms brought in £1,156 in the period, and the Executive has agreed the need to invest more voluntary hours and financial resources to increasing rental income in the coming year.

## Incoming Resources

Total incoming resources were £2,144 down on last year, but it should be noted that last year included a £30,000 grant towards refurbishment of our new premises.

The Bowlby Memorial Conference produced record ticket sales this year, and the short courses in Attachment and Dissociation ran to capacity. Student Income was slightly down on the previous year, but a review of the training recruitment strategy has already resulted in a larger student intake starting in September 2007.

We are very grateful to the Tedworth Trust who funded much of our Fundraising & Development work this year. This has enabled The Centre to form important partnerships and lay the foundations for increasing funding for our Clinical Services.

## Resources Expended

The charity continues to maintain especially tight controls on expenditure, in order to maximise funds available for charitable activities.

Total resources expended were up £9,328 on last year. A budgeted increase of £9k invested in short courses, and seminars publicity increased income by over £17k., as well as increasing awareness of attachment theory, CAPP, and the John Bowlby Centre.

Legal costs exceeded the contingency allowed for in the budget by £5k. Legal advice was sought on two issues, one in relation to a complaint against a member and one in relation to copyright issues. This year the Executive will be reviewing reserve levels in light of the potential need for legal advice during complaints procedures.

Savings of nearly £5k were achieved by the increased use of email for mailings, including the monthly newsletter for members and psychotherapy students.

**Caroline Parker**  
**CAPP Treasurer**





#### **CAPP**

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#### **A Company Limited by Guarantee**

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