



CPD Programme 2008-09

To be Met as a Person: The Dynamics of Attachment in Professional Encounters

Presenter: Dr Una McCluskey

DPhil (York), Psychoanalytic and Systemic Psychotherapist (UKCP reg.)

Friday 11th September 2009 – 10am to 4pm – Munro House, Leeds city centre

Overview of the Workshop

This day workshop will provide you with an opportunity to explore the minutia of interaction between therapists and clients. It will focus particularly on working with affect, and the way in which people communicate their experience of interaction through non-verbal behaviour.

We will look at the importance of affect attunement, identification, and regulation as a precursor to effective therapeutic work. Videos of interactions between therapist and clients will be used to explore the different ways that care-seekers and care-givers respond to each other, particularly when the fear system in either is aroused.

Una McCluskey developed the concept of Goal-Corrected Empathic Attunement based on her research into adult therapeutic interactions. She has identified five typical care-seeking approaches and five typical care-giving responses which yield both effective and non-effective interactive patterns. Her research shows that care-giving requires both attunement to the affect of the other and the capacity to remain exploratory so that the other is enabled to access their competence and seek out the support and stimulation of their emotional and intellectual peers.

Participants will be introduced to the theory of attachment based exploratory interest sharing (Heard, Lake & McCluskey (in press)) which explores the way that the self maintains wellbeing in the face of threat.

The tutor

Una McCluskey is senior research fellow at York University, a psychotherapist, and an organisational consultant. She has published numerous articles on individual, couple, family and group psychotherapy. 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).

**FEE: £75, to include refreshments and lunch, materials and CPD certificate
(£65 if more than one workshop booked at the same time)**

**Leeds Counselling is a charity providing accessible counselling services across the city.
Your workshop fee will be used to support our charitable activities.**



offering counselling and psychotherapy services to the region

CPD PROGRAMME 2008 – 2009

Leeds Counselling's Continuing Professional Development programme is intended to assist counsellors, psychotherapists and other professionals from diverse theoretical backgrounds. We are pleased to present some experienced practitioners to lead these workshops and offer fresh perspectives that will both stimulate your thinking and enhance your work with clients.

CODE	WORKSHOP DATE	WORKSHOP LEADER	WORKSHOP TITLE
FEB-AS	27 th Feb 09	Ann Steel	Working effectively with children & young people through bereavement & loss
MAY-PL	8 th May 09	Paddy Lund	An Introduction to Coaching
MAY-SE	22 nd May 09	Steve Edgar & David Clancy	Working Therapeutically with People in Crisis
JUN-EW	19 th Jun 09	Ewa Wojciechowska	Destructive processes in groups: a psychodynamic exploration
JUL-PL	3 rd Jul 09	Paddy Lund	Developing Coaching
SEP-UM	11 th Sep 09	Una McCluskey	To be Met as a Person: Dynamics of Attachment in Professional Encounters

FEES: £75 (£65 each if more than one workshop booked at the same time) includes lunch, materials and CPD certificate

VENUE: LAF Training Suite, Munro House, Duke Street, Leeds (opposite the bus station)

TIMES: 10am – 4pm, with registration from 9:30am

BOOKING FORM

I would like to reserve _____ place(s) on the following workshop(s): Code(s) _____

1st delegate name _____

2nd delegate name _____

Contact Address _____

Daytime Tel. No. _____ Mobile _____

Email _____ Profession _____

PAYMENT – Please highlight

- I enclose a cheque made payable to Leeds Counselling for the sum of £_____
- I enclose an official invoice request / purchase order from my employer for the amount of £_____

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