

# SIXTH INTERNATIONAL CONFERENCE EXPLORATORY GOAL CORRECTED PSYCHOTHERAPY (EGCP)<sup>TM</sup>

13<sup>th</sup> MAY 2013 – 17<sup>th</sup> MAY 2013

AVILA CARMELITE CENTRE, BLOOMFIELD AVENUE, DONNYBROOK, DUBLIN 4



Conference Facilitator: Dr Una McCluskey

Conference Fee: €470 (Euro) or £350.00 (Sterling) - excl. food and accommodation

A 50% deposit is required on application to secure a place on the Conference

Please complete an application form and return it to:

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# PROGRAMME

## 9.00 am – 6.30 pm

	Day 1 Monday 13 <sup>th</sup>	Day 2 Tuesday 14 <sup>th</sup>	Day 3 Wednesday 15 <sup>th</sup>	Day 4 Thursday 16 <sup>th</sup>	Day 5 Friday 17 <sup>th</sup>
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* <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 DUBLIN	LUNCH BREAK	LUNCH BREAK
2.30-3.20	Presentation Una McCluskey <b>Introduction to Exploratory Goal Corrected Psychotherapy (EGCP)™</b>	Presentation Michael O'Toole <b>Working with Silent Clients: Using the Method of EGCP™</b>		2.30-4.00 <b>Training Programme in empathic caregiving for staff and volunteers working on a dementia ward</b>	*Simon will discuss a training and research project he is conducting with trainee Clinical Psychologists and trainee GPs
3.30-4.00	Theory Presentation Elizabeth Cullen <b>Defensive Caregiving</b>	Presentation Doneil MacLeod <b>Working with People who are homeless using the model EGCP™</b>		Presentation Jose Miguez <b>Learnings from Neuroscience in relation to EGCP™</b>	
4.00-4.30	BREAK	BREAK		BREAK	BREAK
4.30-5.00	Theory Presentation Anne Fitzgibbon <b>The Internal Supportive/Unsupportive System</b>	Theory Presentation Edite Saraiva <b>The External Environment</b>		Presentation Michael Gilding <b>Fear and the Therapist; a journey towards fear-free caregiving and its impact on the careseeker</b>	4.30-4.45 <b>Una McCluskey Update on Training and Developments in EGCP™</b>
5.10-5.40	Presentation Nodlaig Moore <b>Working with Borderline Personality Disorder: The Unsupportive Internal Environment</b>	Presentation Tessa Normand <b>Attachment Theory and Domestic Violence. A reflection through EGCP™</b>		Presentation Brenda Irwin <b>Support &amp; Mediation within the Irish Foster Care Service using EGCP™</b>	4.45-5.40 Unfinished Business
5.45-6.30	Large Group	Large Group		Large Group	Large Group: Goodbyes and next steps
6.30-7.30	Supervision for those who have facilitated the experiential groups facilitated by Una McCluskey	Supervision for those who have facilitated the experiential groups facilitated by Una McCluskey		Supervision for those who have facilitated the experiential groups facilitated by Una McCluskey	FINISH
7.30	FINISH	FINISH		FINISH	

## EXPERIENTIAL GROUPS\*

- Experiential groups will run concurrently. Una will facilitate one group for those who are currently in training, have trained or who have taken the courses many times. This group will take as its focus: Support at the Core of the Vulnerable Self.
- The remaining groups will be run by Conference staff who trained with Una McCluskey and participation in these groups will be dependent on your experience in the Theory of Attachment Based Exploratory Interest Sharing (TABEIS).

Group A: For those who have trained in the model, are currently in training or are experienced in the work

*Facilitated by Una McCluskey*

Group B: For those who are new to TABEIS

*Facilitated by Kay Naughton*

Group C: For those who have completed at least one yearly course

*Facilitated by Simon Wale*

Group D: For those who have completed at least one yearly course

*Facilitated by Angela Davidson*

Group E: For those who have completed at least one yearly course

*Facilitated by Nodlaig Moore*

Group F: For those who have completed at least one yearly course

*Facilitated by Jose Miguez*

## PRESENTERS AND 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 10 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, several people have trained in this model (EGCP)™ and she is currently training another cohort.

**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 Counselling Psychologist and has worked with couples and individuals over the past 10 years. She currently works with the HSE National Counselling Service and Primary Counselling Service with individual clients and also manages the Support and Mediation Service of the Irish Foster Care Association (IFCA). This is a service which she developed four years ago to support foster families in difficulty. Brenda is interesting in using Goal Corrected Empathic Attunement as a model to inform the responses and interventions of the IFCA Support Service.

