

Dr Una McCluskey  
Exploring the Dynamics of Attachment  
in Adult Life

2017 Biennial Residential Conference

*for those new to or experienced in*

EXPLORATORY GOAL-CORRECTED  
PSYCHOTHERAPY  
(EGCP)<sup>TM</sup>

8<sup>th</sup> May 2017 – 12<sup>th</sup> May 2017  
Dromantine Retreat & Conference Centre  
Northern Ireland



# PROGRAMME

	Day 1 Monday 8th	Day 2 Tuesday 9 <sup>th</sup>	Day 3 Wednesday 10 <sup>th</sup>	Day 4 Thursday 11 <sup>th</sup>	Day 5 Friday 12 <sup>th</sup>
8.30	Registration	8.00-8.30 Mindfulness Session with Paul Arnesen & Tanya Jane-Patmore	8.00-8.30 Mindfulness Session with Paul Arnesen & Tanya Jane-Patmore	8.00-8.30 Mindfulness Session with Paul Arnesen & Tanya Jane-Patmore	8.00-8.30 Mindfulness Session with Paul Arnesen & Tanya Jane-Patmore
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 <b>CARESEEKING</b>	Experiential Groups <b>CAREGIVING</b>	Experiential Groups <b>SELF-DEFENCE</b>	Experiential Groups <b>INTEREST-SHARING</b>	Experiential Groups <b>EXTERNAL ENVIRONMENT</b>
11.00-11.30	BREAK	BREAK	BREAK	BREAK	BREAK
11.30-12.30	Experiential Groups Continued <b>CARESEEKING</b>	Experiential Groups Continued <b>CAREGIVING</b>	Experiential Groups Continued <b>SELF-DEFENCE</b>	Experiential Groups Continued <b>INTEREST SHARING</b>	Experiential Groups Continued <b>EXTERNAL ENVIRONMENT</b>
12.30	LUNCH BREAK	LUNCH BREAK	FREE AFTERNOON TO EXPLORE NORTHERN IRELAND	LUNCH BREAK	LUNCH BREAK
2.30-3.10	Presentation Una McCluskey <i>Welcome and Introduction to the week</i>	Presentation Michael Guilding <i>When the System for Self-Defence fails to goal-correct - the impact on the Self</i>		Presentation Doneil McLeod <i>Attachment-Based relating in homelessness</i>	2.30-4.00 <b>Update on Research:</b> Una McCluskey, Pepe Miguez and colleagues
3.20-4.00	Presentation Fran Guilding & Mark Linington <i>Centering: An Exploration</i>	Presentation Paul Arnesen <i>For this, for everything, we are out of tune</i>		Presentation Joanna Stevens <i>The Revenge of the rabbits. Working with the struggle to relate</i>	
4.00-4.20	BREAK	BREAK		BREAK	BREAK
4.20-5.00	Presentation Michael O'Toole <i>Mother behold thy son, son behold thy mother: Mother Son attachment dynamics</i>	Presentation Simon Wale <i>The exploration and development of attachment systems in trainee professional caregivers</i>		Presentation Ian Strang <i>Consilience: Awareness, sleep, empathic attunement and monkey business</i>	4.30-4.45 Una McCluskey <b>Update on Training and Developments in EGCP™</b>
5.10-5.40	Presentation Nicola Neath <i>To be met as a person at work</i>	Presentation Jane Cato <i>Death and Wellbeing</i>		Presentation Professor Ian Sinclair OBE Delivered by Una McCluskey, <i>Can interpretations be true or false? Some questions and an example</i>	4.45-5.40 Unfinished Business
5.50-6.30	Large Group Facilitated by Una McCluskey	Large Group Facilitated by Una McCluskey		Large Group Facilitated by Una McCluskey	Large Group: Goodbyes and next steps
6.35-7.30	Supervision for those who have facilitated groups facilitator Una McCluskey	Supervision for those who have facilitated groups facilitator Una McCluskey		Supervision for those who have facilitated groups facilitator Una McCluskey	FINISH
7.30	FINISH	FINISH		FINISH	

## CONFERENCE STAFF

**Una McCluskey** DPhil., is a part-time senior research fellow at the University of York. She is also a psychoanalytic psychotherapist and is a member of the Council for Psychoanalysis and Jungian Analysis College of the UKCP. She is also a former 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 14 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, (revised in 2012) 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. She provides training in EGCP for experienced clinicians who fit the criteria for training.

**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 Psychotherapy & Counselling Association. 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 currently interested in exploring our relationship with The External Environment, both human and natural, and will be talking about this at the conference.

