



Ukapi Day Conference 2013

Attachment in the Therapy Room: My Style and Yours

Programme

November 16th, 2013

National Council for Voluntary Organisation London N1 9RL

This conference will be exploring the co-created nature of the psychotherapy relationship and in particular how do the attachment patterns of therapist and client impact on each other.

Dr Jeremy Holmes, one of the foremost writers on attachment theory, has very kindly agreed to offer a keynote address in the morning. His seminal work include *Exploring in Security: Towards an Attachment-Informed Psychoanalytic Psychotherapy*, *The Search for the Secure Base: Attachment Theory and Psychotherapy*, *John Bowlby and Attachment Theory*.

In the afternoon, there will be two sets of workshops linked to the workshop theme. This will be followed by a drinks reception and the UKAPI AGM.

9.30–10am Coffee and Registration

10.00am Welcome

Dr Jeremy Holmes, Keynote Address

Coffee

An opportunity to explore Dr Holmes' ideas and their application to practice in small groups followed by a plenary discussion.

1.00pm Lunch

2.00–3.15pm Workshop 1

Tea

3.45–5.00pm Workshop 2

5.00pm Reception

Followed by Ukapi AGM



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Workshops 1, 2.15–3.30pm

The Act of Attaching - The “Embodied Intercultural” as Awareness and Action (Room 3C)

In this workshop I will use some brief case vignettes and your responses to them for us to explore what we can discover and discern about the "embodied intercultural" when attending to attachment phenomena in relational work.

I will draw upon some of my current writing on "embodied intercultural" in relation to identity as process, with an intention that together we will enquire into the potential links from this work to the act of attaching.

Carmen Joanne Ablack maintains a couples, group and individual psychotherapy and supervision practice in London. She teaches at the Gestalt Centre and on other psychotherapy trainings in UK and Europe. She is a trustee of UKCP and joint chair of the professional occupational practice committee. She is chair of the professional development committee of the European Association for Body Psychotherapy (EABP). Carmen also is a qualified mediator, a coach and organisational development facilitator. Her publications include journal articles, and a book chapter.

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Haunted Attachments: Transgenerational Trauma in our Therapeutic Practice (Room 1C)

We live in an age where all of us are aware of massive manmade catastrophes and historical as well as national trauma. From slavery, colonialism to Hiroshima and the genocidal projects I believe we all are touched by transgenerational trauma in one form or another. But how does this appear in our consulting room and how can we work with it psychotherapeutically?

In this workshop we will explore the concept of transgenerational trauma and how it can form and influence individual as well as collective attachment styles. We will look at attachment theory which I believe already is a transgenerational phenomenon and we will then develop the notion of transgenerational trauma as a clinical tool. We will use practical clinical examples to demonstrate the complex and important nature of transgenerational trauma and its pathological power and influence.

Gerhard Payrhuber (MSc, MPhil) is an Austrian UKCP-registered Integrative Psychotherapist who works in a relational psychotherapeutic framework. He has worked with transgenerational trauma with individuals and groups and brings a wealth of experience as a trainer and presenter. He works as an integrative psychotherapist in private practice, primary care settings and in suicide prevention. He facilitates a post Holocaust trauma group in Temple Fortune, North London and is a primary supervisor and visiting tutor for the Metanoia Institute.



Attachment and Growing Older (Room 13)

Home is where one starts from. As we grow older
The world becomes stranger, the pattern more complicated
Of dead and living. Not the intense moment
Isolated, with no before and after
But a lifetime burning in every moment... - T S Elliott

In this workshop, I will invite you to reflect upon the extent our early or learned attachment patterns may impact on our capacity to face an uncertain future as we move into mid life and older age. Loss and change are clearly inevitable in the life cycle, whether in relationships, health, career, where we live. What are the struggles in managing to detach or reorganise our attachment patterns in order to face a. I will be holding a dual existential and attachment lens in an exploration of what it means for our clients and us as therapists in growing older. And what the impact age brings to the co-created relationship in the therapy room.

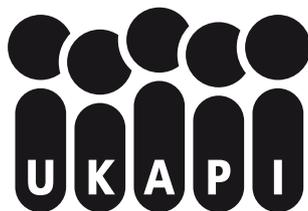
Cynthia Ransley is a Psychotherapist, Trainer and Supervisor based in West London. Her background was in health related social work and this included working with older people. She was a Lecturer / Course Leader in Social Work at Brunel University. She is currently a Tutor on the MSc programme in Integrative Psychotherapy at the Metanoia Institute where attachment theories particularly in relation to child development are central in her teaching. She is general secretary of UKAPI. You can probably guess the reason for her personal interest in this topic.

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The Relevance of Attachment Theory to Making Mistakes, Impasses and Ruptures in Therapy (Room 12)

When these problems in the work can be understood as Unconscious communication between therapist and client, they present a unique opportunity for understanding the conscious and also unconscious relationship between client and therapist. A crisis is generated between therapist and client which demands urgent attention. If these mistakes can be caught and addressed they prove move the work forward often in powerful and potentially transformational ways. Attachment theory is a central dynamic which needs to be understood and accounted for if these opportunities can be used productively rather than leading to a collapse of the work.

Diana Shmukler Phd is former Professor of Applied Psychology (University of the Witwatersrand, Johannesburg, South Africa,) currently Visiting Professor of Psychotherapy (University of Middlesex) visiting Professor of Psychotherapy, (University of Derby). She is a Clinical and Research Psychologist (SA Medical and Dental Council), registered Integrative Psychotherapist (UKCP, UKAPI and EAIP), Supervisor and Trainer as well as a Teaching and Supervising member of ITAA (International Transactional Analysis Association). She teaches on various adult Psychotherapy training programmes and on the Integrative Child Arts Therapy course in Islington, London. She is a core tutor on the Doctoral Programme in Integrative Psychotherapy at Metanoia, London. In addition she teaches at the Centrum vir Besigheid and Management in Utrecht, The Netherlands. She consults in the United



Kingdom, South Africa, Australia and Europe. She has published numerous articles as well as book chapters and a book on Brief Therapy with Couples.

