



# 2021 ZOOM CONFERENCE

For those experienced in or new to

*The McCluskey Model for  
Exploring the Dynamics of Attachment in Adult Life*

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Una McCluskey DPhil

*The Practice of Exploratory Goal-Corrected Psychotherapy (EGCP) \*\**

Unlike previous face-to-face Conferences, which took place over 5 consecutive days, the 2021 Zoom Conference will run over 2 consecutive weekends in May 2021.

**8<sup>th</sup> and 9<sup>th</sup> May ~ 15<sup>th</sup> and 16<sup>th</sup> May**

The Conference will be a mix of experiential group work, large group meetings and presentations on the application of the McCluskey Model in a variety of setting.

*For access to an  
application form or for  
further information ....*

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Cost £235.00/€268.00  
Student Rate £120.00/€130.99  
(maximum student places 12)

# 2021 CONFERENCE BROCHURE AND PROGRAMME

The purpose of the Conference	The Structure of the Conference
<p><i>The Conference takes place biennially and is designed to support the following aims:-</i></p> <ul style="list-style-type: none"> <li>▪ To continue exploring the application of EGCP in a variety of client populations. Based on the evidence we have so far, 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 the lives of their clients and in their own personal and professional lives;</li> <li>▪ 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;</li> <li>▪ 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;</li> <li>▪ Ongoing experiential work for all levels of practitioners of EGCP;</li> <li>▪ Ongoing training opportunities for practitioners of EGCP.</li> </ul>	<p><i>The day starts with a theoretical introduction from Una McCluskey on the system to be explored in the small experiential groups.</i></p> <p><i>Mornings are devoted to experiential groups exploring the dynamics of attachment.</i></p> <p><i>The afternoon is reserved for presentations by those who are trained in the model and who are using it in a variety of different work settings.</i></p> <p><i>After the presentations all those at the Conference meet in a large group to discuss their discoveries, learnings and surprises from the day.</i></p> <div data-bbox="878 1283 1500 1619"> <p><i>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 Exploratory Goal-Corrected Psychotherapy (EGCP)</i></p> </div>

## 2021 PROGRAMME

	Day 1 8 <sup>th</sup> May	Day 2 9 <sup>th</sup> May	Day 3 15 <sup>th</sup> May	Day 4 16 <sup>th</sup> May
9.00-9.30	Welcome & Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)
9.30-11.00	Experiential Groups/Training Group <b>CARESEEKING</b>	Experiential Groups/Training Group <b>CAREGIVING</b>	Experiential Groups/Training Group <b>INTEREST-SHARING/ SEXUALITY</b>	Experiential Groups/Training Group <b>EXTERNAL ENVIRONMENT</b>
11.00-11.30	BREAK	BREAK	BREAK	BREAK
11.30-13.00	Experiential Groups/Training Group <b>CARESEEKING</b>	Experiential Groups/Training Group <b>CAREGIVING</b>	Experiential Groups/Training Group <b>INTEREST SHARING/SEXUALITY</b>	Experiential Groups/Training Group <b>EXTERNAL ENVIRONMENT</b>
13.00	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
14.00-14.50	Presentation <i>Una McCluskey</i>  <i>Exploring the Dynamics of Attachment in Adult Life</i>	Presentation <i>Joanna Stevens</i>  <i>Graphic Attachment. The making of a comic.</i>	Presentation <i>Sharon Collins</i>  <i>Shame in Attachment: Paralysing or Pivotal?</i>	Presentation <i>Jess Angland</i>  <i>Trauma, attachment and the recovery of the authentic self</i>
15.00-15.50	Presentation <i>Mark Linington</i>  <i>Working with the Internal Environments of people with a Dissociative Identity Disorder</i>	Presentation <i>Edite Saraiva and Paul Arnesen</i>  <i>An Experience of TABEIS Companionship: Edite and Paul practicing in a dyad</i>	Presentation <i>Michael Guilding</i>  <i>Understanding the System for Self-Defence within the Dynamics of Attachment in Adult Life</i>	Presentation <i>Tessa Normand</i>  <i>Reflections of how the Fear System can manifest in couples therapy</i>
16.00	BREAK	BREAK	BREAK	BREAK
16.30-17.15	<b>Large Group</b> <i>Facilitated by Una McCluskey</i>	<b>Large Group</b> <i>Facilitated by Una McCluskey</i>	<b>Large Group</b> <i>Facilitated by Una McCluskey</i>	<b>Large Group</b> <i>Facilitated by Una McCluskey</i>
17.15	Finish for main Conference Delegation	Finish for main Conference Delegation	Finish for main Conference Delegation	Finish for main Conference Delegation
17.30-18.30	Supervision for those who have facilitated groups, facilitator <i>Michael O'Toole &amp; McC</i>	Supervision for those who have facilitated groups, facilitator <i>Michael O'Toole &amp; McC</i>	Supervision for those who have facilitated groups, facilitator <i>Michael O'Toole &amp; McC</i>	Supervision for those who have facilitated groups, facilitator <i>Michael O'Toole &amp; McC</i>
18.30	Finish for Group Facilitators	Finish for Group Facilitators	Finish for Group Facilitators	Finish for Group Facilitators

