

October Lecture 2012

Fear Free Caregiving

– the challenge for Psychotherapists and Caregivers

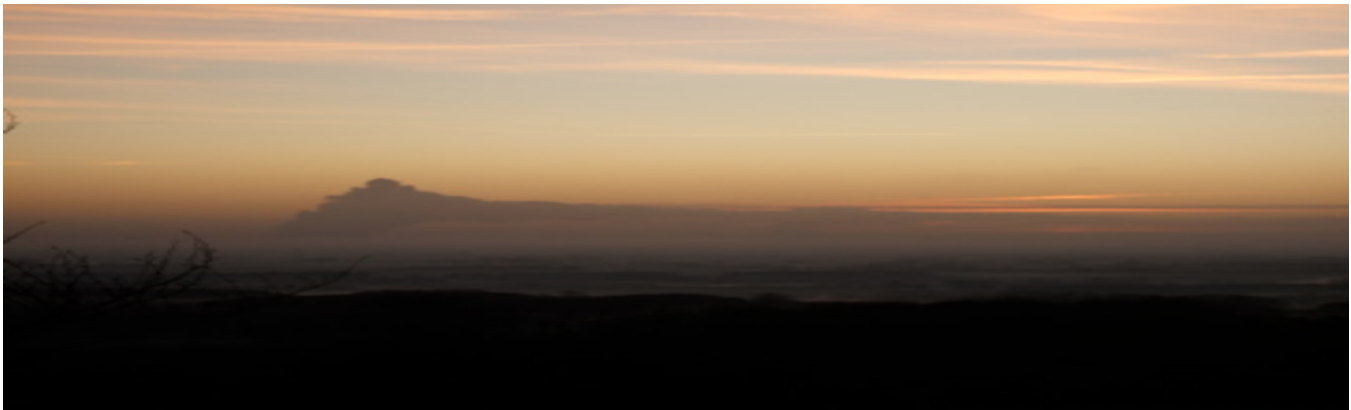
presented by

Dr Una McCluskey

4th October 2012 6.30 for Lecture at 7.00pm

Lauriston Hall, Lauriston Street, Edinburgh EH3 9DJ

Tea/coffee and light refreshments available from 6.30pm



Over 40 years ago Megan Browne OBE, Senior Lecturer and Social Worker at Edinburgh University, suggested that it was vital for our understanding of human growth and development that we integrate the work of Ronald Fairbairn with that of John Bowlby. Hence the title of the Autumn Lecture, Fear Free Caregiving; the challenge for Psychotherapists and Caregivers. Like Megan Browne, Jock Sutherland was fond of quoting Kurt Lewin “nothing is as practical as a good theory”.

The focus of this lecture will be on the simplicity, practicality and effectiveness of a form of professional caregiving called **Exploratory Goal Corrected Psychotherapy** (EGCP)©. Developed by Dr Una McCluskey EGCP is greatly informed by the work of Dr Dorothy Heard and Dr Brian Lake who created a new theory about what promotes human survival with a sense of wellbeing.

Una McCluskey, Part Time Senior Research Fellow and Psychoanalytic Psychotherapist, worked for many years with Dr Brian Lake and Dr Dorothy Heard. As a result of this partnership she has developed a form of psychotherapy described above where she sees the heart of the exploratory process as facilitated by the capacity of the therapist to provide a form of goal corrected fear free caregiving. She has been working intensively with professional caregivers for the past 10 years and she has a large clinical practice in Ireland and the UK. She is involved in training and research in this method of work and has also developed particular expertise in working with religious organisations that are going through transition.

Tickets from Queen’s Hall booking office: tickets £17, £12-students and concessions

Booking Hotline: 0131 668 2019, 10-5pm Monday-Saturday Online Booking: www.thequeenshall.net/elsewhere

Further information: info@sutherlandtrust.org.uk

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