

2025 CONFERENCE

1st – 5th September 2025

Conference Director
Dr Una McCluskey PhD



**EXPLORING THE DYNAMICS OF
ATTACHMENT IN ADULT LIFE**

Please turn to the back page for the Conference venue addresses

EXPLORATORY GOAL-CORRECTED PSYCHOTHERAPY

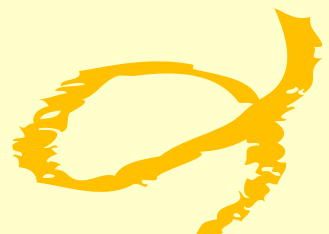
The McCluskey Model

EGCP was developed by Una McCluskey based on her research into the interaction between adult psychotherapists and their adult clients. It was clear from videos of these interactions, subjective and objective measures of the experience and supported by statistical analysis that the relationship between therapist and client aroused the dynamics of attachment in both the therapist (caregiver) and the client (careseeker). The work provided evidence that caregiving and careseeking were goal-corrected systems and that they were aroused and enacted in the therapeutic context.

Further analysis showed that one could categorise careseeking presentations into 5 different types, similarly for caregiving responses, they could also be categorised into 5 different types. The interaction between them yielded 25 possible different patterns of which only 9 seemed to persist. Of these 9, only 2 supported exploration. The others aroused defense.

EGCP integrates a theory of interaction for caregiving (therapy, coaching or counselling), Heard and Lake's paradigm shift in the field of attachment theory, and an understanding of primary task and what supports that work developed by members of the Tavistock Institute of Human Relations. A distinctive feature of the Model is understood as potentially related to an instinctive aspect of the self that is unmet.

Further descriptions of the Model can be found in various publications but the overarching construct relates to what it means to be met as a person.



CONFERENCE AIMS

The Conference takes place biennially and is designed to support the following aims:-

To continue exploring the application of EGCP in 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.

TRAINING OPPORTUNITIES

There are three forms of training available:

Experiential courses and workshops, delivered by Una McCluskey and those trained and/or practicing the McCluskey Model.

Training in the practice of Exploratory Goal-Corrected Psychotherapy (EGCP) is available by invitation to those who meet the criteria and is facilitated by Una McCluskey.

Advanced training is available to those trained in the Model who are practicing EGCP, and is facilitated by Una McCluskey.



CONFERENCE STRUCTURE

Morning Lecture

Una will deliver a lecture each morning, focusing on the instinctive system being explored that day. There are 7 instinctive systems, which are all aspects of the self.

Experiential Group Work

The experiential groupwork each morning is for every member of the Conference, whatever their level of experience, to do their own work. The groups will be a mix of those who have completed training in EGCP, those who have taken the attachment groups and may be considering training in EGCP and those new (or relatively new) to the work, who may be interested in exploring the dynamics of attachment in adult life through participating in this model of group psychotherapy.

The experiential aspect of the Conference can be challenging, and it would make sense to be aware of personal or professional support that you have access to. During the Conference, the Facilitator of your Experiential Group is your first point of contact if you are distressed.

Presentations

The afternoon has been set aside for presentations from those trained in the McCluskey Model, to offer insights into how the Model is being used in practice or how aspects of the theory are being understood. Presenters have been asked to leave time for questions.

Large Group

Each day concludes with the participants coming together as a large group and is facilitated by Una McCluskey.

Conference Dinner – Thursday evening

The evening is an opportunity for everyone to come together.

