



THE BOWLBY
CENTRE

**TWENTY FOURTH
JOHN BOWLBY MEMORIAL CONFERENCE 2018**

“Shame Matters”



Picture credit: Jennifer Leighton

**ULRICH SCHULTZ-VENRATH
COLWYN TREVARTHEN
JUDITH SOLOMON
RICHARD A. CHEFETZ
AILEEN ALLEYNE
VICTORIA SETTLE
ADRIANO SCHIMMENTI**

**Friday 21st & Saturday 22nd September 2018
International Conference, London**

CONFERENCE AIM

Shame can be one of the most paralysing and withering of affects and relational experiences. It can be unbearably painful and corrosive, attacking one's body and identity. It threatens to freeze the self and can have a significant and long lasting negative impact on the quality of attachment relationships. Shame seems to emerge as a consequence of neglect, critical and humiliating caregiving and other attachment traumas. In the context of our clients' experience in the therapeutic relationship, the feeling of shame may relate to past or current events, actions and memories. In the absence of meaningful relationships and connections, shame can often trigger the terror of aloneness and dissolution.

John Bowlby, along with an ever expanding body of empirical research, has taught us that secure relationships are the bedrock of affect regulation and reflective functioning, creative exploration and robust wellbeing. Understanding shame as a relational problem, it is here that the client can gradually learn to move away from the overwhelming cycle of unbearable shame affects.

This conference will bring together experts from across the world to discuss and explore different aspects of shame which can so often immobilise both the therapist and the client's capacity to move on. Bringing together infant researchers, trauma experts, somatic interventions and clinical work, the aim of this conference is to explore and develop our understanding of the shameful deflations we encounter in the consulting room and will nurture new ways of relating.

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 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 have been 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.

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 organisation 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 21st September

- 5:30 Registration, tea & coffee
- 6:30 Welcome by **Mark Linington**, Chair of the Executive, the Bowlby Centre
- 6:40 **“Mentalizing Shame and Shamelessness in Groups”**
Speaker: **Ulrich Schultz-Venrath**
- 7:45 **“Pride and Shame in Infancy”**
Speaker: **Colwyn Trevarthen**
- 9:00 Conclusion
Chair: **Serena Jenks**

Saturday 22nd September

- 9:00 Registration, tea & coffee
- 9:30 **“Shame as a Behavioural System: Links to Attachment, Defence, and Dysregulation”**
Speaker: **Judith Solomon**
- 10:45 Refreshments
- 11:15 **“Attackments: Subjugation, Shame, and the Attachment to Painful Affects & Objects”**
Speaker: **Richard A. Chefetz**
- 12:15 **“Shame and Black Identity Wounding - the legacy of Internalised Oppression”**
Chair: **Orit Badouk Epstein**
- 1:15 Lunch

Saturday 22nd September cont...

- 2:15 **Artist Performance: Rosalind Murray - "Perfect for Painting"**
- 2:30 **"Shame across the generations: working with a daughter of the holocaust"**
Speaker: **Victoria Settle**
- 3:15 Refreshments
- 3:30 **"The aggressor within: Attachment trauma, segregated systems, and the double face of shame"**
Speaker: **Adriano Schimmenti**

Chair: **Yvonne Forward**
- 4:30 Concluding remarks chaired by **Mark Lington**
- 5:00 End of Conference

CONFERENCE SPEAKERS BIOGRAPHIES

ULRICH SCHULTZ-VENRATH

Ulrich Schultz-Venrath, MD. Professor of Psychosomatics and Psychotherapy, University of Witten/Herdecke, Germany. Head of the Clinic of Psychiatry, Psychotherapy and Psychosomatics Evangelisches Krankenhaus Bergisch Gladbach, University of Witten/Herdecke. Member of the DPV (IPA), GASi, D3G, DGPM, DGPT. Chair of the Group Section and Board Member of EFPP. René Spitz-Award of the German Psychoanalytic Association 1994

for the habilitation treatise on „Ernst Simms Psychoanalytic Clinic 'Sanatorium Schloß Tegel GmbH' (1927-1931) - Contribution to the history of science of psychoanalytic psychosomatics". Foundation Member of the International Society for Neuro-Psychoanalysis 1999, DATPPP (German Association for Day Hospital Treatment in Psychiatry, Psychotherapy and Psychosomatics and of the D3G (German Society of Group Analysis and Group Psychotherapy) 2006. Nearly 150 publications on psychoanalysis, psychosomatics, group analysis and on mentalizing in groups, e.g. mentalization based treatment (MBT / MBT-G). Editor of the Journal "Gruppenpsychotherapie und Gruppendynamik - Zeitschrift für Theorie und Praxis der Gruppenanalyse".