**Doneil McLeod** 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.

**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.

**Elizabeth Cullen** MIAHIP is a member of The Irish Association Of Humanistic and Integrative Psychotherapists (I.A.H.I.P.) and The Irish Association of Counsellors and Psychotherapists (I.A.C.P.) and is also an Accredited Supervisor. Elizabeth works in private Practice in Dublin. Her work with Una McCluskey since 2007 in the area of Attachment and Goal Corrected Empathic Attunement has expanded her self-awareness and has had a commensurate impact on her practice. Prior to training as a psychotherapist Elizabeth practised as a Chartered Accountant.

**Jose Miguez** 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.”

**Michael Guilding** is a BACP Senior Accredited Counsellor and Psychotherapist in private practice. He has a special interest in working with trauma. He has recently retired from the NHS after a number of years working as a counsellor in a GP practice, as Head of Primary Care Counselling and then as Service Manager for Primary Care Mental Health in the York area. Before he trained as a counsellor he worked for Royal Mail in a number of Senior Management posts covering Finance, Planning and Operational Management.

**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.

**Nodlaig Moore** BSc (Hons), M Phil, D. Psych. Sc. Is a Senior Clinical Psychologist, HSE-West, North Tipperary Adult Mental Health Service and a member of the Psychological Society of Ireland (PSI). Nodlaig manages a Psychology service in a Community Adult Mental Health Service. Her clinical work involves individual and group psychotherapy with individuals presenting with chronic Ax I and Ax II diagnoses. She has an interest in early attachment trauma and personality development specifically borderline personality disorder.

**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.

**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.

**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.

## WEDNESDAY AFTERNOON IS AN OPPORTUNITY TO EXPLORE THE WONDERFUL CITY OF DUBLIN

*“Dublin is both the largest city and capital of Ireland. It is located near the midpoint of Ireland's east coast, at the mouth of the River Liffey, and hums with the life of Ireland”.*

### Why not visit:

**Temple Bar** on the south bank of the River Liffey is Dublin's cultural quarter. Temple Bar has preserved its medieval street pattern, with many narrow cobbled streets. It has a lively nightlife, is a popular shopping area and is the location of many Irish cultural institutions, including the Irish Photography Centre, [the Ark Children's Cultural Centre](#), the Irish Film Institute, incorporating the Irish Film Archive, the Temple Bar Music Centre, the Arthouse Multimedia Centre, as well as the Irish Stock Exchange and the Central Bank of Ireland. The area has many pubs including The Porterhouse, the Oliver St. John Gogarty, the Turk's Head, the Temple Bar, Czech Inn, the Quays Bar, the Foggy Dew, Eamonn Doran's and the Purty Kitchen. The Temple Bar Book Market is held on Saturdays and Sundays in Temple Bar Square.

**Dublin Castle** was originally built on the orders of King John of England in 1204 on a site previously settled by the Vikings. The castle was of typical Norman courtyard design, with a central square, bounded on all sides by tall defensive walls and protected at each corner by a circular tower. The castle formed one corner of the outer city wall, using the Poddle river as a means of defence along two of its sides. The building was damaged by fire in 1673, and was demolished soon after. The only remainder of medieval buildings above ground level today, is the great Record Tower (dating from about 1228-1230). rebuilt in the 17th, 18th, 19th and 20th centuries, Dublin Castle is now used for State receptions and Presidential Inaugurations. During its lifetime Dublin Castle has been used as a military fortress, a prison, treasury, courts of law and the seat of English Administration in Ireland.

**The Science Gallery** is a world first - it is a new type of venue where today's white-hot scientific issues are thrashed out and members of the public can contribute to the debate. A place where ideas meet and opinions collide. Exhibitions change on a regular basis, so check the website to find out what's on now. Opening hours change with each exhibition, so go to make sure to check the website to find out the current hours. Throughout each exhibition, there are events, talks, debates and workshops, giving you the chance to get involved.

**Glendalough** ("Gleann Dá Loch" in Irish, literally "Glen of Two Lakes") is a glacial valley in County Wicklow renowned for its Early Medieval monastic settlement founded in the 6th century by St Kevin, a hermit priest. The present remains in Glendalough tell only a small part of its history. Glendalough is an area of outstanding natural beauty. There are many walking trails of varying difficulty and length in the area. Glendalough's granite cliffs, situated on the hillside above the north-western end of the valley, are a popular rock-climbing location. There are about 110 routes, at all grades up to E5/6a.

