

# To be Met as a Person:

Working with the Dynamics  
of Attachment in Adult Life

Thursday March 23rd 2017,  
10 am to 4.30 pm

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Dr. Una McCluskey



Willows Counselling and Training  
[willowstraining.org](http://willowstraining.org)

# To be Met as a Person: Working with the Dynamics of Attachment in Adult Life

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## About the speaker

Dr. Una McCluskey is a part-time Senior Research Fellow at the University of York and a Psychoanalytic Psychotherapist (UKCP). Best known for her extensive research in the field of empathic attunement in adult psychotherapy, Dr McCluskey introduced the concept that the 'offer to treat' arouses the dynamics of attachment in both the careseeker and the caregiver. This concept forms part of the emerging therapeutic model called 'Exploratory Goal-Corrected Psychotherapy', (EGCP).

She has published numerous articles in the field of couple, family and group psychotherapy and is the author of: To be Met as a Person: The Dynamics of Attachment in Therapeutic Encounters, Karnac Books, 2005, and Attachment Therapy for Adolescents and Adults: Theory and Practice Post Bowlby, Karnac Books, 2009 (co-authored with Dorothy Heard and Brain Lake).

The workshop should include information about the following -

- How patterns of attachment learned in infancy affect behaviour in adult life
- Typical care-seeking and care-giving patterns of behaviour in adults
- The range of interactions involving care-seeking and care-giving within relationships
- An understanding of how this may either facilitate or inhibit therapeutic work

## Booking info

### Cost

£110 full price; £90 early-bird up to Feb 5th 2017

### Venue

The National Self-Build and Renovation Centre, Lydiard Fields, Great Western Way, Swindon SN5 8UB

### Book

[www.willowstraining.org](http://www.willowstraining.org)

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## About Willows

Willows Counselling Service is a charity based in Old Town Swindon providing professional counselling and training.

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## Contact details

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