



Dr Una McCluskey
**Exploring the Dynamics of Attachment
in Adult Life**

2019 Biennial Residential Conference

for those new to or experienced in

**EXPLORATORY GOAL-CORRECTED
PSYCHOTHERAPY
(EGCP)TM**

13th May 2019 – 17th May 2019
Dromantine Retreat & Conference Centre
Newry, Co Down, Northern Ireland

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

Training in the McCluskey Model may be available but is dependent upon attendance at two experiential courses provided by Una McCluskey or someone who has trained in EGCP.



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.
- Fran Guilding will act as on-site coordinator and can be reached on franguilding@gmail.com. Fran will be your first port of call for any issues you might have in relation to the venue or the venue staff. Fran 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 are new to Una's work and this is your first experience we have assigned you a Buddy. Eliane Meyer will be on hand for any clarification or assistance you might need. Email Eliane on elianecmeyer@gmail.com.
- 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.

Conference Group Facilitators and Presenters

Una McCluskey DPhil (**Conference Director**) is an Honorary Research Fellow at the University of York and full non-clinical member of the UKCP. Best known for her extensive research in the field of empathic attunement in adult psychotherapy, she 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 as author, co-author or editor. These include 'Psychodynamic Perspectives on Abuse: The Cost of Fear' (2000), 'To be Met as a Person: The Dynamics of Attachment in Therapeutic Encounters' (2005), 'Attachment Therapy with Adolescents and Adults: Theory and Practice Post Bowlby' (2009), 'To be Met as a Person at Work, the effect of early attachment experiences on work relationships' (2019) and 'Transference & Countertransference from an Attachment Perspective: A Guide to Clinical Practice' (in press).

Sharan Collins MCouns(Hons) is a Psychodynamic Psychotherapist, Counsellor and Supervisor in private practice in Edinburgh (**Presenter**) has previously worked in the voluntary sector as a therapist and in the establishment and management of a counselling centre in the charity sector. Having recently completed a Masters on the invitational quality of shame she is currently undertaking a PhD on the role of shame in the silence of trauma, within the therapeutic and supervisory relationship. She first encountered the work of Una McCluskey in 2014 and having found it an enriching experience both personally and professionally she has returned each year as a group participant.

Paul Arnesen MA in Psychoanalytic Psychotherapy, University of Sheffield (**Group Facilitator and Presenter**), 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.

Jonathan Egan, BA, MA, MPsychSc, PsyD, PGCTLHE, C. Clin & Health Psychologist (**Presenter**) has worked with Una many times since 2011 as a group participant and as a member of her training and supervision group. He is a deputy director of a clinical psychology training programme at NUI Galway. In clinical practice he is a trainer of therapist/psychologists and works therapeutically with people in relation to managing chronic pain. Previously he worked as a founding director of counselling for adults who experienced abuse and neglect in their childhood in the HSE, Dublin Mid-Leinster. His practice then moved to a principal specialist position in the Mater Misericordiae Hospital, Dublin working with complex psychological overlays in people with chronic illness. He publishes extensively in relation to professional caregivers, well-being, attachment and defence styles and trauma. He is midway through an apprenticeship in Stockholm as a trainer in short term dynamic therapy (STDP), where he is helping STDP trainers and practitioners understand how the attachment dynamic influences self-defence from moment to moment and how Heard, Lake and McCluskey's TABEIS systems interact as a living dynamic system within the care giving/care seeking context.

Jane Cato: BSc (Hons) Psychology, PGDip Integrative Psychotherapy (1996 Minster Centre), PGDip Clinical Supervision (2002 Cascade Training), MBACP and UKCP (**Group Facilitator and Presenter**) registered and trained with Una McCluskey in EGCP (2013 – 2015 Exploratory Goal Corrected Psychotherapy). Jane has worked as a psychotherapist, counsellor, supervisor and trainer for 25 years. Jane currently leads and manages the Counselling and Bereavement Service at Martlets Hospice, Brighton and has an independent psychotherapy and supervision practice in central Brighton. 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 palliative, end of life and bereavement care as a therapist, supervisor and trainer. Over the last 5 years Jane has been integrating contemporary attachment theory and practice in her end of life work with patients, with the bereaved and in clinical supervision of professional care givers. Jane, as a member of Exploratory Psychotherapy Associates, also works at The Bowlby Centre where she delivers and facilitates Attachment Based Experiential Groups for trainee attachment psychotherapists throughout their training.

