

INTRODUCTION TO ATTACHMENT-BASED PRACTICE WITH ADULTS, CHILDREN AND FAMILIES: Tools for using attachment theory in your practice

**Presented by Clark Baim and Lydia Guthrie
With Dr Ezra Loh and Dr Satbinder Kaur Bhogal**

Friday, 12th June 2015

**Venue: Birmingham Botanical Gardens, Westbourne Road,
Birmingham, West Midlands B15 3TR**

Registration 9.15 am to start at 10 am and finish at 4:15 pm

Fee: £60 (inclusive of VAT & buffet lunch)

This one day workshop is for professionals from a range of disciplines who work with adults, children and families where insecure attachment and / or unresolved trauma and loss may be a significant factor affecting family members' safety, health and well-being. The workshop is for professionals working across health, social care, education, adoption and fostering, criminal justice and the voluntary sector.

What the workshop offers

- Understanding the key elements of contemporary attachment theory.
- Understanding the developmental pathways which lead to the different attachment / self-protective strategies.
- A chance for multi-disciplinary teams to develop a common language for discussing attachment, family dynamics and related issues.
- Identifying how different attachment strategies are expressed in verbal and non-verbal communication. Introduction to several procedures used to assess attachment strategies in children and adults.
- Implications for assessment and treatment.
- A plenary discussion with Dr. Ezra Loh and Dr Satbinder Kaur Bhogal, focusing on 'next steps' and learning to apply in practice.

The course will be a mixture of presentation and small group discussion. The presenters have extensive clinical, managerial and facilitation experience which encompasses child protection, risk management and work with adults whose behaviour is harmful to children.

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Presenters:

Clark Baim, M.Ed., UKCP, BPA, is a Senior Trainer in Psychodrama Psychotherapy and Co-Director of the Birmingham Institute for Psychodrama. In the 1990s, Clark worked as a group psychotherapist for five years at HM Prison Grendon, near Aylesbury, Bucks., and was from 2000-2012 the Co-Lead National Trainer for Sexual Offending Treatment Programmes run by the Probation Service. He has studied extensively in the Dynamic-Maturational Model (DMM) of Attachment with Dr. Patricia Crittenden. He is the co-author, with Tony Morrison, of 'Attachment-based Practice with Adults,' published 2011 by Pavilion. He is a forensic level coder of the Adult Attachment Interview (AAI, DMM version) and a trainer of the DMM-AAI. He and Lydia Guthrie are Co-Directors of Change Point Learning and Development, based in Birmingham.

Dr Satbinder Kaur Bhogal, BSc Hons (Psy), D.Clin.Psych is a Clinical Psychologist who has extensive experience working in community, residential and secure and open hospital settings with children, young people and adults presenting with complex mental health difficulties. She has special interests in working with young people who are 'looked after', attachment theory and trauma. She has provided mental health input, clinical supervision, consultation and training to a range of organisations in both the independent and statutory sectors working with young people who are 'looked after.' These include residential child care providers, social services departments and fostering and adoption agencies. She currently works in the NHS and independently with people with mental health difficulties. Underpinning all her work is the application of attachment theory in understanding the clinical presentations of clients with complex mental health problems.

Lydia Guthrie, MA Hons, MSc, Dip SW, is Co-Director of Change Point Learning and Development, and works as a trainer and supervisor across the criminal justice, mental health, social work and voluntary sector settings. She spent ten years working for the Probation Service in a range of specialisms, including work with long term prisoners, and groupwork with men who have committed sexual abuse and domestic abuse. She worked as a supervisor and team manager, and also developed and delivered programmes for victims and survivors of abuse. From 2008 – 2012, she was contracted – with Clark Baim – as co-lead national trainer for the UK's community-based sexual offending treatment programmes. She is the co-author, with Clark Baim, of Changing Offending Behaviour (Jessica Kingsley Publishers, 2014). She has recently completed an MSc in Attachment Theory, and is now training as a systemic psychotherapist.

Dr Ezra Loh, MD, MMed (Psych), DMedSc (Psych), MRCPsych is dual accredited with specialist registrations in General Psychiatry (1999) and Child & Adolescent Psychiatry (2003). His doctorate research was on the assessments of mother-infant relationship difficulties in a clinically referred community sample of postnatally depressed mothers and their infants (2005). He has worked as a Consultant Psychiatrist in a community NHS CAMHS team in Birmingham (now part of the Forward Thinking Birmingham consortium) since 2003 and has a special interest in complex developmental & unresolved psychological trauma in children & adolescents. He has offered neurodevelopmental & psychiatric consultations to Looked After Children's CAMHS (now renamed TESS) teams and co-facilitated group therapeutic work for mothers with psychiatric illnesses at the regional Mother and Baby Psychiatric Service at QEHB (2010-2011). After attending Dr. Patricia Crittenden's foundational Attachment and Psychopathology seminars (2010), he further trained in the use of the CARE-Index (mother-infant interaction assessment) and is a reliable coder of the Meaning of the Child Interview or MotC (www.meaningofthechild.org), both of which are based on the Dynamic-Maturational Model (DMM) of Attachment.

Feedback from previous workshops

'On reflection, I couldn't think of a more mindful and generous workshop, which appeared to increase every practitioner's capacity for reflexivity. ... What can I say – truly awe inspiring!'

'The workshop was excellent – it all made such good sense. ... More importantly, I am sure the knowledge will stick in my repertoire, unlike so many workshops where the knowledge evaporates. I am hooked.'

Timetable

9:15 **Arrival, registration, coffee**

10:00 Welcome and context setting from Dr. Ezra Loh and Dr. Satbinder Kaur Bhogal

10:15 Introduction to the key elements of contemporary attachment theory.

10:45 Origins of insecure attachment strategies: The developmental experiences that lead to the different attachment / self-protective strategies. Understanding attachment strategies in the context of families, communities and culture.

11:30 **Coffee**

11:45 Identifying how different attachment strategies are expressed in verbal and non-verbal communication. Understanding the assessment of attachment strategies and parental sensitivity.

1:00 **Lunch**

2:00 Examples of assessment and treatment of adults, using an attachment-based approach. With audio and written transcripts. Considering implications for prevention, assessment and treatment.

3:30 A plenary discussion with Dr. Ezra Loh and Dr. Satbinder Bhogal, focusing on 'next steps' and learning to apply attachment theory in practice.

4:15 **Finish**

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In order to book your place, please visit
www.changepointlearning.com
to book and pay online.

In order to keep administrative costs to a minimum, we cannot issue invoices. Receipts will be sent electronically. Joining information will be sent electronically, two weeks prior to the course.

Places are limited so we strongly encourage early booking.

Bookings cannot be confirmed until payment is received.

TERMS AND CONDITIONS: ALL BOOKINGS ARE FINAL AND NO REFUNDS WILL BE ISSUED. HOWEVER, WE WILL BE PLEASED TO ACCEPT SUBSTITUTIONS IF YOU CANNOT ATTEND.

For further information, please contact:

- **Dr Ezra Loh:** ccloh@doctors.org.uk
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- **Lydia Guthrie and Clark Baim:** mailbox@changepointlearning.com

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