



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, 16 November 2019

Time:

10.00 am – 4.30pm

Fee:

£150

Venue:

The Bowlby Centre
1 Highbury Crescent
London N1 5RN

Presenters:

Angela Massucco
UKCP, BAAT

Heather Gretton, Ph.D.
R.Psych. (CPBC 1462)

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 elected Executive.

Registered Charity No. 1064780/0 A company Ltd. by Guarantee No.3272512

The Bowlby Centre
1 Highbury Crescent
London
N5 1RN

Tel: 020 7700 5070
admin@thebowlbycentre.org.uk

INTRODUCTION TO AEDP POETRY IN MOTION: DYADIC REGULATION OF EMOTION AND TRANSFORMATION OF SELF

BOWLBY CENTRE, LONDON, UK

In this one day workshop we will introduce Accelerated Experiential Dynamic Psychotherapy (AEDP), a transformative, non pathological model of change developed by Dr Diana Fosha in New York. Drawing on the art and science of psychotherapy, Angela Massucco and Dr Heather Gretton, will introduce AEDP as a healing oriented, experiential, attachment based psychotherapy that translates affective neuroscience and developmental research, into the musicality of AEDP language as an unfolding, moment to moment, therapeutic dance. AEDP is an approach that seeks glimmers of potential healing from the moment of meeting. Engaging the client through a collaborative process, the therapist privileges the healing potential of the relationship to undo aloneness, regulate anxiety, and provide the safety necessary to process previously avoided affective experience.

The body is a vessel for emotional experience. Within the body, felt experience is sensed, encoded in the brain and re-experienced within the brain and body. Through the exquisite attunement between therapist and client, the therapist accompanies the client to access their affective experience, and to regulate and deepen waves of emotion to completion. Out of these completed waves of emotion, relief and hope can emerge, and new adaptive action can come alive. Through meta processing, the therapist engages the person in a self-reflective process, bringing implicit experience into mindful awareness that supports the deepening of the transformational experience. AEDP detects glimmers of hope, undoing fear and shame so that joy and a compassionate and coherent sense of self can emerge. In this introductory workshop Angela Massucco and Dr Heather Gretton, will explore how creative and scientific elements of AEDP meet to access hidden resources, and release resilience and positive growth at the very core of self.

Presenters:

Angela Massucco is an Attachment based Psychoanalytic Psychotherapist and trained at Bowlby Centre. She is an AEDP Therapist and Emotionally Focused Couples Therapist and holds a Psychosexual Certificate with Tavistock Relationships. She is an Art Therapist and Gestalt Arts Coach. Integral to influencing her work is Dr Fosha's AEDP for Individuals and David Mars development of her work for couples (AEDPfC). Inspiring her work with emotional depth and a well spring of hope for transformational change in individuals and couples. She enjoys the creative process in devising workshops and welcomes Dr Gretton to the UK. She works in private practice in the City of London and in Cambridge.

Dr Heather Gretton is a psychologist and AEDP Therapist in private practice in British Columbia, Canada. Dr Gretton is involved with the AEDP Institute Research Team. She is interested in the weaving together of science, theory, and clinical knowledge with the authentic and therapeutic use of the self in psychotherapy, to promote transformational change and wellness. Her background includes AEDP for individuals and couples; Adult-Attachment based Psychotherapy; Cognitive Behavioural Therapy; Mindfulness based Therapies, Emotionally Focused Therapy for Couples, and Gottman Method Couples Therapy. She has presented at workshops, conferences and published articles in academic journals nationally and internationally.

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.



BOOKING FORM

INTRODUCTION TO AEDP
POETRY IN MOTION: DYADIC REGULATION OF EMOTION AND TRANSFORMATION OF SELF

BOWLBY CENTRE, LONDON, UK
Saturday, 16 November 2019

Name:
Address:
Telephone:
Email:
Notes:

I would like ticket/s

Cost: £150

You can book and pay online by visiting www.thebowlbycentre.org.uk/cpd/ or contact Carol Tobin at carol.tobin@thebowlbycentre.org.uk

I enclose a cheque for £..... (made payable to 'The Bowlby Centre')

Please return this form and your cheque to:

Carol Tobin
The Bowlby Centre
1 Highbury Crescent
London N5 1RN

Please make cheque payable to The Bowlby Centre and post to Carol Tobin, The Bowlby Centre, 1 Highbury Crescent, London N5 1RN. If you have any questions or queries please contact carol.tobin@thebowlbycentre.org.uk

A Certificate of Attendance will be provided for CPD purposes