**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** M.I.C.A.I., M.I.A.H.I.P., Reg. I.C.P. is a humanistic and integrative psychotherapist. She has maintained a private practice in Dublin as a psychotherapist for the past 16 years. She also practices as a clinical supervisor. Her work with Una McCluskey began in 2007 and this experience now informs her work with clients and her facilitation of EGCP™ groups. Prior to her training as a psychotherapist Elizabeth practiced as a Chartered Accountant.

**Anne Fitzgibbon** RGN. RNM. MA in Humanistic and Integrative Psychotherapy. Anne has worked in the health sector for 40 years. Her interest in the physical, mental, emotional and spiritual aspects of her own life and that of others has been supported by her long career in nursing and in the past 15 years in psychotherapy. She currently has an independent psychotherapy practice in Co. Limerick and is on the staff of Limerick Social Service Council. This organisation provides low cost counselling to individuals, couples and families. Anne is currently training to be a supervisor at the Gestalt Centre in Dublin. She has been working with Una since 2009 and is very excited about using the model with groups.

**Fran Guilding** BA (Hons), PGCE, Post Graduate Diploma (Relationship Therapy), Accredited MBACP. Following Fran's career as a full time mother of five children, she worked in schools for eight years (both one to one and in small groups) with pupils at risk of exclusion. This work motivated Fran to train as a therapist and to expand the context to include couple and family work. She originally trained at Relate in psychodynamic and systemic therapy and worked there for 11 years before deciding to focus on Private Practice. She completed the training in EGCP with Una two years ago, having her first experience of this way of working at the Porto conference in 2011.

**Michael Guilding** is a BACP Senior Accredited Counsellor and Psychotherapist currently working full time in private practice. After working for many years in Senior Management in Royal Mail, he changed his career, having first trained for four years with Westminster Pastoral Foundation (WPF North). On leaving Royal Mail he was employed by the NHS as a counsellor within a couple of GP Practices, later becoming Head of Counselling for the local NHS area, and then Service Manager for Primary Care Mental Health.

**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.

**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

**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**, Mphil, PGDip, is a humanistic psychotherapist, clinical supervisor and trainer and a trained mindfulness practitioner. She is working as a therapist in an educational setting with young people and adults and runs a small private practice. She has trained in trauma therapy and has worked for many years at a charity for survivors of sexual abuse. She has trained with Una McCluskey and has used her TABEIS attachment model for 6 years. It informs every aspect of her practice. She has also worked extensively with women in various projects including the probation service and has run attachment therapy groups for university staff and carers. She is a writer and has run groups that focused on creative writing for wellbeing. In her previous career she was a university lecturer in film and cultural studies.

**José Miguez (Pepe)** 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 TABEIS". He completed the two year training in Exploratory Psychotherapy, based on a theory of interaction for psychotherapy (McCluskey, 2001) and using TABEIS 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 and UK from Portugal attending 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. Since 2013 is working as psychotherapist at Neurobios - Instituto de Neurociências, Diagnóstico e Reabilitação Integrada, Lda.

**Nicola Neath**, BA (Hons), Grad. Dip. in Counselling. MBACP accredited. Chair BACP Workplace Division. 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. She has since then been concentrating on developing training models and building her practitioner experience. She has written several articles for BACP journals and recently delivered a paper at the OPUS conference in London, November 2016, on an organisational application of the McCluskey Model at the University of Leeds. 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 TABEIS and GCEA as a guide for working as an Exploratory Psychotherapist. She is delighted to keep exploring and says the learning never stops.

**Tessa Normand** BA (Hons),PGCADE, Dip Psychotherapy, MIAHIP has worked in private practice as a psychotherapist and clinical supervisor to individuals and teams since 1994. She was also part of the training team for the Institute of Creative Counselling and Psychotherapy. Before starting working with Una 9 years ago, her original training was in Humanistic and Integrative Psychotherapy. She further trained in Cognitive Analytic Therapy and Emotionally Focussed Therapy. She works with adults and couples as well as facilitating EGCP groups.

**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 is also interested in the training of psychotherapists in this model. Michael has been working with Una McCluskey as his Clinical Supervisor since 2004 and has followed the development of EGCP with great interest, training with the first UK cohort from 2008 to 2010. Michael's paper on Silence in Psychotherapy was published in the Attachment Journal New Directions in Psychotherapy and Relational Psychoanalysis in Nov 2015 Vol 9, No 3. Michael's second paper "A combined approach to Psychotherapy, Individual and Group from an attachment perspective" which he presented at our last conference in 2015, was published in the same Journal in October 2016 Vol 10, No. 2.