COLWYN TREVARTHEN

Colwyn Trevarthen, a New Zealander born in Auckland, is Professor (Emeritus) of Child Psychology and Psychobiology at The University of Edinburgh, where he has taught since 1971. He trained as a biologist at Auckland University, studied ethology and physiology at Otago, and traveled to California for a PhD in psychobiology at Caltech. After post-doctoral work in France he was a Research Fellow at the Center for Cognitive Studies at Harvard, where his infancy research began 50 years ago. He has published on brain development, infant communication and child learning and emotional health.



He is interested in the innate creative and cooperative motives of children that lead them to make friends in society, wanting to learn what other people know. This has led to interest in the effects of neglect and of disorders, such as autism and depressive illness, and to research on how to help parents, teachers and therapists give the best care and companionship to young children who feel alone and unsafe.

His current research concerns how rhythms and expressions of 'musicality' in movement help communication with children and aid their development and learning.

He has an honorary Doctorate in Psychology from the University of Crete, and is a Fellow of the Royal Society of Edinburgh, a Member of the Norwegian Academy of Sciences and Letters and a Vice-President of the British Association for Early Childhood Education.

He is co-editor of these two books:

Malloch, S. and Trevarthen, C. (Eds.) (2009). *Communicative Musicality: Exploring the Basis of Human Companionship*. Oxford: Oxford University Press.

Daniel, S. and Trevarthen, C. (Eds.) (2017). *Rhythms of Relating in Children's Therapies: Connecting Creatively with Vulnerable Children*. London: Jessica Kingsley.

JUDITH SOLOMON

Judith Solomon is internationally recognized for her pioneering research and theory-building on attachment and caregiving, including her discovery, with Mary Main, of the infant disorganized/disoriented attachment category. She conducted the first longitudinal study of infants in separated and divorced families and developed key representational measures of caregiving and child attachment, including the Caregiving Interview and the Attachment Doll Play Projective Assessment.

She is the first editor of *Attachment Disorganization* (1999) and *Disorganized Attachment and Caregiving* (2011). She was recently Fulbright Visiting Professor at the University of Vienna. Currently she is a Visiting Researcher in the Department of Public Health and Primary Care, Cambridge University, UK and an Adjunct Professor at The Institute for Parenting, Adelphi University, New York.



RICHARD A. CHEFETZ

Richard A. Chefetz, M.D. is a psychiatrist in private practice in Washington, D.C. He was President of the International Society for the Study of Trauma and Dissociation (2002-3), Co-Founder and Chair of their Dissociative Disorders Psychotherapy Training Program (2000-2008), and is a Distinguished Visiting Lecturer at the William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology. He is also a faculty member at the Washington School of Psychiatry, the Institute of Contemporary Psychotherapy & Psychoanalysis, and the Washington Center for Psychoanalysis. He is a Certified Consultant at the American Society of Clinical Hypnosis, and is trained in Level I and II EMDR. Dr. Chefetz was editor of “Dissociative Disorders: An Expanding Window into the Psychobiology of Mind” for the Psychiatric Clinics of North America, March 2006, “Neuroscientific and Therapeutic Advances in Dissociative Disorders,” Psychiatric Annals, August 2005, and “Multimodal Treatment of Complex Dissociative Disorders,” Psychoanalytic Inquiry, (20/2, 2000), as well as numerous journal articles on psychodynamic perspectives on trauma, dissociation, and clinical process. He recently published a book with Norton (2015), in their Interpersonal Neurobiology series, Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real, <http://books.wwnorton.com/books/Intensive-Psychotherapy-for-Persistent-Dissociative-Processes/>



AILEEN ALLEYNE

Dr Aileen Alleyne is a UKCP registered Psychodynamic Psychotherapist, BACP qualified Counsellor and Clinical Supervisor in private practice. She is based in East Sussex and South East London. Alongside her private practice, she consults to organisations on Working with Issues of Difference and Diversity, and is also a visiting lecturer on various counselling and psychotherapy trainings. Aileen is the author of several book chapters and journal papers exploring themes on black/white dynamics, shame and identity, and working with issues of Difference and Diversity in the workplace. www.aileenalleyne.com



