

7th BIENNIAL RESIDENTIAL CONFERENCE

For those experienced in and new to

EXPLORATORY GOAL CORRECTED PSYCHOTHERAPY (EGCP)[™]

INTERIM BROCHURE



Newry Canal in autumn

8th June 2015 – 12th June 2015

Conference Director and Facilitator: Dr Una McCluskey

Conference Fee: £375.00 Residential Fee: £325.00

Venue

Dromantine Retreat & Conference Centre
Dromantine, Newry, Co Down, Ireland BT34 1RH

Contact

Tel: 028 3082 1964

www.dromantineconference.com



Travelling to Dromantine Retreat and Conference Centre

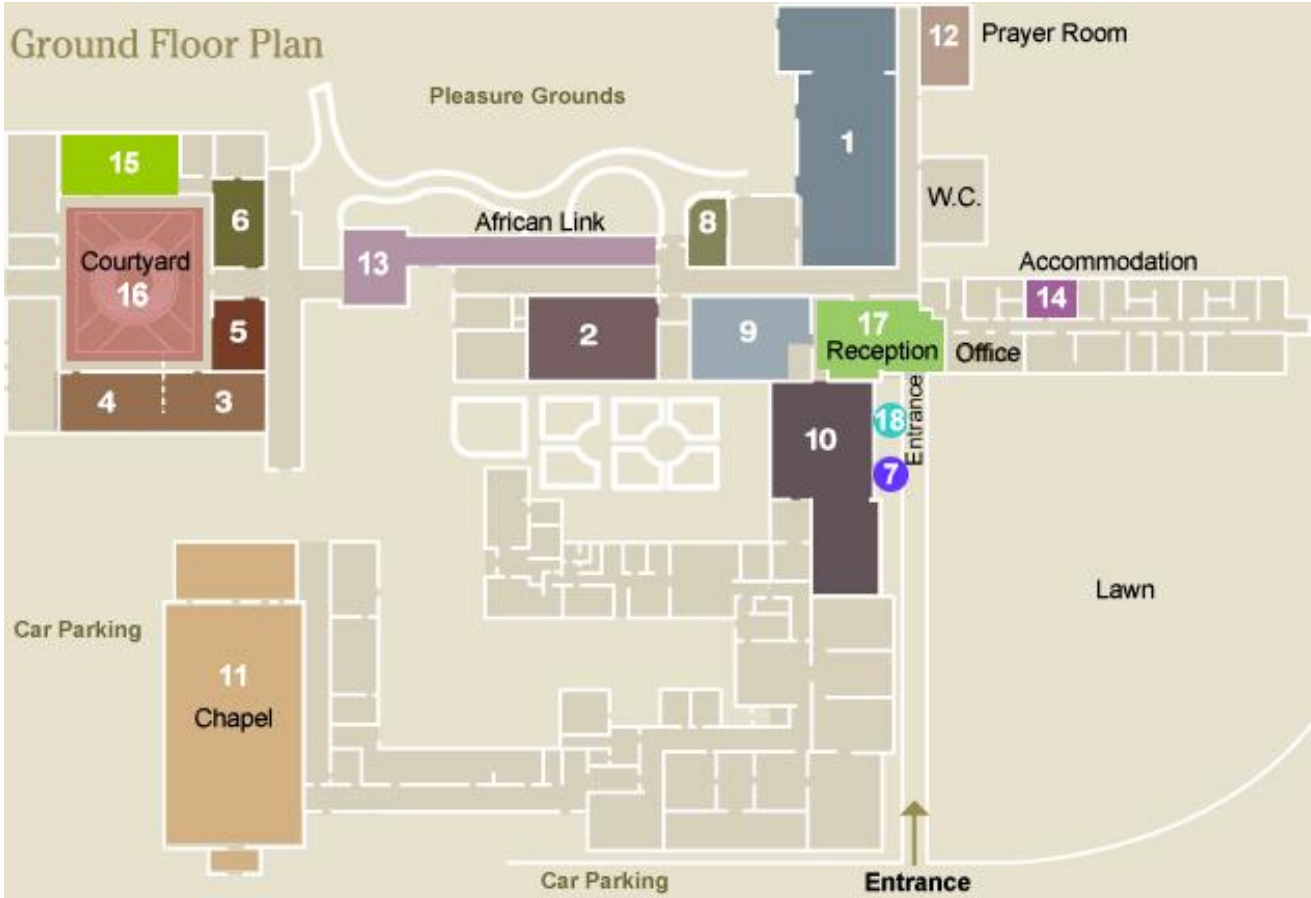
Dublin and Belfast Airports are both about 1 hour's drive away from Dromantine. If you travel to Dublin airport you can get a bus outside the airport which will take you to Newry and from Newry you can get a taxi out to Dromantine. (Make sure you ask for **Dromantine Conference Centre** as there is a village called Dromintee on the other side of the town). The Conference Centre is approximately 4 miles outside Newry and the taxi fare is approx. £12.00. If you fly into Belfast you will have to get a bus/taxi to Belfast City Centre and then another bus to Newry followed by a taxi out to Dromantine.

