

WHAT'S NEXT?

Zoom and face-to-face Experiential courses continue to be offered by Una and members of the Association experienced and/or trained in the McCluskey Model.

For those who meet the necessary criteria, a 2-year training in the McCluskey Model is available by invitation.

Professional caregivers who are trained members of the Association offer therapy and supervision, please email Sarah on info@unamcccluskey.com for contact details.

CONTACT INFORMATION & WEBSITE ADDRESSES

info@unamcccluskey.com +44 7747 568562 (Una) +44 7762 549292 (Sarah)

www.unamcccluskey.com

www.aedaa.co.uk (in progress) to donate <https://opencollective.com/aedaa>



2023 Conference

4th – 7th October 2023

St Bede's Pastoral Centre

21 – 23 Blossom Street York YO24 1AQ



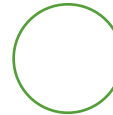
Conference Director - Una McCluskey PhD
Caregiver to the
Conference Director - Jose Miguez PhD

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

CONFERENCE SUPPORT STAFF

Eliane Meyer Mphil, PGDip, (**Onsite Coordinator 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 TABEIS 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 (known as Pepe) (**Caregiver to the Conference Director**) 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 TABEIS". He completed the two year training in Exploratory Goal-Corrected Psychotherapy, based on a theory of interaction for psychotherapy (McCluskey, 2001) and using TABEIS 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.



ASSOCIATION FOR EXPLORING THE DYNAMICS OF ADULT ATTACHMENT

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.

Formed in 2023, the Association has the complete backing of Una McCluskey, who is a founder member. It is governed by a constitution and administered by a committee from the Association's membership.

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.

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.

Please consider making a financial contribution to the establishment of AEDAA by visiting <https://opencollective.com/aedaa>

CONFERENCE AIMS

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.

TRAINING OPPORTUNITIES

There are two forms of training available.

1. Training in the practice of Exploratory Goal-Corrected Psychotherapy (EGCP) is available to those who meet the criteria.
2. Advanced training is available to those trained in the Model who are practicing EGCP.

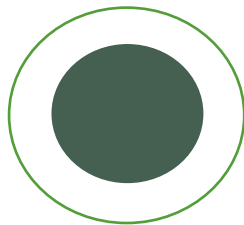


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Clifford's Tower, originally a timber structure built by William the Conqueror in 1068 before being burnt down a century later. The current structure was built by Henry III.

CONFERENCE STRUCTURE

- Experiential groupwork for those who have completed training in EGCP to continue their own personal work.
- Experiential groupwork for those who have taken the attachment groups several times and who may be considering training in EGCP with Una McCluskey. *Completion of the two-year training programme is by invitation.*
- Experiential groupwork for those new (or relatively 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.
- The Experiential Group each morning is 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 from those who have trained in the Model, on how it is being used in practice or how aspects of the theory are being understood. Presenters have been asked to leave time for questions.
- Each day will finish with a large group, facilitated by Dr Una McCluskey.

The experiential aspect of the Conference can be stressful, and 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.



An evening stroll around York offers you access to much of its history and you could even book an evening [Ghost Tour](#)! If you choose to extend your stay, access to [York Art Gallery](#) is free (other than for special exhibitions).

Where to stay ... [Bar Convent](#) has a number of ensuite accommodation rooms, Premier Inn has two hotels opposite the Conference venue on Blossom Street and there is an endless supply of guesthouses and hotels in and around the city. Of course, for some participants there may be an option to travel to the Conference daily.

If you're arriving by car, the nearest car park is the NCP car park on Nunnery Lane. Parking is charged from 8.00 am to midnight at a cost of £16.00 a day. 24-hour parking is available at York Railway Station at £14.50 a day. Alternatively, you can try searching on the app JustPark where residents and businesses offer fee-paying parking at reduced rates. For those of you who don't mind a walk, parking on Knavesmire Road is free and offers a 15-minute walk to the Conference venue on Blossom Street. Knavesmire Road does get busy though so we would recommend arriving early.



The famous [Betty's Tea Rooms](#) (on the left) in St Helen's Square and the [Mansion House](#) (at the rear), home of the Lord Mayor of York.