ROSALIND MURRAY

Interdisciplinary artist Rosalind Murray holds an MFA in Painting from Rhode Island School of Design USA, is an alumni of Skowhegan School of Painting & Sculpture, The Cooper Union Residency, and The National College of Art and Design Ireland. Often choosing to share her work off the beaten track, she exhibits and performs internationally, has been commissioned by the Cambridge Arts Council USA, and presented work at the Pari Centre for New Learning with physicist David Peat in Italy. Rosalind has received awards from RISD, the Arts Council of Ireland, ARTLINKS, and Carlow County Council. She lectures in Visual Communications at IT Carlow, is the Secretary of the Carlow Art Collection, and a founding member of C-Bug an artists' collaboration advocating for the protection of the River Barrow Special Area of Conservation.



VICTORIA SETTLE

Tori is a training supervisor, teacher and course tutor at The Bowlby Centre where she is currently chair of the clinical training committee. She has been working as an attachment-based psychoanalytic psychotherapist for 18 years. She has recently co-authored a chapter on attachment-based psychoanalytic psychotherapy for the Sage Handbook of Counselling and Psychotherapy with her colleague Mark Linington. Recent articles include The Place for Infant Observation on adult psychotherapy trainings in The Psychotherapist.



ADRIANO SCHIMMENTI

Adriano Schimmenti, PhD, DClinPsy, is professor of psychopathology at UKE – Kore University of Enna, Italy, where he is also the director of the Master course in Clinical Psychology. He is deputy director of the SIPDC – Italian Society of Psychological Assessment (Florence), research director of the IIPP – Italian Institute of Psychoanalytic Psychotherapy (Palermo), and research director of the SSPC – Specialization School in Clinical Psychology at the University of Turin. He also teaches an advanced course in post-freudian models in the training program of the SIPP – Italian Society of Psychoanalytic Psychotherapy (Catania). He has been trained in the administration and scoring of the Adult Attachment Interview, the Attachment Style Interview, and the Childhood Experience of Care and Abuse, and has extensively published in leading journals on the topics of attachment, childhood trauma, dissociation, and addictive behaviors. He has received funds in 2012 and 2014 from the European Community for his research on online sexual abuse of children, and has been scientific advisor to social research centres and clinical treatment programmes. He is also an editorial board member of the APA journals “Psychological Trauma” and “Psychoanalytic Psychology”, and is the Editor in Chief of the Italian book series on Psychotraumatology published by Fioriti Editore (Rome).



BOOKING FORM

To book and pay for your place online please visit www.thebowlbycentre.org.uk/cpd

If applying for more than one person please photocopy this form

Name

Address

Telephone

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Training/
Background

Where did you hear
about this conference?

Please send me a ticket for the John Bowlby Memorial Conference 2018

I am paying for myself

£190

I am a member of The Bowlby Centre

£150

I am funded by an organisation

£250

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, The Bowlby Centre, 1 Highbury Crescent, London N5 1RN. Please make cheques payable to: The Bowlby Centre.

For booking conditions please visit <http://thebowlbycentre.org.uk/booking-terms-and-conditions-for-events/>

INFORMATION

Friday 21st and Saturday 22nd September 2018

Venue	Institute of Child Health, UCL 30 Guildford Street, London WC1N 1EH
Refreshments	Tea/coffee and lunch provided
Transport	Train stations: King's Cross Station or Euston Station Underground: Russell Square is the closest station (5 min walk), Kings Cross (10 min walk) & Euston (15-20 min walk). Buses: Numbers 188, 168, 68, 59 and 91 all stop at bus stop B on Southampton Row.
Access	The building is wheelchair accessible
Booking form	Please return the form to: Carol Tobin, Conference Administrator, The Bowlby Centre, 1 Highbury Crescent, London N5 1RN. To download a Booking form or book and pay online please visit www.thebowlbycentre.org.uk . For more information, phone Carol on: 07710 253315 or email her at carol.tobin@thebowlbycentre.org.uk .
Ticket Prices	Individual £190, Organisation funded £250, Bowlby Centre member £150
Booking Conditions	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. Conference offers 10 CPD hours.

To book tickets online, please click on the below link

<http://thebowlbycentre.org.uk/cpd/#conference>

Or for more information contact:

Carol Tobin, Conference Administrator

Tel: 07710 253315 / 0207 700 5070 Email: carol.tobin@thebowlbycentre.org.uk

The Bowlby Centre

1 Highbury Crescent, London N5 1RN. **www.thebowlbycentre.org.uk**

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