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The Dance between Hope and Despair – A Systemic Exploration (Room 4C)

In this workshop I shall present ideas emerging from my ongoing research on hope and despair. On the premise that in any therapy there will be a tension between hope and despair and that this tension is played out internally via the interactions between different parts of self and externally within the transference /countertransference matrix , short exercises and group discussions will be used to explore the following questions:

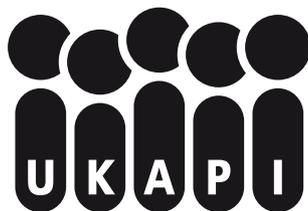
- a) How we can identify and conceptualise our clients' relationship to (or multiple relationships to) hope?
- b) In what ways do clients and other people in their “system” engage in non-mentalised hoping?
- c) How are hoping and despairing played out in the transference / countertransference field?

I shall be exploring how cycles of hope and despair impact the course of a therapy. I shall also be bearing attachment theory in mind with thoughts about what fosters an optimistic outlook, what destroys the capacity to hope and what it is we offer as therapists that sustains hope during stuck moments when everything feels hopeless.

Sue Wright is an Integrative Psychotherapist and Sensorimotor Psychotherapist who specialises in working with clients who have experienced complex trauma. She has worked within the NHS in adult mental health services; at a centre for the survivors of childhood abuse and at the Oxford Centre for Stress and Trauma. She currently works freelance as a psychotherapist, supervisor and trainer. Having initially trained as a Dance Movement Therapist and a Feldenkrais practitioner, Sue has a strong interest in the use of creative, body based ways of working. A taste of her research can be found in the British Journal of Psychotherapy Integration [2013].

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Afternoon Workshops on the Next Page



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Attachment in the Therapy Room:
My Style and Yours
Workshops 2, 3.45–5.00pm

Attachment in Play (Room 4C)

We will begin by bringing a case study of a joint piece of work where we reflect on the attachment patterns between the clients, their parents and ourselves as the therapists (noting our own). We will assess this family's capacity to play and the clinical implications. We will consider that there is a link between the capacity to play and attachment styles. The workshop will be run with both experiential and reflective spaces so delegates may consider their own practice.

Laine Jäderberg is an Integrative Child Psychotherapist, who has worked in the NHS, private practice and set up a parent-child school psychotherapy service. She is currently involved in Doctoral research on her specialist interest – parent child psychotherapy.

Mandy Sarankin is an Integrative Child Psychotherapist with experience working in the NHS, private practice and in schools. Her interest in play as integral to the therapeutic relationship has developed over many years working in different settings.

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“Who’s talking to whom?” – Attachments and Transferences in the Therapy Room (Room 13)

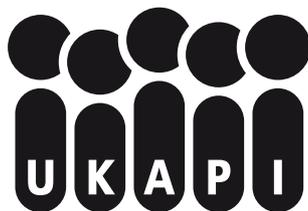
In this workshop I aim to engage participants in a playful, creative, experiential and experimental exploration of attachments and transferences in the therapy room. This exploration will be in both a small and large group format and will draw on a variety of creative methods, such as psychodrama, imagery, representational objects and play. I hope to incorporate participants' own experiences of the therapy room into the workshop material and their ideas and questions arising from the morning's presentation.

Philippa McInerney is an integrative psychotherapist, supervisor and trainer based in North London. She is particularly interested in working with trauma and sexual abuse and currently works with an international humanitarian aid agency as a therapist and trainer. She has also trained in a variety of creative therapies, initially for working with children, including psychodrama, play therapy and sand tray therapy. She incorporates these into her adult therapy and supervisory work.

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Haunted Attachments: Transgenerational Trauma in our Therapeutic Practice (Room 1C)

See Workshops 1



“It Just Feels Right”: The Language of Attachment (Room 12)

Lis is passionate about exploring the use of more than one language in therapy and her research focussed on the lived experience of a bilingual Welsh-English couples’ counsellor working with clients in Welsh. As a bilingual herself she is keen to explore with others who use more than one language both in their practices and in their personal therapy.

As an English-speaking practitioner in Wales, Helen is curious about attachment to language, to the symbol of ‘the mother tongue’ and what sharing this or not might mean in the context of the therapeutic journey. Whilst Lis will mainly be focussing on the relationships between Welsh and English, we consider that this workshop will be of interest to both monolingual and multilingual practitioners. We also ask “Does language have to mean words?”

We will start with a presentation followed by a group discussion and experiential activities encouraging participants to explore their senses of attachment to their own languages and various cultural heritages. We hope this will lead to an exploration of some of the potential dynamics in therapeutic relationships.

Helen Rowlands has been a UKCP registered Integrative Psychotherapist since 1995. Having worked mainly in Wales but also in England and Singapore and now with family in the USA and Australia she is much pre-occupied by cultural differences and similarities. Helen is currently Head of Integrative Training and Co-director of the Welsh Psychotherapy Partnership (WPP).

Lis Hughes Jones is a trainee therapist in her independent study year of the Advanced Diploma in Gestalt Psychotherapy at WPP. Her professional background is in theatre and broadcasting, and previous research interests have included physical, vocal and environmental performance. Lis uses both her languages in her practice.