DROMANTINE RETREAT & CONFERENCE CENTRE

GROUND FLOOR PLAN

Key to Ground Floor Rooms

- | | |
|------------------------|-----------------------|
| 1 De Bresillac Hall | 10 Dining Rooms |
| 2 Slattery Room | 11 Chapel |
| 3 Hannon Hall 1 | 12 Prayer Room |
| 4 Hannon Hall 2 | 13 African Link |
| 5 Mulhern Room | 14 Guest Bedroom |
| 6 Donaghmore Room | 15 Games/Fitness Room |
| 7 Lakeview (1st Floor) | 16 Courtyard |
| 8 Pineview | 17 Reception |
| 9 Coffee Dock | 18 Residents Lounge |



INTERIM PROGRAMME

	Day 1 Monday 8th	Day 2 Tuesday 9 th	Day 3 Wednesday 10 th	Day 4 Thursday 11 th	Day 5 Friday 12 th
8.30	Registration	8.00-8.30 Mindfulness Session with Paul Arnesen	8.00-8.30 Mindfulness Session with Paul Arnesen	8.00-8.30 Mindfulness Session with Paul Arnesen	8.00-8.30 Mindfulness Session with Paul Arnesen
9.00-9.30	Welcome & Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)
9.30-11.00	Experiential Groups* CARESEEKING	Experiential Groups* CAREGIVING	Experiential Groups* SELF DEFENCE	Experiential Groups* INTEREST SHARING	Experiential Groups* EXTERNAL ENVIRONMENT
11.00-11.30	BREAK	BREAK	BREAK	BREAK	BREAK
11.30-12.30	Experiential Groups Continued CARESEEKING	Experiential Groups Continued CAREGIVING	Experiential Groups Continued SELF DEFENCE	Experiential Groups Continued INTEREST SHARING	Experiential Groups Continued EXTERNAL ENVIRONMENT
12.30	LUNCH BREAK	LUNCH BREAK	FREE AFTERNOON TO EXPLORE NEWRY AND ITS SURROUNDINGS	LUNCH BREAK	LUNCH BREAK
2.30-3.10	Presentation Una McCluskey Introduction to Exploratory Goal Corrected Psychotherapy (EGCP)™	Presentation Michael O'Toole Conjoined individual and group therapy		Presentation Jane Cato The Dynamics of Attachment in Adult End of Life	2.30-4.00 Update on Research: Una McCluskey with colleagues
3.20-4.00	Presentation Title to be confirmed	Presentation Jose Miguez Araujo A Report on Training Psychology Students in Goal-Corrected Empathic Attunement		Presentation Joanna Stevens How I grew a tail. A reflection on exploratory interest sharing	
4.00-4.30	BREAK	BREAK		BREAK	BREAK
4.30-5.00	Presentation Mark Lington GCEA with learning disabled clients	Presentation Eliane Meyer Conversations with the Internal Environment		Presentation Tanya Jane-Patmore Same and Different- Being mindful of culture and language as one works with attachment issues with adult clients	4.30-4.45 Una McCluskey Update on Training and Developments in EGCP™
5.10-5.40	Presentation Simon Wale Title to be confirmed	Presentation Nicola Neath Skill Demonstration: From Fear to Careseeking		Presentation Doneil McLeod The impact of the external environment on other aspects of the person. Working with the homeless.	4.45-5.40 Unfinished Business
5.45-6.30	Small Integrative Groups	Small Integrative Groups		Small Integrative Groups	Large Group: Goodbyes and next steps
6.30-7.30	Supervision for those who have facilitated groups facilitators Una McCluskey & Angela Davidson	Supervision for those who have facilitated groups facilitators Una McCluskey & Angela Davidson		Supervision for those who have facilitated groups facilitators Una McCluskey & Angela Davidson	FINISH
7.30	FINISH	FINISH		FINISH	