USEFUL INFORMATION

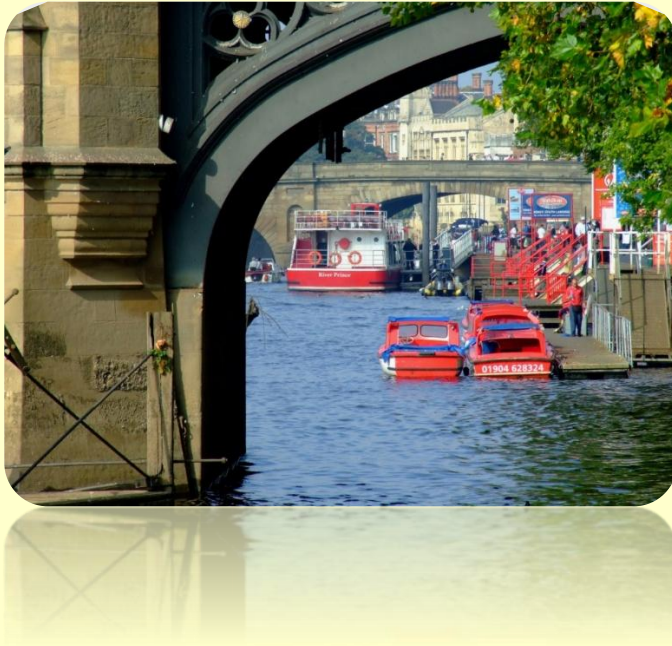
Getting here ... [Visit York](#) offers advice on getting to York. In addition, it's worth noting that although Leeds Bradford Airport is the nearest airport to York geographically, you will need to get a bus into Leeds city centre before getting a train to York. Manchester Airport, however, offers trains to York from the airport but some do require a change in Manchester city centre. This can affect travel time. You can also get from Stansted Airport to York by train, with one change in Peterborough.

Where to eat ... You'll be spoilt for choice but a couple of recommendations within easy walking distance of the Conference venues would be [Partisan](#) on Micklegate, and [Bruberry](#) on The Mount. There is also St Bede's sister site [The Bar Convent](#), which can be accessed both from Blossom Street and the garden of St Bede's. Alternatively, Bishopthorpe Road (or 'Bishy Road' as it's affectionately known locally) offers a host of independent cafés, bars and delis.

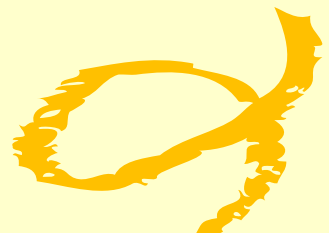
What to see ... York is one of the oldest cities in the UK, with over two thousand years of heritage, and is home to one of the most famous streets, the [Shambles](#). You'll find history everywhere you turn and you could even book yourself onto a ghost tour! Take a stroll along the [city walls](#), or visit [York Minster](#) and [Clifford's Tower](#). These historic buildings are also stops on the city sightseeing buses.



[York Art Gallery](#) is in the city centre and now has its own café, *Sketch*. There's also an opportunity to take a guided boat ride down the River Ouse or even hire a self-drive boat!



York is also the home of [chocolate](#)! Once upon a time York had 3 confectionery factories – Rowntree's (now Nestle), Terry's and Cravens.



