

# PUBLICATIONS & PRESENTATIONS

## A selective overview of key contributions

### Books

**McCluskey, U. & O'Toole, M.** *Transference and Countertransference from an Attachment Perspective: A Guide for Professional Caregivers*. Taylor & Frances Limited, 2020.

**Neath, N. & McCluskey, U.** *To be Met as a Person at Work*, 2019.

**Heard, D., Lake, B., McCluskey, U.** *Attachment Therapy with Adolescents and Adults: Theory and Practice post Bowlby*. Karnac: London, 2009 (Revised, 2012).

**McCluskey, U.** *To Be Met as a Person: the dynamics of attachment in professional encounters*. London and New York: Karnac, 2005.

**McCluskey, U.** *A theory of interaction for caregiving in adult life: developing and measuring the concept of goal-corrected empathic attunement*. Unpublished DPhil Thesis. University of York Library, 2001.

**McCluskey, U. & Bingley Miller, L.** *The contribution of the Scottish Institute of Human Relations to Social Work Education and Continuing Professional Development: A Feasibility Study Commissioned by the Scottish Executive*. 2001.

**McCluskey, U. & Hooper, CA. (eds.)** *Psychodynamic Perspectives on Abuse: The Cost of Fear*. London and Philadelphia: Jessica Kingsley, 2000.

### Chapters in Books

**McCluskey, U.** *Attachment Therapy with Couples: Affect regulation and dysregulation in couple relationships: effective and ineffective responses to painful states by therapists and partners*, in M. Ludlam and V. Nyberg, (eds.) *Couple Attachments: Theoretical and Clinical Studies*. Karnac Books, London, 2007.

**McCluskey, U.** *Object Relations and Attachment Dynamics in Group Psychotherapy: the communication, regulation and exploration of affective states*, in Jill Savage Scharff and David E Scharff (eds.) *The Legacy of Fairbairn and Sutherland*. Brunner-Routledge, London, 2005.

**McCluskey, U.** *Theme Focused Family Therapy: working with the dynamics of emotional abuse and neglect within an attachment and systems perspective*, in M. Bell and K. Wilson, (eds.) *The Practitioners Guide to Working with Families*. London: Macmillan, 2003. pp. 103-126.

**McCluskey, U.** "Abuse in religious institutions: an exploration of the psychosocial dynamics in the Irish context", in U. McCluskey and CA Hooper, (eds.) *Psychodynamic Perspectives on Abuse: The Cost of Fear*. London: Jessica Kingsley, 2000. pp. 99-116.

**McCluskey, U & Hooper, CA.** "Abuse, the individual and the social", in U. McCluskey and CA Hooper, (eds.) *Psychodynamic Perspectives on Abuse: The Cost of Fear*. London: Jessica Kingsley, 2000. pp. 7-23.

**Haldane, J. D., McCluskey, U.** “Therapy with Couples and Families”, in R.E. Kendell, and A.K. Zealley (eds.) *Companion to Psychiatric Studies*, 5th edition. London: Churchill Livingstone, 1993. pp. 891-913.

**Haldane, J. D., McCluskey, U.** “Therapy with Couples and Families”, in R.E. Kendell, and A.K. Zealley (eds.) *Companion to Psychiatric Studies*, 4th edition. London: Churchill Livingstone, 1988. pp. 755-767.

**McCluskey, U.** “In Praise of Feeling, the Ethics of Intervention”, in S. Walrond-Skinner, and D. Watson (eds.) *The Ethics of Family Therapy*. London and New York: Routledge and Kegan Paul, 1987. pp. 56-71.

**Haldane, J. D., McCluskey, U.** “Therapy with Couples and Families”, in R.E. Kendell, and A.K. Zealley (eds.) *Companion to Psychiatric Studies*, 3rd edition. London: Churchill Livingstone, 1983. pp. 664-675.

**McCluskey, U.** “Social Work in Child and Family Psychiatry in Scotland”. BASW publication (Occasional Paper). 1975.

## Articles

**McCluskey, U.** What do we know about the dynamics of caregiving? Why are caregivers vulnerable to anxiety and burnout, and how do we support their well-being? *Foster: Developments in foster care practice, policy and research*, Issue 1 2016. pp. 6-13.

**Catarina Brandão, José Miguez, & Una McCluskey.** The Dynamics of Fear in the Workplace: The contribution of attachment theory to leadership training and behaviour. *Revista E-Psi*, 2016. 6(2), pp. 4-25.

**McCluskey, U., Gunn, J.** The Dynamics of Caregiving: Why are Professional Caregivers Vulnerable to Anxiety and Burnout, and How do we Support Their Well-Being. *ATTACHMENT: New Paradigm in Psychotherapy and Relational Psychoanalysis*, Vol. 9, July 2015. pp. 188-200.

**McCluskey, U.** Fear-Free Exploratory Caregiving: A challenge for Therapists in the present Social, Political and Cultural Environment. *ATTACHMENT: New Direction in Psychotherapy and Relational Psychoanalysis*, Vol 7, July 2013. pp. 148-167.