* Experiential Groups will run concurrently. Una McCluskey will facilitate a group for those who have completed training or who are interested in training. This group will take as its focus Interest sharing and sexuality. The remaining Experiential Groups will be facilitated by Conference staff who have trained with Una McCluskey

CONFERENCE STAFF

Una McCluskey DPhil., is a freelance consultant in the field of human relations and is a part-time senior research fellow at the University of York. She is a psychoanalytic psychotherapist and is a member of the Council for Psychoanalysis and Jungian Analysis College of the UKCP. She is also a member of the European Association of Psychotherapy. Her research on 'attunement in psychotherapy' has led to the formulation of the concept 'goal-corrected empathic attunement' (GCEA), a key interactional process in achieving interpersonal goals. For the last 12 years she has been developing a psychotherapeutic practice and training based on the exploration of the Restorative Process identified by Heard and Lake, using her understanding of GCEA. Her book entitled 'To be Met as a Person: The Dynamics of Attachment in Therapeutic Encounters', has attracted a lot of interest in both the research and clinical community. In 2009, she co-authored 'Attachment Therapy for Adolescents and Adults: Theory and Practice Post Bowlby', with Dorothy Heard and Brian Lake. She has published numerous articles in the field of couple, family and group psychotherapy. In 2004 she was presented with the VIDA (Vision, Innovation, Dedication and Achievement) Award by the Group Psychotherapy Association of Southern California in appreciation and recognition of her contribution to the field of psychotherapy. More recently she has formulated a practice called Exploratory Goal Corrected Psychotherapy (EGCP)™ which she uses to investigate the dynamics of attachment in adult life based on the theory of Heard and Lake. To date, many people have trained in this model (EGCP)™ and she is currently training another cohort.

Paul Arnesen MA in Psychoanalytic Psychotherapy, University of Sheffield, is a psychotherapist in independent practice in Sheffield, registered with the United Kingdom Council for Psychotherapy and a member of The Universities Training College. Paul has been working and training with Dr Una McCluskey since 2006 in Goal Corrected Exploratory Psychotherapy, and The Theory of Attachment Based Exploratory Interest Sharing, and this substantially informs his practice. He is also interested in mindfulness practice and its application to psychotherapy.

Katherine Bardon MIAHIP, MIACP, ECP. Dip. Counselling and Psychotherapy, Dip. Gestalt Psychotherapy. Accredited Supervisor, Cert. Art Therapy. Katherine has been working as a psychotherapist for the past 15 years and is currently in private practice as a psychotherapist and supervisor in Dublin Gestalt Centre. She has been training with Una since 2007 which has influenced her approach to her work with clients and supervisees.

Jane Cato: RGN, BSc (Hons) Psychology, PGDip Integrative Psychotherapy (Minster Centre), PGDip Clinical Supervision (Cascade Training) MBACP & UKCP registered. Jane has worked as a psychotherapist, counsellor, supervisor and trainer for 20 years. She has an independent psychotherapy and supervision practice in central Brighton and also leads and manages the Counselling and Bereavement Service at The Martlets Hospice in Brighton, UK. Her original professional training was as a nurse where she worked for 16 years in HIV & AIDS and palliative care. She has continued her life long interest and commitment to End of Life and Bereavement care as a therapist, supervisor and trainer and is currently starting to integrate contemporary attachment theory and practice using TABELS and EGCP in her EOL work with patients; with bereaved family and friends and also in clinical supervision of professional caregivers.

Elizabeth Cullen is a humanistic and integrative psychotherapist and is Accredited with both IAHIP and IACP. She is also an accredited Clinical Supervisor. She has been working in private practice in Dublin for the past 14 years. She has worked with Una McCluskey since 2007 and this experience now informs her work with her clients. Prior to her training as a psychotherapist Elizabeth practiced as a Chartered Accountant.