CONFERENCE VENUES

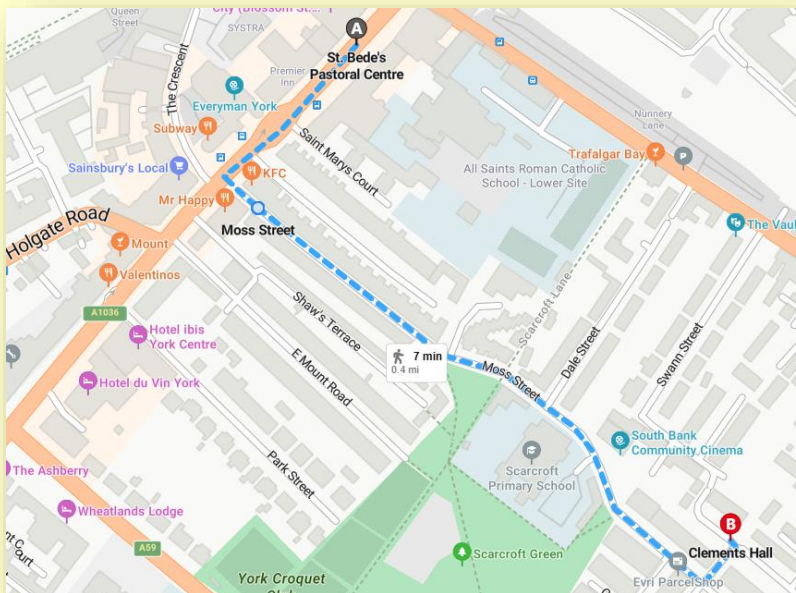
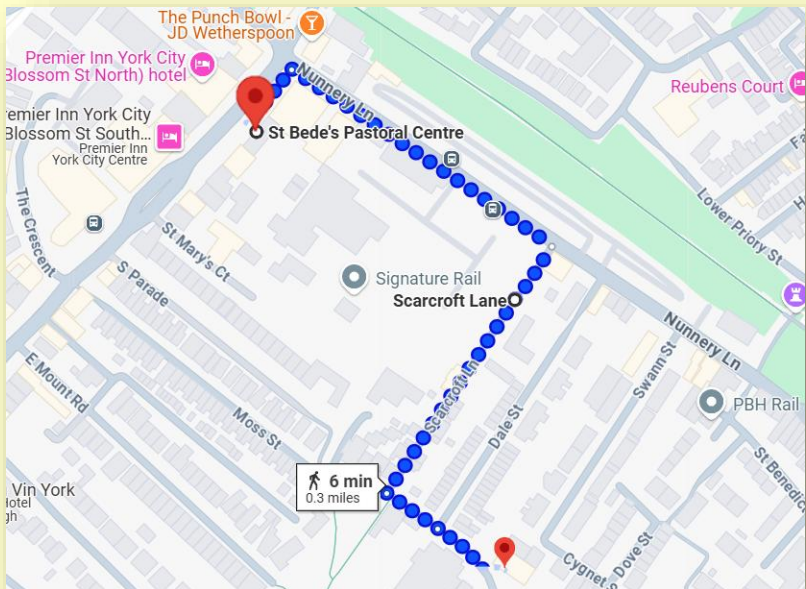
St Bede's is a four minute walk from York Railway Station and the sister site of The Bar Convent, which is the oldest living convent in the UK. It is the oldest surviving place of Catholic worship after Henry VIII closed them all down in the 1530s, managing to survive as a residential house.



Clements Hall was originally built by public subscription and opened in 1933 as the parish hall for St Clement's Church further along Nunthorpe Road. The Hall and its adjoining Georgian house are listed buildings, and over the years they have had a wide range of uses.



The Conference venues are 0.4 of a mile apart and maps indicating the route are provided on the following page, the first via Nunnery Lane and Scarcroft Lane, taking 6 minutes and the second via Blossom Street and Moss Street, taking 7 minutes.



WHO WE ARE

With the full support of Una McCluskey, the **Association for Exploring the Dynamics of Adult Attachment (AEDAA)** is the coming together of professional caregivers to promote and develop the understanding (*theory*), exploration (*practice of the Model*), and applications of the Dynamics of Adult Attachment in a multitude of caring, clinical, and educational settings.

The aim of the Association is to establish an inclusive, supportive, and informative Association for those interested in the dynamics of adult attachment, both professionally and personally. It is governed by a constitution and administered by a committee from the Association's membership.

Membership of the Association is open to anyone aged over 18 who is interested in exploring the (personal and professional) dynamics of adult attachment - in particular, those engaged in caregiving industries and environments; and who meet the criteria set out by the Association. The Association will be formally launched at this year's Conference.

CONFERENCE VENUES

St Bede's Pastoral Centre 21-23 Blossom Street, York YO24 1AQ
Clements Hall Nunthorpe Road, York YO23 1BW

The Conference will begin each day with a lecture at Clements Hall.
Experiential groups will take place at St Bede's and Clements Hall.
After lunch each day's activities will take place at Clements Hall.

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