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 closest airport to York, you will need to get a bus into Leeds city centre before getting a train to York. Manchester Airport, however, offers direct trains to York from the airport and you can get from Stansted Airport to York with one stop in Peterborough.

Conference Venue ... St Bede's Pastoral Centre is a 4 minute walk from York Railway Station (*turn right out of the main entrance of the station, stay on the left-hand side of the street walking over the bridge and up the incline to a set of traffic lights. Cross the street keeping Micklegate Bar on your left and St Bede's is at 21-23 Blossom Street*).

An unlimited supply of filter coffee, tea, fruit tea, squash and biscuits are included in the price of the Conference and are available in the self-serve rest room at St Bede's.

Where to eat ... St Bede's sister site, The Bar Convent next door, has a wonderful little café which is ideal for a quick bite at lunchtime. You can buy a sandwich at a reduced rate from the café and bring it back to St Bede's to eat it in the rest room or garden. This is a Sainsbury's local on Blossom Street for those who want to grab a sandwich. Again, this can be eaten on site at St Bede's.

Walk through Micklegate Bar to [Partisan](#) – an independent restaurant café and art space halfway down Micklegate on the left. Alternatively, turn right out of St Bede's and right again at the traffic lights, walk the full length of Nunnery Lane and you'll find Bishopthorpe Road (or 'Bishy Road' as it's affectionately known locally). You'll find a whole host of little independent cafés, bars and delis.

York is one of the oldest cities in the UK with over two thousand years of heritage and is famous for its cobbled Shambles, city walls, York Minster, Clifford's Tower and is the home of chocolate!

What to see ... [York's City Walls](#) are 3.4 km in length and you can walk the whole route in around an hour and a half. They are accessible all day, until around dusk. [York Minster](#) is one of the world's most impressive cathedrals and it's right in the centre of York

EXPLORATORY GOAL-CORRECTED PSYCHOTHERAPY

EGCP was developed by Una McCluskey based on her research which showed that the *offer to treat* aroused dynamics of attachment in both the therapist (caregiver) and the client (careseeker).

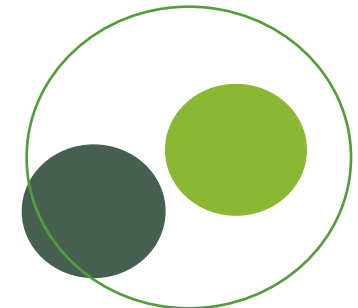
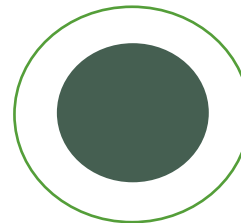
Based on this observation, she developed the McCluskey Model as an affective psychotherapeutic/counselling, practice centred on a dynamic, interactive, and instinctive goal-corrected process – the methodology enables the provision of an exploratory space where clients and therapists can:

- ❖ Identify the different aspects of themselves that are aroused in the here and now

and

- ❖ Interact with these aspects in such a way that the person experiences relief, becomes curious and can access their inbuilt capacity for attaining or retrieving competence and confidence.

The process needs focus, attunement and skill – results can only be achieved if the caregiver remains exploratory and non-defensive and understands the therapy to guide their interventions. Also, if the therapist fails to reach the person, misses them, or becomes fearful in response to them, the interaction is then not goal-corrected, both therapist and client remain distressed, and development does not proceed based on core support at the centre of the self.



CONFERENCE STAFF

Una McCluskey (Conference Director) DPhil is an Honorary Research Fellow at the University of York and full non-clinical member of the UKCP (now retired from clinical practice). Best known for her 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 developed a theory of interaction for adult psychotherapy based on her extensive investigation of early childhood development and her own and others' research. She is known nationally and internationally for her contribution to theory and practice in relation to the Dynamics of Attachment in Adult Life.

