

SIHR

Dynamics of Attachment and Exploratory Interest Sharing in Adult Life

Dr Una McCluskey

24, 25 and 26 September 2009



This is a 2 ½ day intensive experiential workshop for professional caregivers offering an opportunity to explore one's own experience of attachment dynamics in the context of a confidential closed experiential group.

The work will be supported by didactic input and time for reflection, application and analysis.

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The Scottish Institute of Human Relations
- understanding people -

Dynamics of Attachment and Exploratory Interest Sharing in Adult Life

This experiential course seeks to address the fact that too often we don't create the conditions to support our own personal and psychological development, as we work in jobs that require us to respond to the needs of others.

Experiences of care seeking and care giving have their roots in infancy and shape our expectations and responses to care seeking and care giving in adult life.

As professionals offering a service in the field of mental health social/pastoral care and the legal professions we will be aware of the many different ways that people express their care seeking needs, and how difficult it is sometimes to interpret these accurately and respond. People who have had contradictory experiences of care giving will often tend to miscue professional care givers so that any attempt at care giving is frustrated and can end up as a frustrating experience for both parties.

The dynamics of attachment consist of several goal corrected systems. These are care seeking, care giving, sexuality, interest sharing with peers, the personal system for self defence and the personally created external supportive environment (home/lifestyle). The theory suggests that these systems work together to contribute to and maintain maximum well-being. Each session will have a short didactic input on the attachment systems, followed by an experiential group. There will be time to identify what people are learning, discovering or applying to their own practice.

Who would benefit from this course?

This course offers professional and personal development for those who work in the caring professions, in health and social work settings, in the legal profession, and those who undertake pastoral work. It is particularly relevant for those who have already taken a nine month course with Una McCluskey, but this is not essential.

This course will be delivered by Dr Una McCluskey

Psychoanalytic and Systemic Psychotherapist (UKCP) and Senior Research Fellow at the University of York. She is author of *To be Met as a Person: the Dynamics of Attachment in Professional Encounters*. Karnac London 2005, co-editor with Carol-Ann Hooper of *The Psychodynamics of Abuse: The Cost of Fear*, Jessica Kingsley London 2000 and co-author with Dr Dorothy Heard and Dr Brian Lake of *Attachment Therapy with Adolescents and Adults: Theory and Practice post-Bowlby* (in press, Karnac London).

Presented with the Award for *Vision, Innovation, Dedication and Achievement (VIDA)* in 2004 by the Group Psychotherapy Association of Southern California in appreciation of her contribution to the field of psychotherapy.

Dates and Times

Thursday, 24 September 2009 from 2.00pm – 7.30pm,
Friday, 25 September 2009 from 9.30am – 6.00pm
Saturday, 26 September 2009 from 9.30am – 6.00pm

Venue

- Central Edinburgh venue to be confirmed.

Cost

The course fee is £500. Please note that course fee invoices will be sent out with acceptance of applications/offer of place letters with payment due no later than the mid point of the course.

Cancellations: These must be made in writing prior to **4 September 2009** and will incur an administration charge of £75. We regret that no refunds can be made after that date.

Application

Please return the attached booking form to:

SIHR

Dynamics of Attachment

172 Leith Walk, Edinburgh EH6 5EA

Course participants will be limited to 15 people.

Please note that the closing date for receipt of application forms is 28 August 2009.

Please contact SIHR directly after this date to check if any places are available.

APPLICATION FORM

Dynamics of Attachment and Exploratory Interest Sharing in Adult Life

Dates and Times

Thursday, 24 September 2009 from 2.00pm – 7.30pm,

Friday, 25 and Saturday, 26 September 2009 from 9.30am – 6.00pm

Please use block capitals

NAME:
PROFESSION:
ADDRESS:
Tel.No.:
Email:
HOW LONG QUALIFIED:
CURRENT WORK SITUATION, ROLE AND RESPONSIBILITIES:
TRAINING IN INDIVIDUAL, GROUP OR FAMILY THERAPY:
EXPECTATION OF THE COURSE:

HOW YOU EXPECT TO USE WHAT YOU LEARN:

Further information is available from Una McCluskey – 0044 (0)1759 302104 or 0044 (0)7747 568562

Course Fee Invoicing Details

Course fee - £500. If you are not self funding please complete this section in full.

Contact Name	
Organisation and Address	
Postcode	

Application Booking Conditions –

As places are restricted applications can only be accepted by post and any offer of a place on the course will be confirmed in writing by the Course Director. An invoice will be included with this correspondence.

Applications should be returned by - 28 August 2009

Applications to be returned to -

Dynamics of Attachment
SIHR, 172 Leith Walk, Edinburgh, EH6 5EA

t: 0131 454 3240, f: 0131 454 3241, e: Edinburgh@sihr.org.uk

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

Coming Soon from SIHR

Observing Infants – Observation and Assessment Skills: working with parents and very young children

- a 4 day introductory course to enhance the skills of professionals working to promote infant mental health and development. Starting 20 April 2009, SIHR Edinburgh.

Cost: £400

Infant Mental Health and Early Intervention with Under Fives and their Parents

- an established 10 week introductory course to enhance the skills of professionals working to promote infant mental health and development, starting 23 April 2009 to 25 June 2009, SIHR Edinburgh. Cost £700

The Legacy of Isabel Menzies Lyth: her therapeutic and organisational insights relating to work with children and families

- an intensive study event with guest presentations from Judith Brearley, Alison Hall and Monica Lanyado. Friday, 24 April 2009, Edinburgh. Cost £40

Diploma in Psychodynamic Counselling and Therapeutic Practice - validated by COSCA.

OPEN DAYS – 28 March, 25 April and 23 May 2009

- this modular course has been designed to fulfil the training requirements for those who wish to work towards professional accreditation with COSCA or BACP.

Starts: September 2009, in Glasgow.



The Scottish Institute of Human Relations
- *understanding people* -



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

Why choose SIHR?

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

The Scottish Institute of Human Relations

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