**The Book of Kells** is a beautifully hand-illuminated manuscript, containing the four Gospels of the New Testament as well as various prefatory texts and tables bound in four volumes. It was created by Celtic monks circa 800 or slightly earlier. The book is a masterwork of Western calligraphy and represents the pinnacle of Insular illumination. It is widely regarded as Ireland's finest national treasure. The book had a sacramental, rather than educational purpose. A large, lavish Gospel, such as the Book of Kells, would have been left on the high altar of the church and taken off only for the reading of the Gospel during Mass. The manuscript takes its name from the Abbey of Kells in County Meath that was its home for centuries. Today, it is on permanent display at the *Trinity College* Library, Dublin

**Newgrange** - 5000 years old, Newgrange is located in the Boyne Valley. A world listed heritage site, Newgrange is a Neolithic Ritual Centre and Passage Tomb with architectural links to the prehistoric maritime peoples of Portugal, Northern Spain, Brittany, Denmark and the Western Isles. The building is a thousand years older than the Pyramids and the oldest astronomical observatory in the world, completely intact since the Stone Age. Its decorated entrance stone and corbelled inner chamber display the most impressively executed examples of abstract Stone Age art of the early farming communities in Western Europe. Those sophisticated early farmers were Astronomers who incorporated a light box and solar calendar into the passage. This was done to illuminate the cremated bones of the dead in the inner chamber during the Winter Solstice. It was also a symbolic technique to celebrate rebirth in the afterlife and the dawning of a new year.

**The National Botanic Gardens** founded in 1795 by the Dublin Society, is well regarded for its fine plant collections of over 15,000 species from a wide range of habitats from all around the world. It is famous for its exquisitely restored and planted glasshouses. Guests can visit the herbaceous borders, rose garden, the alpine yard, the pond area, rock garden and arboretum. Conservation plays an important role in the life of the botanic garden and Glasnevin is home to over 300 endangered plant species from around the world including 6 species, which are already extinct in the wild.

**The National Concert Hall: Loudon Wainwright III In Concert** - [Wednesday 15th May 2013, 8pm](#), Prices: €37.50, €35.50

His recording career spans a total of 23 albums, including 2009's Grammy-winning "High Wide & Handsome", a musical tribute to Charlie Poole (1893-1931), the legendary yet obscure NC singer and banjo player. (Awarded 'Album of the Year' status by Entertainment Weekly editor and NPR contributor Ken Tucker). Wainwright has collaborated with songwriter/producer Joe Henry on the music for Judd Apatow's hit movie "Knocked Up", written music for the British theatrical adaptation of the Carl Hiaasen novel "Lucky You", and composed topical songs for NPR's "Morning Edition" and "All Things Considered" and ABC's "Nightline". Loudon Wainwright songs have been recorded by Johnny Cash, Earl Scruggs, Rufus Wainwright, and Mose Allison, among others.

**The National Concert Hall: National Symphony Orchestra ROMANCE TAKEN TO EXTREMES** - [Friday 17th May, 8pm](#), Prices: €35, €30, €24, €18, €10

BRUCH'S FIRST VIOLIN CONCERTO IS SELDOM ABSENT FROM 'TOP 10' LISTS FOR GOOD REASON. It's a sublime concoction of sweet, soaring violin melodies and red-blooded orchestral writing – a perfect combination for the young Italian virtuoso Edoardo Zosi and Principal Conductor Alan Buribayev in his third season with the RTE NSO. From its storm-tossed beginning and stately themes to its soaring conclusion, the Overture to Wagner's *The Flying Dutchman* provides romantic drama in abundance, while the Third Symphony by Brahms is a bold and brilliant work of pulsing and powerful emotions.

**Live Jazz and Blues:** Here are just a few places

[Jazz & Blues at JJ Smyth's](#)

If jazz and blues leave you feeling anything BUT blue then JJ Smyth's is sure to put a smile on your face! Check out the listings for gigs between now and the end of November.

[THE JACK OF DIAMONDS SESSIONS](#)

For an eclectic night of great music, a warm fire and warmer whiskey check out Tuesday nights at The Voodoo Lounge and Wednesdays at The Eagle House, Glashule

[The Sick and Indigent Song Club](#)

A wonderful collection of folk, bluegrass and country upstairs at the Ha'penny Bridge Inn every Monday night.

[The Dirty Jazz Band](#)

The Dirty Jazz band plays at the Southwilliam Basement every Tuesday night.

[The Boom Boom Room](#)

The Boom Boom Room is Dublin's new venue for Jazz, World Music and Electronica.

**And Dublin has so much more to offer!**

**Stay a few extra days and visit the Dublin Writers Festival which is taking place from the 20<sup>th</sup> - 26<sup>th</sup> May 2013.**

**Visit <http://www.tourist-information-dublin.co.uk/> for more on offer in Dublin. Or to find a restaurant**

**<http://www.dublinks.com/dublin-restaurants/>**