Angela Davidson MSW University of York. She worked as a couple therapist with RELATE for many years. She went on to work in Social Services, the Probation Service and the NHS. She has held senior positions in all services and while working with the probation service worked mainly in the Family Courts. She completed the Group work course at the University of York in the early 90s which was offered by professor Dorothy Stock Whitaker, Anne Harrow and Una McCluskey. She worked as a psychosexual therapist for 10 years in the psychology department of the NHS, York Primary Care Trust. She has worked with Una McCluskey since 2006 on the dynamics of attachment in adult life.

Anne Fitzgibbon RGN, RNM, MA in Humanistic and Integrative Psychotherapy MIACP. Anne works as a psychotherapist in private practice in Co Limerick. She is also on the staff of the Limerick Social Service Council, a voluntary body, which provides low cost counselling for the adult population of Limerick city and county.

Brenda Irwin BA (Hons) Psych, MSc Couns Psych, is a PSI registered Counselling Psychologist. She has many years' experience working with individuals, couples and families. She is also currently acting as a Clinical Coordinator for the Counselling in Primary Care Service (CIPC). Having worked in recent years to develop a Support and Mediation Service for Foster Carers in Ireland, Brenda currently provides consultancy services to the Irish Foster Care Association, including group supervision to the Support Workers. She has been involved with Una's work for 8 years and is very excited and enthusiastic about the model, which has become an intrinsic and important aspect of her life and work.

Tanya Jane Patmore Having completed her Fil Kand degree at Uppsala University, Sweden, Tanya set off to the UK to train and work as a social worker. With her CQSW and quite a lot of years' experience in her back pocket, she was ready for new challenges. She was lucky enough to access the then basic Cognitive Analytic Training at St Thomas Hospital Psychotherapy Department. At the same time she did her Diploma in Counselling, and followed that with a Certificate in Hypnosis and Psychotherapy. For the last 10 years or so she has trained and worked with Una McCluskey. At present she spends much of her time exploring and learning more about cultural and language influences on practice.

Mark Linington is an attachment-based psychoanalytic psychotherapist with The Bowlby Centre in London, where he is Chair of the Executive Committee, a training therapist, clinical supervisor and research lead. He worked for 12 years in the NHS as a psychotherapist with people with learning disabilities who experienced complex trauma and abuse. Currently, he works as psychotherapist for the Clinic for Dissociative Studies and at a secondary school in London for young people with special needs. He also works in private practice

Colm McCarthy BD (Hons) Post Grad Dip Psychotherapy M.I.A.H.I.P. Reg I.C.P has worked as a Psychotherapist for the past 17 years. He has worked with individuals and groups in "Kedron", a centre for Psychotherapy in Edenderry, Co Offal. His work as a Psychotherapist, group therapist, Associate Director and Director of a number of programmes took place in a residential setting from 1999 to 2004. He has worked as a Counselling Manager in a Counselling Centre in Bray, Co Wicklow and is currently in private practice. He is also an accredited supervisor and works as an external group supervisor to students on professional training courses. Colm has worked with Una since 2008.

Doneil Macleod BD, RGN, RMN is a member of the United Kingdom Central Council for Nursing (UKCC), has a professional background in physical and mental health nursing. He has worked in various health & homelessness related roles in the voluntary & statutory sectors, initially as a social worker (unqualified) at St Martin -in-the-Fields, Trafalgar Square, London (1988), and most recently at the Edinburgh Access Practice as a Practice Mental Health Nurse (CPN/Community Psychiatric Nurse). In clinical practice Doneil works mostly from a psychodynamic perspective, however, as a nurse practitioner he remains open to adapting his working practice to incorporate whatever approach is most expedient in each case. Doneil has completed Una's two year non award bearing training in Exploratory Goal Corrected Psychotherapy (EGCP) and his clinical nursing practice is guided by this theory.

Eliane Meyer is a humanistic psychotherapist and clinical supervisor. She is currently working at Hull College with young people and staff and volunteering at a charity for survivors of sexual abuse. She has worked extensively with women in various projects including the probation service and has run therapy groups that included creative writing for wellbeing. In her previous life she was lecturing in film and cultural studies

José Miguez Araujo PhD is a senior member of the Psychology Faculty at the University of Porto. He was formerly a member of staff at the University of Porto Business School, EGP-UPBS. He has been working with Una McCluskey since 2006 on "understanding the theory and practice of TABELS". He completed the two year training in Exploratory Psychotherapy, based on a theory of interaction for psychotherapy (McCluskey, 2001) and using TABELS as a guide in the process of the work. For some years now he has been training psychology students in the interactive model devised by McCluskey - Goal Corrected Empathic Attunement (GCEA), using video feedback. He has travelled to Ireland from Portugal this past year attending all McCluskey's groups as a participant observer with a view to developing his own practice in exploratory psychotherapy in Portugal. He is building a support network of interested colleagues in Porto.