# Conference Staff

**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 is known nationally and internationally for her contribution to theory and practice in relation to the Dynamics of Attachment in Adult Life. 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* (2019). Founder of the Association for Exploring the Dynamics of Attachment in Adult Life.

**Jess Angland (Presenter)** is a trainer and supervisor and has worked in education, health care and community development. She worked for 13 years with victims of domestic abuse, helping victims explore the link between trauma and attachment and in particular the challenge of self-care for those with complex trauma history. She was involved in the development of a healthy relationships programme for children in care, due to be piloted in 2020. She currently works for a mental health recovery charity in the south of Ireland. Her life work has been the recovery of her authentic self, having spent many years living in survival and grappling with her own self-care.

**Paul Arnesen (Presenter)** MA in Psychoanalytic Psychotherapy, University of Sheffield, is a retired psychotherapist. Paul began his work with Una McCluskey in 2006 and has since trained in Exploratory Goal-Corrected Psychotherapy (EGCP) and The Theory of Attachment Based Exploratory Interest Sharing (TABEIS). This substantially informed his practice and he continues to explore the dynamics of attachment in his own life through regular work with peers in groups and in a dyad, something that Paul will talk about in his presentation at the Conference.

**Jane Cato (Group Facilitator)** BSc (Hons) Psychology, PGDip Integrative Psychotherapy (1996 Minster Centre), PGDip Clinical Supervision (2002 Cascade Training), MBACP and UKCP 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 25 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 8 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.

**Sharan Collins (Presenter)** MSc (Hons) is a Psychodynamic Psychotherapist, Counsellor and Supervisor in private practice in Edinburgh, she is Lead Evening Counsellor at Edinburgh Napier University and Chair of The Sutherland Trust. Sharan 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.

**Elizabeth Cullen (Reserve Group Facilitator)** 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 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

**Jonathan Egan (Group Facilitator)** BA, MA, MPsychSc, PsyD, PGCTLHE, C. Clin & Health Psychologist 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 HSE director of counselling for adults who experienced abuse and neglect in childhood (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 completed a three year apprentice training in May 2020 in Stockholm in short term dynamic therapy. The training has now incorporated McCluskey's model of EGCP and McCluskey and O'Toole's (2019) book on countertransference and attachment has also inspired Osborn's (Harvard) webinar called 'Therapist Hour'.

**Michael Guiding (Presenter)** currently works in private practice as a therapist, clinical supervisor and trainer and has a particular interest in the biological fear-system and the issue of providing adequate support for psychological therapists. His approach is grounded in Una McCluskey's model of safe and supportive group work and he runs a support network for therapists who have an interest in this perspective. He has previously worked in the NHS for a number of years as a service manager for Primary Care Counselling and Mental Health.

**Brenda Irwin (Reserve Group Facilitator)** MSc Clinical Supervision MSc Counselling Psych, BA (Hons) Psych, is a PSI registered Chartered Counselling Psychologist. She has many years' experience working with individuals, couples and families. She currently works for the HSE, National Counseling Service, with adult survivors of childhood abuse. She is also a Group facilitator and Clinical Supervisor with this service.

Brenda also provides consultancy services to the Irish Foster Care Association, including group supervision to Support Workers. She has been involved with Una's work for 14 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 (Presenter)** is an attachment-based psychoanalytic psychotherapist with The Bowlby Centre and the Clinic for Dissociative Studies in London. From 2013-2018 he was CEO at The Bowlby Centre, where he continues to work as a training therapist, clinical supervisor and teacher.

He worked for 12 years in the NHS as a psychotherapist with children and adults with intellectual disabilities, who experienced complex trauma and abuse. He also worked as a psychotherapist for several years at a secondary school in London for young people with special needs, including autism, ADHD and other intellectual disabilities. He has written a number of papers and book chapters about his clinical work and presented papers on attachment theory in clinical practice at a number of conferences, including in South Korea, Hong Kong and Paris.