**Ian Sinclair** took his first degree in philosophy and ancient history. After that he worked in secondary teaching, probation, social services, counselling and industrial and social research. Ian was appointed Professor of Social Work at University of York in 1989. In 1996 he became co-director of the Social Work Research and Development Unit at the same university. This has now joined with the Social Policy Research Unit where he is an emeritus (i.e. retired) professor. Ian's earlier work was in the fields of delinquency, adult relationships, and the welfare of old people. He gained his PhD from LSE while working at the Home Office Research Unit. More recently he has published on residential care and foster care for children. His latest study was done with Dr Claire Baker, Jenny Lee and Dr Ian Gibbs and dealt with stability and movement in the care system. His views are also influenced by his wife's experience as a trained social worker in residential work and her activities in providing lodgings and support to homeless adults and young people. He has an OBE for services to child welfare.

**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. She works part time with a specialist service for people with a diagnosis of personality disorder where she takes a clinical leadership role and works with groups and individuals. 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 and has worked with her many times since as a group participant and as a member of her training and supervision group. A former visiting lecturer at the Tavistock and Portman NHS Foundation Trust, University of Brighton and YMCA George Williams College, Joanna is currently working with the Bowlby Centre to deliver an attachment-based experiential group for final year psychotherapy trainees.

**Ian Strang** MA in Buddhist Psychotherapy Practice with the Karuna Institute in 2011 and accredited with the UKCP. His training combined traditional Eastern practices with Western psychology and psychotherapy. His MA dissertation ' "Being Seen" as a Person: The importance of Empathic Attunement in his Adult Core Process Psychotherapy Practice' (2010) drew heavily on Una McCluskey's work. He has learnt about sleep from the teachers Charlie Morley and Rob Nairn and developed a personal sleep practice. He had previously qualified in medicine and briefly studied hypnosis and self-hypnosis. He acquired the COSCA supervision certificate in 2015. He works as a freelance and volunteer psychotherapist in Glasgow, Scotland.

**Simon Wale** is a Senior Clinical Psychologist with the HSE in Limerick, working with older people to help them improve their mental health. The work includes working with people who have little vitality about life, people who develop dementia and the people who care for them. Simon provides McCluskey TABEIS groups to trainee clinical psychologist and other trainee caregivers. He has been working with Una McCluskey on 'Exploring the Dynamics of Attachment in Adult Life' since 2007 and has attended numerous training events, workshops and experiential groups. He trained with Una in Exploratory Goal-Corrected Psychotherapy (EGCP) in 2008-2010 and has developed his own group and individual practice guided by this approach. Simon finds that the theoretical model of TABEIS has informed his own development as well as his work as a therapist.

## **The Purpose of the Conference**

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

- 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;
- 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;
- 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;
- Ongoing experiential work for all levels of practitioners of EGCP;
- Ongoing training opportunities for practitioners of EGCP.

## **The Structure of the Conference**

- Experiential groups for those who have completed training in EGCP to continue their own personal work
- 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
- 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
- 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
- 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. Each day will finish with a large group, facilitated by Dr Una McCluskey.
- 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.
- A Conference on-site co-ordinator will be available by email. They will be your first port of call for any issues you might have in relation to the venue or the venue staff. They will deal with anything cropping up in relation to the Conference in general and will bring any relevant issues to Una as Director of the Conference.
- If you would like access to any of Una's recent papers, please contact Sarah on [info@unamcccluskey.com](mailto:info@unamcccluskey.com). You will be provided with a password to gain access to the article via [www@unamcccluskey.com](http://www@unamcccluskey.com). Please visit the website in the first instance to ascertain which article you would like to read.

## INCLUDED IN THE ALL-INCLUSIVE RESIDENTIAL PRICE IS

- Five nights' accommodation - from Sunday 7<sup>th</sup> May 2017 to Thursday 11<sup>th</sup> May 2017  
(extra nights can be booked from Saturday 6<sup>th</sup> June to Friday 12<sup>th</sup> to coincide with flight times)
- Breakfast, light lunch and a 3 course evening meal from Monday 8<sup>th</sup> May to Friday 12<sup>th</sup> May (inclusive up to Friday lunchtime). A light supper will be provided on Sunday 7<sup>th</sup> May 2017 and is a great opportunity to meet other Conference delegates.
- Refreshments throughout the week
- Single or Double ensuite 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. Take your pick of some of the best restaurants in the area. You could walk off your meal 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.*

For information about the Conference contact Una on  
Tel: 0044 (0) 1759 302104      Mobile: 0044 (0) 7747 568562

 [info@unamccluskey.com](mailto:info@unamccluskey.com)

To download an application form for the Conference please visit [www.unamccluskey.com](http://www.unamccluskey.com)

## ***Travelling to Dromantine Retreat and Conference Centre***

Dublin and Belfast Airports are both about 1 hour's drive from Dromantine. If you fly 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 approximately £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