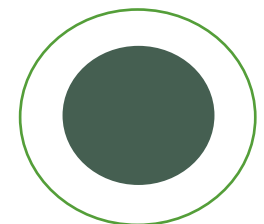
Jonathan Egan (Presenter) BA, MA, MPsychSc, PsyD, began training with Una McCluskey in 2011. He is a member of an advanced training group currently facilitated by Una McCluskey. He is Director of Clinical Practice on the DPsychSc clinical programme at University of Galway. His clinical work is informed by the EGCP model in relation to meeting patients 'as a person with chronic pain' and helping them to explore their dynamics of adult attachment. Previously, he was Director of Counselling of a service for adults who experienced abuse and then was Principal Clinical Psychologist working with people with chronic illness at the Mater Misericordiae Hospital, Dublin. He publishes in relation to professional caregivers' childhood trauma, their attachment and defence styles and how these affect their professional vitality and wellbeing. After training with Una, Jonathan also trained as a dynamic experiential therapist in Stockholm and is a practitioner member of the International Experiential Dynamic Therapy Association (IEDTA).

Colm McCarthy (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.

CONFERENCE STAFF CONT'D

Nicola Neath (Group Facilitator and Presenter) BA (Hons), Grad. Dip. in Counselling. MBACP accredited, Metanoia Certificate in Clinical Supervision, is Co-Chair of the Mental Health Subgroup for the national Council for Work and Health and Executive 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 published an account of the application and the model in the book titled '*To be Met as a Person at Work*'. In March 2022, she was also one of the Chairs at the national 'Health and Wellbeing at Work' conference held in Birmingham. She has a small private practice, which is mainly for supervision and collaborative training. She is passionate about bringing different Psychological perspectives into the workplace. She has been interested in Una's work since 2012. Nicola is a member of is a member of an advanced training group currently facilitated by Una McCluskey and continues to be inspired, delighted and curious to keep exploring; and says the learning never stops.

Michael O'Toole (Group Facilitator & Presenter) is a registered Counselling Psychologist with the Psychological Society of Ireland (PSI) and a registered Psychotherapist with the Irish Association of Counselling and Psychotherapy (IACP). He holds the European Certificate for Psychotherapy (ECP). He has co-authored with Dr Una McCluskey '*Transference and Countertransference from an Attachment Perspective: A guide for professional Caregivers*' (Routledge, 2020). He has published papers on clinical issues in Psychotherapy in the Attachment Journal, '*New Directions in Psychotherapy and Relational Psychoanalysis*'. His latest publication '*Finding a voice: Loss and Grief in an Irish Context*' can be found in 'Loss, Grief and Transformation: The Therapist's Personal Experience in Psychotherapy and Psychoanalysis' Ed by Shoshana Ringel, Routledge 2022. Michael lives and works in private practice in the west of Ireland. He has been involved in delivering Experiential Groups to students at the Bowlby Centre in London since 2016, based on the McCluskey model of Exploratory Goal-Corrected Psychotherapy (EGCP).



CONFERENCE STAFF CONT'D

Edite Saraiva (Presenter) has a Masters in Clinical Psychology, and is a Psychotherapist, Trainer and Consultant in personal development. Edite has been trained in the McCluskey Model since 2010. She has around 30 years of experience with professionals in many different sectors of health and education, industry, and services. Edite is a member of an advanced training group currently facilitated by Una McCluskey.

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 GP's. 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 is a member of an advanced training group currently facilitated by Una McCluskey. He finds that the theoretical model of TABELS has informed his own development and his work as a therapist.

Michelle Peoples (Group Facilitator) D. Clin. Psych. (University of Surrey) is a clinical psychologist working in adult mental health in a HSE funded organisation in South Dublin. She started attending Una's experiential group for caregivers in 2009, trained in EGCP in 2011 and has completed 4 Advanced Training Workshops with Una over the past 2 years. For the last 12 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 interested in capturing the effectiveness of the work for scientific dissemination.

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 (TABELS). 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.

CONFERENCE STAFF CONT'D

Jane Cato (Group Facilitator and Presenter) 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 30 years, with a career-long interest and commitment to palliative, end of life and bereavement care. Originally trained as a general nurse, Jane worked at London Lighthouse offering progressive holistic care to people with HIV & AIDS in the late 80's and 90's, when she went on to retrain as a psychotherapist. Jane has held positions within palliative care and the hospice movement and was most recently the Head of Counselling and Bereavement Services at Martlets Hospice in Brighton (2010 - 2022). She currently runs her own independent business providing psychotherapy, supervision, training and consultancy within the public, voluntary and private sectors. Over the last 10 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 also works at The Bowlby Centre where she delivers and facilitates Attachment Based Experiential Groups (EGCP) for trainee attachment psychotherapists throughout their training. Jane is a member of an advanced training group currently facilitated by Una McCluskey.