He is currently Clinical Director and CEO at the Clinic for Dissociative Studies, where he is a specialist consultant psychotherapist and clinical supervisor, working with people with a Dissociative Identity Disorder (D.I.D.). He works in private practice with children, adults and families and provides supervision to individuals and groups and training to organisations.

**Colm McCarthy (Reserve Group Facilitator)** BD (Hons) Post Grad Dip Psychotherapy M.I.A.H.I.P. Reg I.C.P. has worked as a Humanistic and Integrative Psychotherapist for the past 23 years. He has worked with groups and individuals in "Kedron", a residential centre for Psychotherapy in Edenderry Co Offaly. His work as a Psychotherapist, group therapist, supervisor, Associate Director and Director of a number of programmes took place in a residential setting from 1999 to 2004. He has worked as a Counselling Manager in a counselling Centre in Bray Co Wicklow and is currently in private practice in The Blue Lotus Counselling and Therapy Centre in Celbridge Kildare. He is an accredited supervisor and works as an external supervisor to students on professional training courses. He has also facilitated a number of experiential workshops on "Exploring the Dynamics of Attachment in Adult life. Colm has worked with Una since 2008.

**Nicola Neath (Group Facilitator)** BA (Hons), Grad. Dip. in Counselling. MBACP accredited is Chair of the Mental Health Subgroup for the national Council for Work and Health and Exec member of 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 thirty years ago, she has worked in the public and private and sectors in a variety of roles. She has published on Relational Ethics; offers advice on national initiatives; written several articles for BACP journals and is regularly invited to speak about Workplace Counselling. 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 (2021), she was also one of the speakers at the national Health and Wellbeing at Work' conference held online. 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.

**Tessa Normand (Group Facilitator and Presenter)** 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 13 years ago, her original training was in Humanistic and Integrative Psychotherapy. She further trained in Cognitive Analytic Therapy and Emotionally Focused Therapy. She works with adults and couples as well as facilitating EGCP groups. Tessa was a trainee trainer on the 4th cohort of Una McCluskey's training group.

**Michelle Peoples (Group Facilitator) D. Clin. Psych.** (University of Surrey) is a clinical psychologist working in adult mental health in a HSE funded organization in South Dublin. She started attending Una's experiential group for caregivers in 2009, trained in EGCP in 2011, is in the Dublin Supervision group and has signed up for the advanced training with Una this year. For the last 10 years she has been drawing on her knowledge of this model and therapy to work individually with the full range of clients that present in adult mental health. She is looking to capture the effectiveness of the work for scientific dissemination.

**Edite Saraiva (Presenter)** Masters in Clinical Psychology, Psychotherapist, Trainer and Consultant in Personal Development. Trained in McCluskey's Model since 2010. Around 30 years of experience with professionals in many different sectors of health and education, industry and services.

**Joanna Stevens (Presenter & Reserve Group Facilitator)** MA PGDip Art Therapy, DipHE Informal Education is a Consultant Art Therapist for Sussex Partnership NHS Foundation Trust, organisational consultant, educator and mentor. Her current practice is with a specialist community service for people with a diagnosis of personality disorder. She has worked with the Bowlby Centre since 2015 to develop and deliver their experiential group work programme. Joanna first encountered the work of Una McCluskey in 2010 and subsequently went on to train with her. Over the last decade she has worked extensively with the theory and practice of the McCluskey Model with a particular interest in making it accessible within clinical mental health settings. Alongside this Joanna is a gardener and artist working with puppetry, drawing and film. She has written on the role of art and art therapy for mental health recovery.

## **\*\* Exploratory Goal-Corrected Psychotherapy (EGCP)**

'The power of this case for 'exploratory goal-corrected psychotherapy' (EGCP) lies in the diversity of the issues covered: from the broad sweep of theory to the tiny minutiae of interpersonal interactions, translating the template of mother-infant videoed observation studies to the adult-to-adult psychotherapy domain, from individual to group therapy, we get an integrated perspective which rings true'.

*As described by eminent theoretician and researcher Dr Tirril Harris, Kings College, London on reviewing 'Transference and Countertransference from an Attachment Perspective (McCluskey & O'Toole) 2019.*

## 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.
- 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.

## WHAT'S NEXT?

Una continues to offer Experiential Zoom Workshops and it is hoped that face to face workshops could return in the future. For more information email [info@unamcccluskey.com](mailto:info@unamcccluskey.com) or check [www.unamcccluskey.com](http://www.unamcccluskey.com)

A number of those trained in the McCluskey Model offer Experiential Workshops and/or personal therapy in the UK, Ireland and beyond.