



**THE BOWLBY
CENTRE**

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, 24th June 2017

Time:

10.00 am – 5.00pm

Cost:

£150

Venue:

The Bowlby Centre
1 Highbury Crescent
London N1 5RN

Speaker:

Angela Massucco: Attachment based
Couples & Individual Psychotherapist
UKCP;

Fumie Kamitoh is a Japanese
Certified Clinical Psychologist based in
Tokyo

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

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London
N5 1RN

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BOWLBY CENTRE, LONDON, UK

UNDOING ALONENESS: INTRODUCTION TO ACCELERATED EXPERIENTIAL DYNAMIC PSYCHOTHERAPY (AEDP)

With Angela Massucco and Fumie Kamitoh

In this one day workshop we will outline the four state AEDP model of change as developed by Dr Diana Fosha in New York AEDP is attachment based and experiential way of working with individuals that aims to **'Undo Aloneness'** at the core of client self and fully encourages positive growth in their relationships. By working with trauma and loss and the painful consequences, therapist and client work together to discover places within that have always been strong, places that were never broken. By harnessing glimmers of vitality AEDP uses transformational processes in the psychotherapy journey - to deepen and expand emotion and accelerate positive healing and growth towards oneself. To 'Undo Aloneness' in their internal world and world of relationships as Van der Kolk says, "to be safe in the here and now you have to give patients what they needed in the there and then".

AEDP engages clients in the process of healing from the first moment of therapy. It honors somatic experience, emotion and the therapy relationship to melt defences, it tracks and meta processes emotion that is frozen to awaken innate healing energy. A positive moment in the process may well be an intensely felt painful experience that is both raw and opens the client to genuine possibility of change. Angela and Fumie will present this four state model and the specific elements that assist accelerated healing with video tape/s of a session/s revealing how AEDP can move a client from a distant and defended stance to gradually softening and the release of authentic emotion. This one day workshop aims to offer practical, (including work in pairs) and powerful, creative skills for your work as a therapist.

In AEDP the therapist aims to provide a safe haven and secure base to explore together the previously unbearable overwhelming experiences/emotions to undo aloneness and unleash the adaptive action tendencies s/he always possessed, but never had a chance to utilize creatively with positive effect. We are delighted to introduce **Accelerated Experiential Dynamic Psychotherapy** - with its subtle, powerful focus on sensitive attunement - accompanied with courageous heart.

Angela Massucco is an Attachment based Psychoanalytic Psychotherapist UKCP and trained at Bowlby Centre. She is an Emotionally Focused Couples Therapist and holds an Adv Dip in Couples & Psychosexual Therapy and a Psychosexual Certificate with TCCR. She is also an Art Therapist BAAT. Her experience of completing Diana Fosha AEDP Individual and Couples Training in New York has impacted deeply personally and professionally with these experiential models that believe emotional intimacy is at the core of a rich relationship. She also co presents Hold Me Tight Workshops for therapists and their partners at Bowlby Centre. Angela is in full time practice at Number 42, The Complete Psychotherapy Practice, London Bridge.

Fumie Kamitoh is a Japanese Certified Clinical Psychologist based in Tokyo. She received her training in US, returned to Japan and provides individual and couples therapy in Japanese and English in private practice. EFT, AEDP and attachment theory has a profound impact on Fumie and now she sees herself and the world through the attachment lens. Fumie has undertaken AEDP training, Immersion, Essential Skills 1 with ongoing Essential Skills 2. She serves as AEDP Japan coordinator and started the Salon in Tokyo in 2016. She presents at conferences and facilitates Experiential Groups in Tokyo and Osaka. This is Fumie's first professional AEDP engagement in the UK and she is looking forward to presenting at Bowlby Centre.

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

UNDOING ALONENESS: INTRODUCTION TO ACCELERATED EXPERIENTIAL DYNAMIC PSYCHOTHERAPY (AEDP)

Saturday, 24 June 2017

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