Elizabeth Cullen MIAHIP, Reg ICP, EAP is a Humanistic and Integrative Psychotherapist (**Group Facilitator**) has maintained a private practice in Dublin for the past 18 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.

Anna Janssen (Presenter) is a clinical psychologist in the NHS, who works with people affected by cancer, life-limiting and critical illness and provides teaching, consultation and supervision to health professionals. Previous roles have included researching the neurocognitive, psychosocial and emotional impact of MND and Parkinson's Disease on patients, families and staff and using patients' stories to inform clinical education and practice in death and dying. Anna is interested in the art of good care and uses attachment-based approaches to support the wellbeing of health professionals and optimise the care they provide. Her work with Una McCluskey has included training in GCEA in 2018-2019.

Doneil Macleod BD, RGN, RMN is a member of the United Kingdom Central Council for Nursing (UKCC), **(Presenter)** 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, **(Group Facilitator and New Member Buddy)** is a psychotherapist, clinical supervisor and trainer and a clinical mindfulness practitioner. She has worked as a therapist in an educational setting with young people and adults for 10 years and also has a private practice. She is a trained trauma therapist and has worked for many years with survivors of sexual abuse. She has used Una McCluskey's TABELS attachment model to supervise groups working in the caring professions, and also to deliver training and run group therapy sessions for psychotherapists. 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, psychoanalysis and cultural studies.

José Miguez PhD **(Pepe) (Presenter)** 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 Goal-Corrected 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 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 he has worked as a psychotherapist at Neurobios - Instituto de Neurociências, Diagnóstico e Reabilitação Integrada, Lda.

David Murphy MIAHIP **(Presenter)** is a psychotherapist in private practice in Monkstown & Glenageary Co Dublin Ireland. He works extensively with body awareness, integrating attachment theory, neo-Reichean approaches and several mindfulness-related approaches. He came in contact with Una McCluskey's work in recent years, and is currently completing her two-year training in Exploratory Goal Corrected Psychotherapy. He has worked since the mid 1990's in humanistic & integrative psychotherapy with individuals & groups. He was an Associate at the Institute of Creative Counselling & Psychotherapy in Dun Laoghaire for many years, seeing clients and delivering training in Transpersonal Psychology there. He has worked as a clinical team member at One In Four in Dublin. David was founding Head of Department of Counselling & Psychotherapy at Dublin Business School. David is an active committee member in the Irish Association for Humanistic & Integrative Psychotherapy.

Nicola Neath BA (Hons), Grad. Dip. in Counselling. MBACP accredited (**Presenter**) is Chair BACP Workplace Division and a member of the National Council for Work and Health. 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 worked in the public and private and sectors in a variety of roles. She has published on Relational Ethics; offers parliamentary briefings when asked; written several articles for BACP journals; delivered a paper for OPUS London. Following the pioneering and successful organisational application of the McCluskey Model at the University of Leeds, she and Una have now published an account of the application and the model in the book titled 'To be Met as a Person at Work'. This March, she was also one of the speakers at the national Health and Wellbeing at Work' conference held the NEC. She has a small private practice, which is mainly for collaborative training. She is passionate about bringing different psychological perspectives into the workplace. She has been interested in Una's work since 2012. She continues to be delighted and curious to keep exploring and says the learning never stops.

Michael O'Toole B.A. Appld. Psych., M.A. Couns. Psych., H.Dip. Gestalt Therapy, AFBPs Reg Psychol, MIACP, MIAHIP, ECP. (**Presenter and Group facilitator Supervisor**) is a Registered Counselling Psychologist & Psychotherapist. Michael works in private practice in the West of Ireland, and has taught and lectured for many years in the University of Limerick, and is currently offering this model to trainees at the Bowlby Centre in London. Michael has published papers exploring clinical dilemmas in the field of attachment, and is co-author of the upcoming publication 'Transference and Countertransference from an Attachment Perspective; A Guide to Clinical Practice' with Una McCluskey, 2019.

