

#### 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

## Course Details:

#### Date:

Saturday, 14th June 2014

#### Time:

10.30 until 4.30 pm

#### Cost:

£140 – Organisations  
£120 – Individuals  
£100 – BC members

#### Venue:

The Bowlby Centre  
1 Highbury Crescent,  
London N5 1RN

#### Speaker:

Dr Bob Johnson  
Kate Brown

#### Facilitator:

Emerald Davis

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

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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

## Promoting Attachment and Inclusion

# PSYCHOSIS WORKSHOP

## from an attachment perspective

The aim of this workshop is to equip those working with psychotic symptoms with a deeper understanding of its traumatic roots and its relational contexts. Empowering intent evaporates psychosis.

Building on Bowlby – childhood malattachment/rejection inflicts intolerable pain on the infant. This pain is too terrifying to think through, so it stays. The task is to persuade them to redirect their intent from infant ‘dissociation’ to adult independence – empowering their intent.

#### 9:00 Registration

**9:30 – Bob Johnson introduction: trauma, psychotic symptoms & attachment**

**10:30 FIRST Go-round – what do you think, what are your questions?**

**11:15 coffee**

**11:30 Kate Brown “attachment and psychosis”**

**12:30 lunch**

**13:30 Bob Johnson – Complex Post Traumatic Stress Disorder (C-PTSD)**

**14:30 tea**

**14:45 Small group work**

**15:30 FINAL Go-Round – what are you taking home?**

**16:30 close**

**Kate Brown** is a Bowlby Centre trained UKCP registered Attachment based psychoanalytic psychotherapist who started her career in therapeutic communities working with adults with a variety of mental health difficulties, and with adolescents individually and in groups. She has worked with young mothers and in mainstream community psychiatric services with patients’ families. She has also provided time limited therapy with former servicemen who had experienced complex trauma. She teaches the psychosis unit of the clinical training at the Bowlby Centre and completed an MSc in psychotherapeutic approaches in mental health in 2012. Kate has a small private practice and is a member of the journal group, chair of the clinical forum and has recently begun a PhD at Middlesex University in the psychoanalysis department in the history of the therapeutic community movement and the treatment of trauma. E-mail: katebrownpsychotherapist@gmail.com.

**Bob Johnson** is a fully qualified Consultant Psychiatrist. He trained at Cambridge University with a degree in psychology, and then at the renowned Claybury Hospital, Essex, learning the art of the Therapeutic Community Approach, to which he always longs to return. His particular interest is in psychotic symptoms, which he invariably re-diagnoses as Complex Post Traumatic Stress Disorder, without fail, cutting the strings of past trauma so that they float off into the past, where they belong, taking all psychotic symptoms with them. He currently runs a small clinic in Newport, Isle of Wight. His book, Emotional Health, describes his approach.



## 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**  
**PSYCHOSIS WORKSHOP**  
**from an attachment perspective**

Saturday, 14th June 2014

Name:
Address:
Telephone:
Email:
Notes:

I would like ..... ticket/s

**Cost:**

- £140 - Organisations
- £120 - Individuals
- £100 - BC members

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](mailto:carol.tobin@thebowlbycentre.org.uk)

**A Certificate of Attendance will be provided for CPD purposes**