Joanna Stevens (Presenter) MA, PGDip Art Therapy, Dip HE Informal Education is an art and attachment psychotherapist, educator, and organisational consultant. Over the last decade she has trained in the McCluskey Model and Exploratory Goal Corrected Psychotherapy with a particular interest in making the theory and practice accessible within mental health settings and for professional caregivers. Joanna is a member of an advanced training group currently facilitated by Una McCluskey. Since 2004 she held senior NHS professional and clinical leadership roles; Trust wide lead for Arts Therapies (2004 - 2014), Trust wide Lead for Arts and Health (2014 - 2018) where she founded and led the arts and health programme 'Make Your Mark' and as the Clinical Lead for a specialist service for people with complex emotional and relational needs (2010 - 2022). She is a former visiting lecturer at the Tavistock and Portman NHS Foundation Trust, Brighton University and YMCA George Williams College. Between 2015 - 2020 she worked for the Bowlby Centre devising and delivering attachment-based experiential groups for psychotherapy trainees. She has extensive experience working with groups and individuals as a therapist, educator, supervisor, and mentor. Joanna has written on the role of art and art therapy in mental wellbeing and recovery and is currently developing a comic-based attachment project.

2023 4-DAY PROGRAMME

	Day 1 Wednesday 4 th October	Day 2 Thursday 5 th October	Day 3 Friday 6 th October	Day 4 Saturday 7 th October
9.00	Welcome & Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)	Lecture (Una McCluskey)
9.30-	Experiential Groups/Training Group CARESEEKING	Experiential Groups/Training Group CAREGIVING	Experiential Groups/Training Group INTEREST-SHARING/ SEXUALITY	Experiential Groups/Training Group EXTERNAL ENVIRONMENT
11.00-	BREAK	BREAK	BREAK	BREAK
11.30	Experiential Groups/Training Group CARESEEKING	Experiential Groups/Training Group CAREGIVING	Experiential Groups/Training Group INTEREST SHARING/SEXUALITY	Experiential Groups/Training Group EXTERNAL ENVIRONMENT
13.00	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK
14.30-	Presentation Una McCluskey <i>The integrated nature of the systems</i> Joanna Stevens <i>Forming the Association for Exploring the Dynamics of Adult Attachment (AEDAA).</i> <i>Our work so far</i>	Presentation Mark Linington <i>Using the McCluskey Model for working with people with Dissociative Identity Disorder</i>	Presentation Simon Wale & Nicola Neath <i>The Impact of COVID on Organisations</i>	Presentation Jane Cato <i>To be Met as a Person in Death and Grief</i>
15.10-	<i>Transition</i>	<i>Transition</i>	<i>Transition</i>	<i>Transition</i>
15.20-	Presentation Michael O'Toole & Jonathan Egan <i>Working with the Body: Extracts from a supervision session</i>	Presentation Paul Arnesen <i>The Unknown, unseen, unfelt</i>	Workshop Edite Saraiva <i>Exploring affectionate sexuality</i>	Presentation Una McCluskey <i>An Attachment Perspective on Organisational Functioning</i>
16.00	BREAK	BREAK	BREAK	BREAK
16.20	Large Group: Reflections on the day facilitated by Una McCluskey	Large Group: Reflections on the day facilitated by Una McCluskey	Large Group: Reflections on the day facilitated by Una McCluskey	Large Group: Looking to the future facilitated by Una McCluskey
17.00	Conference day ends for main delegation	Conference day ends for main delegation	Conference day ends for main delegation	Conference day ends for full delegation
17.30-18.30	Supervision for those who have facilitated groups facilitator <i>Una McCluskey</i>	Supervision for those who have facilitated groups, facilitator <i>Una McCluskey</i>	Supervision for those who have facilitated groups, facilitator <i>Una McCluskey</i>	Supervision for those who have facilitated groups (will be held on Zoom post Conference)