

Who are we?

The Bowlby Centre provides a 4 year part time psychotherapy taught course which is accredited by the United Kingdom Council for Psychotherapy. Our influences include classical psychoanalytic thinkers from Freud to Winnicott and challenges to traditional approaches from authors such as Jessica Benjamin, John Bowlby, Ronald Fairbairn and Stephen Mitchell.

We also offer a referral service, short courses on cutting edge clinical issues, and the annual John Bowlby Memorial Conference.

The Bowlby Centre is a Company Limited By Guarantee No. 3272512. Registered Charity No. 1064780/0

short courses

Course Details:

Date:

Saturday 11th and
Sunday 12th January 2020

Time:

10 am to 4pm Saturday
10 am to 3pm Sunday

Cost:

£200
£175 Bowlby Centre members
£150 Bowlby Centre students

Venue:

Resource for London
356 Holloway Rd
London
N7 6PA

Seminar Leader:

Linda Cundy

The Bowlby Centre used to be known as The Centre for Attachment-based Psychoanalytic Psychotherapy - CAPP

The Bowlby Centre is governed by a Board of Trustees and managed by an Executive Committee

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Promoting Attachment and Inclusion

Becoming Secure: What Are The Ingredients of a Successful Psychotherapy?

Attachment Theory has always integrated findings from related disciplines. Bowlby's thinking was influenced by concepts from ethology, animal research and information processing. More recently, it has benefitted from research into linguistics, the effects of trauma, neuroscience, and contemporary developmental theories. But what does this mean for the practice of attachment-informed psychotherapy? If the overall aim is secure attachment, what needs to happen in an effective therapy to bring that about?

This two-day seminar will propose key ingredients, areas of focus in clinical work that facilitate 'earned security.' While each individual client is unique, and the balance of ingredients will also vary according to core attachment style, anxieties and defences, these areas of focus can be helpful throughout the lifetime of each therapy; as part of the assessment process, as a framework to review the work, and as part of ending. It also provides a guide when therapies get stuck, as part of supervision, and for self-supervision

There will be ample opportunities throughout these two days to reflect on clinical material in the light of these 'key ingredients.'

Linda Cundy is an attachment-based psychoanalytic psychotherapist and supervisor in private practice in north London. As an independent trainer she has twenty-five years' experience of teaching, including setting up a postgraduate diploma in attachment-based therapy. She has contributed to and edited three books to date; "*Love in the Age of the Internet: Attachment in the Digital Era*" (2015, Karnac), "*Anxiously Attached: Understanding and Working with Preoccupied Attachment*" (2017, Karnac) and "*Attachment and the Defence Against Intimacy: Understanding and Working With Avoidant Attachment, Self-Hatred, and Shame*" (2018, Routledge).

VALUING DIVERSITY

The Bowlby Centre welcomes applications from all sectors of the community and respects and values difference in age, class, culture, disability, ethnicity, gender and sexuality.