Nodlaig Moore B.Sc., MPhil., D. Clin. Psy., is a Senior Clinical Psychologist who manages the Adult Mental Health Psychology Service, in the HSE-West, North Tipperary, Ireland. She has worked in the area of Adult Mental Health for 12 years and has a special interest in attachment related trauma, mindfulness based interventions and group work. She is also involved in research and clinical training with Psychology Postgraduates in the University of Limerick. She has worked with Una McCluskey since 2004.

Nicola Neath, BA (Hons), Grad. Dip. in Counselling. MBACP accredited. Nicola is an Integrative Psychotherapist and trainer, working in the Staff Counselling and Psychological support Service at the University of Leeds. She began her career in campaigning and training in the voluntary sector over twenty years ago, she has since worked in the public and private and sectors in a variety of roles. She qualified as a therapist in 2006 from York St John University. She contributed a chapter on Relational Ethics in her post qualifying year and has since then been concentrating on developing training models and building her practitioner experience. She has a small private practice which is mainly for collaborative training. She is passionate about bringing different psychological perspectives into training, psychotherapy and coaching into practice. She has been interested in Una's work since 2012 and has completed 2 years training Exploring the Dynamics of Attachment in Adult Life using TABELS and GCEA as a guide for working as an Exploratory Psychotherapy.

Tessa Normand BA (Hons,)PGCADE, Dip Psychotherapy, MIAHIP has worked as a psychotherapist in private practice for the past 18 years. She works with adults and couples. For 10 years until 2010 she was a group supervisor and trainer on the Diploma in Counselling and Psychotherapy in The Institute of Creative Counselling and Psychotherapy in Dublin. She currently also works one day a week in the Women's Therapy Centre in Dublin, where much of the work is with women who have experienced domestic violence. She is also an accredited supervisor and supervises psychotherapists and also psychologists working within Primary Care, The Irish Prison Service and with Intellectual Disability. She has worked with Una since 2008.

Michael O'Toole BA Appld Psych MA Couns Psych HDip Gestalt Therapy, AFPsSI Reg Psychol, MIACP, MIAHIP, ECP, IGS, is a Counselling Psychologist and Gestalt Psychotherapist. Michael is working in a private practice as a Counselling Psychologist and Psychotherapist. He is also a psychotherapy trainer on the Masters in Humanistic & Integrative psychotherapy in University of Limerick. He has over 15 years' experience working with individuals, couples and groups, and is also an accredited supervisor. He has a particular interest in working in the area of "silence" and how to move from silence to language or emotional expression. He is registered for a PhD in the University of York, on the area of "Silence to Language" using the theory of extended attachment based exploratory interest sharing, under the supervision of Dr. Una McCluskey. He is also interested in the training of psychotherapists in this model.

Edite Saraiva is a Master in Clinical Psychology, a freelance Trainer and Consultant in Personal Development, and also works as a Psychotherapist. She has dedicated her professional life to behavioural, personal and management development, to a broad spectrum of professionals. Her twenty-two years of experience are in many different sectors of industry and services, health and education. Counselling in Occupational Stress and individual and workplace interventions are also part of her experience. Her Education and Credentials includes several professional and post-graduate courses in both the clinical and personal development field, and also in organisational psychology. She attended Una's course in London in 2010 as background for her PhD under the supervision of Jose Miguez at the Psychology Faculty, University of Porto.

Joanna Stevens MA, PGDip Art Therapy, Dip HE Informal Education is a Consultant Art Therapist and Lead for Arts and Health for Sussex Partnership NHS Foundation Trust and freelance organisational consultant. Her clinical practice is currently within a specialist personality disorder service where she is informed by her training in Mentalisation Based Therapy and Interpersonal Psychotherapy. Joanna is a visiting lecturer on the MA Inclusive Arts Practice (University of Brighton) and MA Consulting and Leading in Organisations:psychodynamic and systemic approaches (Tavistock and Portman NHS Foundation Trust). She has a long standing involvement in arts-based practice with service users, staff and carers, with a particular interest in how the arts can open up new and often unexpected channels for communication and learning. She first encountered the work of Una McCluskey in 2010. Since then both the theory and practice have become integral to all dimensions of her life and work. She is a practising artist working with drawing, puppetry and film.