Tanya Jane-Patmore CQSW, Dip.Couns, Cert Hypnosis and Psychotherapy, CAT Basic Training including 2 years of supervised practice as an Honorary Psychotherapist (**Presenter**) has spent 10 years or more learning about Attachment with Una McCluskey, and it is ongoing. More recently she learned about Focusing, especially with trauma but also with people with other difficulties, and has found it helpful in practice. After working as a social worker for very many years, Tanya has spent nearly 30 years or so as a counsellor/Psychotherapist. Currently she at the Tuke Centre for Psychotherapy in York, as well as her own small, private practice. Since 4-5 years she is part of the psychological well-being team for Human Right Defenders at Risk at the Centre for Applied Human Rights at York University.

Linda Smith (Presenter) 'What is it you do, Linda?', is a question mum would ask me consistently and fairly frequently. I never seemed to answer it in any satisfactory way for her; after all...she continued to ask. So, if I write that I work as an independent therapist and supervisor where lovely people come and see me . We talk and listen to each other . I attend. I turn up. Changes happen. At other times, I facilitate groups of practitioners towards offering supervision. I read. Watch films. Move about. See friends. Walk and hug my dog. Wander. Everything contributes to what I do. Did I mention my passion?

Joanna Stevens (Group Facilitator and Presenter) is an art therapist, artist, educator and organisational consultant. She works for Sussex Partnership NHS Foundation Trust where she is a Consultant Art Therapist and Clinical Lead for a service for people with complex emotional difficulties. Between 2014-2019 Joanna led Make Your Mark, Sussex Partnership's arts and health programme. She has a long standing involvement in arts and attachment based practice with service users, staff and carers and a particular interest in how the arts can open up new and often unexpected channels for connection, communication and learning. Joanna first encountered the work of Dr 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 a member of Exploratory Psychotherapy Associates working with The Bowlby Centre to deliver an attachment-based experiential group programme to their psychotherapy trainees.

Simon Wale (Group Facilitator and Presenter) 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 are experiencing depression and anxiety and lost their vitality for life, people who develop dementia and the people who care for them. Simon provides McCluskey TABELS groups to trainee clinical psychologist, other trainee caregivers and is planning a group for GP's starting in September 2019. 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 TABELS has informed his own development and his work as a therapist.

The Perfect Venue

Visitors to Dromantine invariably are impressed by the stunning beauty of the early 19th century house, extensive grounds, lake, colourful woodlands and pleasant walks set in the 320 acre estate with the Mourne mountains and Slieve Gullion in the background. The beautiful grounds, tranquil, peaceful atmosphere along with the modern facilities make Dromantine the perfect venue. Dromantine is located five miles north of Newry and just off the Belfast /Dublin road, 45 minutes from Belfast / hour from Dublin airport.

Dromantine offers:

73 recently refurbished ensuite bedrooms all with free broadband access.

- *8 modern well equipped Conference rooms accommodating 10 - 250 - all with free broadband access.*
- *A large chapel which can accommodate 180.*
- *A prayer room.*
- *Excellent home cooked food served in spacious, bright dining rooms.*
- *Comfortable residents Lounge and Coffee Dock*
- *Free, secure car parking for up to 200 cars*
- *All facilities throughout Dromantine have disabled access*

Wednesday afternoon is free so either enjoy the beautiful 320 acre site or visit:

<http://www.visitnewryandmourne.com/documents/MakeYourDay.pdf> for inspiration!

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.

Travelling to and from ...

Dromantine Retreat and Conference Centre is about an hour's drive from both Dublin and Belfast Airports.

However, Dublin Airport is an easier commute and there are buses directly to and from the airport to Newry. A taxi from Newry to **Dromantine Conference Centre** (which is approximately 4 miles outside of Newry) is approximately £15 and will take around 15 minutes.

Travellers to Belfast will need to get a bus/taxi into to Belfast City Centre and then another bus to Newry and a taxi out to Dromantine.

