

16th September 2015 - 4th October 2015

ATTACHMENT: OUR ENDURING NEED FOR OTHERS



John Bowlby with his grandson, Isle of Skye, 1968

The John Bowlby [1907-1990] 25th Anniversary Event

As part of this celebration, The Bowlby Centre, in collaboration with the Freud Museum London, are proud to present a unique exhibition on Attachment inspired by the life and work of John Bowlby, the founder of Attachment Theory.

This intimate exhibition presents seldom-seen letters and photographs from the John Bowlby Archive at the Wellcome Library. The material has been thoughtfully curated to trace our understanding of the universal need for others across the lifespan and how this develops in a cultural and social context.

As John Bowlby wrote, "Intimate attachments to other human beings are the hub around which a person's life revolves, not only when he is an infant or a toddler or a school-child but throughout his adolescence and his years of maturity as well, and on into old age." (Bowlby, 1980)

Our attachment to others continues throughout our lives. Thus, we are born with the inherent capacity for making emotional bonds, becoming attached to those who care for us in our childhood. By having enough of our early attachment needs met, we are enabled to explore the world with confidence, trusting that we have a safe haven to return to when the going gets tough. We thereby learn what to expect in the way of behaviour from others, and likely consequences for how we feel, think and act.

This exhibition illustrates the lifelong relevance of attachment for all our close relationships, including how children, parents and elders are cared for and provided for:

- Discover how, with attachment principles at their core, organisations such as schools and hospitals can support their staff to provide caregiving relationships in creative ways.
- Explore how, despite loss and separation, our continuing capacity to learn, heal and grow is possible through long term loving relationships, including those offered by counsellors and psychotherapists.
- Reflect on how our lifelong need for others continually shapes our emotional life and wellbeing.

EVENTS ASSOCIATED WITH THE EXHIBITION

There will be a special opening event and three workshops scheduled within the duration of the exhibition as set out below:

SPECIAL OPENING EVENT

Sunday 20th September 2015, 9.30am–2.30pm

As part of the International Conference "Attachment Theory – How John Bowlby Revolutionised Our Understanding of Human Relationships"

The premiere of the last interview with John Bowlby by Virginia Hunter in February 1990 and a private view of the Exhibition.

Venue for this special opening event is The Anna Freud Centre, London.

URL <http://thebowlbycentre.org.uk/cpd/#JohnBowlby25thAnniversary>

For more information, please contact Carol Tobin: carol.tobin@thebowlbycentre.org.uk

EXHIBITION WORKSHOPS

Friday 18th September 2015, 6.30–8.30pm

Closing the Circle from Theory to Therapy

A presentation on the Circle of Security project for supporting parents by Dr Bob Marvin, Director, The Ainsworth Attachment Clinic and The Circle of Security Network, Charlottesville, USA.

The underlying theme of the talk will be about John Bowlby's initial dream of putting his therapist-role on hold, developing a usable theory, and then returning to doing therapy with that theory. His dream was not realized during his lifetime, but that has changed in the past 25 years. The Circle of Security Intervention is part of that change.

There are only 80 tickets for this very special event. Tickets cost £15.00 for a regular ticket, and £10.00 for members of the Freud Museum and The Bowlby Centre. Bookings can be made on the Freud Museum, London website <http://www.freud.org.uk/exhibitions/76060/attachment-our-enduring-need-for-others/>

Dr. Bob Marvin - Biographical details



Dr. Bob Marvin was an undergraduate student and research associate with Mary Ainsworth, John Bowlby's main research collaborator, at The Johns Hopkins University. He received his Ph.D. in developmental and clinical psychology from the University of Chicago. After completing a postdoctoral fellowship at the Institute of Child Development, University of Minnesota he began teaching at the University of Virginia, where he is currently Professor

Emeritus in the School of Medicine and Research Professor in the Department of Psychology. He is also Director of the Mary Ainsworth Attachment Clinic in Charlottesville, Virginia. Bob has been active in basic and clinical attachment research, and in intervening with families who have children with chronic medical conditions and/or histories of disrupted early relationships. This has led him to focus on developing clinical tools for assessing and intervening with families of foster and adopted children, and with families experiencing divorce or other types of parental separation.

Bob was the Principal Investigator on projects that developed and tested the Circle of Security® version of Attachment Theory, and The Circle of Security® Intervention protocol. Currently, he is implementing variations of this framework in developing community-based partnerships among professionals working with families with at-risk children.

Tuesday 29th September 2015, 11.00am–1.00pm

Insights from attachment theory, while caring

A workshop, in collaboration with Camden Carers, for those caring for people with memory difficulties including dementia and Alzheimer's with Dr Angela Cotter, a Jungian analyst, and Kate White, an attachment-based psychoanalytic psychotherapist.

Both Angela Cotter and Kate White originally trained as nurses and worked with older people with memory difficulties—Angela as a manager of a care home and Kate as a district nurse. Angela has done action research involving carers and people with dementia, and was involved in the new culture of dementia care developments as a nurse and as a psychotherapist. And Kate has a partner with Alzheimer's.

Venue for this workshop is in Kentish Town. For further information contact: Zakeera Janya Akhtar at Camden Carers by email: Zakeera@camdencarers.org.uk

Date and time to be arranged with participating schools

Attachment theory for sixth form and secondary school students

We would like to invite sixth form and secondary school students to this special workshop with Emma Starck, an attachment-based psychoanalytic psychotherapist and science teacher. We will be exploring the importance of attachment theory, and especially how the attachment bonds between babies and their caregivers affect our attachments between romantic partners and friends from adolescence onwards through life.

The workshop will include a presentation about the neuroscience of attachment. Video clips and interactive activities will help you to assimilate the principles of attachment theory whilst encouraging you to see the practical importance of attachment needs and bonds in your own lives.

CONSULTANT

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