Simon Wale MA in Clinical Psychology, Hull is a Senior Clinical Psychologist with the HSE in Limerick, working in older adult mental health. He has worked in adult psychiatric, addictions and older adults since 1992. Simon has worked with Una McCluskey since 2007 and has an interest in attachment in old age and in group work.

The Purpose of the Conference

The Conference takes place biennially and is designed to support the following aims:

- 1 To continue exploring the application of EGCP to a variety of client populations, based on the evidence we have so far that it has provided members of professional bodies in the field of psychology, psychotherapy, social work, counselling, education, art therapy, occupational therapy, medicine, the legal system, nursing and many others with the means to make positive changes in their own personal and professional lives;
- 2 To obtain evidence from practitioners and researchers about how and in what way EGCP is making sense in their professional practice and in what ways it needs to be changed, developed or improved;
- 3 To provide new people, professional and lay, with an opportunity to explore their own attachment dynamics and to hear about how the theory of Attachment Based Exploratory Interest Sharing (TABEIS) developed by Dorothy Heard and Brian Lake is being used to guide the work of practitioners;
- 4 Ongoing experiential work for all levels of practitioners of EGCP;
- 5 Ongoing training opportunities for practitioners of EGCP.

The Structure of the Conference

- 1 Experiential groups for those who have completed training in EGCP to continue their own personal work
2. Experiential groups for those who have taken the attachment groups a number of times and who may be considering applying for training in EGCP with Una McCluskey
3. Experiential groups for those new (or fairly new) to the work and who are interested in exploring the dynamics of attachment in adult life through participating in this model of group psychotherapy
5. Presentations from those who have trained in the model or who are completing training, on how it is being used in practice or how aspects of the theory are being understood
6. Information from research and training projects

GENERAL INFORMATION ABOUT THE CONFERENCE

The Experiential Groups each morning are for every member of the Conference, whatever their level of experience, to do their own personal work. The afternoon has been set aside for presentations either on theory or practice. All Presenters have been asked to leave time for questions. There will be small end of day groups on Monday, Tuesday and Thursday for people to integrate their learning from the afternoon.

Please remember that the experiential aspect of the Conference can be stressful and that you should have personal or professional support in your life at the moment. During the Conference the Facilitator of your Experiential Group is your first point of contact if you are distressed.

Doreen Egan is the Conference on site co-ordinator and she will be available by email on threecountiesrc@yahoo.co.uk. Doreen is your first port of call for any issues you might have in relation to the venue or the venue staff. She will deal with anything cropping up in relation to the Conference in general and will bring any relevant issues to Una McCluskey as Director of the Conference.

If you would like access to any of Una's recent papers, please contact Sarah on info@unamccluskey.com. You will be provided with a password to gain access to the article via www@unamccluskey.com. Please visit the website in the first instance to ascertain which article you would like to read.



There will be an opportunity after dinner on Thursday evening to remember the life of Dr Dorothy Heard who died on the 20th January 2015

INCLUDED IN THE ALL-INCLUSIVE RESIDENTIAL PRICE IS

- Five nights' accommodation - from Sunday 7th June to Thursday 11th June
(extra nights can be booked from Saturday 6th June to Friday 12th to coincide with flight times)
- Breakfast, lunch and a 3 course evening meal from Monday 8th June to Friday 12th June (inclusive up to Friday lunchtime)
- Refreshments throughout the week
- Single or Double en suite rooms (allocated on a first come first served basis)
- Free internet access
- Free Parking
- Residents lounge with magnificent views across the lake
- Extensive beautiful grounds and pleasant walks
- Wednesday afternoon is free so visit: <http://www.visitnewryandmourne.com/documents/MakeYourDay.pdf> to find out what there is to do in and around Newry.

Located on the suburb of the Mourne Mountains, Newry is home to some of the best shopping in Ireland. Not only is it known for the excellent shopping, Newry is also famous for its status as a traditional market town. An afternoon of shopping can be followed by your pick of some of the best restaurants in the area. You could walk off your food with a stroll along the Albert Basin and Newry Canal, which happens to be not only the longest, but the first canal built in Europe.

Contact Una on

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