**McCluskey, U.** The Therapist as a fear free caregiver supporting change in the dynamic organisation of the self. *2011 AUCC Journal*.

**McCluskey, U.** Reflections on my journey as a family therapist in Scotland and North Yorkshire in the 1970s and the 1980s. *Context Magazine*, May 2011.

**McCluskey, U.** Understanding the self and understanding therapy: an attachment perspective. *Context Magazine*, February 2010.

**McCluskey, U.** Attachment-based Therapy in Groups: Exploring a New Theoretical Paradigm with Professional Care-givers. *Attachment: New Directions in Psychotherapy and Relational Psychoanalysis*, July 2008.

**McCluskey, U.** A model of group psychotherapy based on extended attachment theory: a preliminary report. *Inside Out: The Journal of the Irish Association of Humanistic and Integrative Psychotherapy*, 2007. pp. 71-81.

- McCluskey, U.** The Dynamics of Attachment and Systems-Centred Group Psychotherapy. *Group Dynamics: Theory, Research, and Practice*, APA 2002. 6, pp. 131-142.
- McCluskey, U., Hooper, CA. & Bingley Miller, L.** Goal-Corrected Empathic Attunement: Developing and Rating the Concept within an Attachment Perspective. *Psychotherapy: Theory, Research, Practice and Training*, APA 1999. 36, pp. 80-90.
- McCluskey, U., Roger, D., Nash, P.** A preliminary study of the role of affect attunement in adult psychotherapy. *Journal of Human Relations*, 1997. 50, pp. 1261-1275.
- Hooper, C.A., Koprowska, J., & McCluskey, U.** Groups for women survivors of childhood sexual abuse: the implications of attachment theory. *Journal of Social Work Practice*, 1997. 11, pp. 27-40.
- Sinclair, I. & McCluskey, U.** Invasive partners: an exploration of attachment, communication and family patterns. *Journal of Family Therapy*, 1996. 18, pp. 61-79.
- McCluskey, U. & Bingley Miller, L.** Theme-Focused Family Therapy: the inner emotional world of the family. *Journal of Family Therapy*, 1995. 17, pp. 411-434.
- McCluskey, U. & Duerden, S.** Pre-verbal communication: the role of play in establishing rhythms of communication between self and other. *Journal of Social Work Practice*, 1993. 7, pp. 17-29.
- McCluskey, U.** Money in Marriage. *Journal of Social Work Practice*, 1990. 4, pp. 16-30.
- McCluskey, U. (Guest Editor)** *Journal of Social Work Practice, Special Issue. Feminism: Explorations of Theory and Practice*, 1990. 4, pp. 1-137.
- Haldane, J. D., McCluskey, U., & Clarke, D.** Does Marriage Matter? A perspective and model for action. *Journal of Social Work Practice*, 1986. 2, pp. 31-45.
- Downes, C. & McCluskey, U.** Sharing expertise and responsibility for learning on a postgraduate qualifying course in social work. *Journal of Social Work Practice*, 1985. 2, pp. 24-40.
- McCluskey, U.** Teddy Bears: Reply to Stephen Collins and Michael Mercer. *Journal of Social Work Practice*, 1984. 1, pp. 73-78.
- McCluskey, U.** Keele Conference Opening remarks: The Experience of Loss and Change. *Journal of Social Work Practice*, 1984. 1, pp. 3-9.
- McCluskey, U.** Teddy Bears: facilitators of therapy. *Journal of Social Work Practice*, 1983. 1, pp. 14-35.
- Haldane, J. D., McCluskey, U.** Existentialism and Family Therapy: A Neglected Perspective. *Journal of Family Therapy*, 1982. 4, pp. 117-132.
- Haldane, J. D., McCluskey, U.** Working with Couples: Psychiatrists, Clinical Psychologists and Social Workers Compared. *Journal of Family Therapy*, 1981. 3, pp. 253-278.
- Haldane, J. D., McCluskey, U.** Working with Couples and Families: Experience of training, consultation and supervision. *Journal of Family Therapy*, 1980. 2, pp. 163-179.

**Haldane, J. D., McCluskey, U.** Working with Couples and Families: a note on some issues for research. *Association of Family Therapy Newsletter*, 1980.

**Haldane, J. D., McCluskey, U. & Peacey, M.** A Residential facility for families in Scotland: developments in prospect and retrospect. *International Journal of Family Psychiatry*, 1980. 1, pp. 357-372.

**Haldane, J. D., McCluskey, U.** Parents and Teenagers: Development in War and Peace. *Irish Journal of Sociology*, 1977. 5, 3/4.

**Haldane, J. D., McCluskey, U.** Child and Family Psychiatry and Social Work. *Social Work Today*, 1974. 5, pp. 753-755.

**McCluskey, U., Hutchison, A.** Group Work with Relatives of Inpatients. *Social Work Today*, 1973. 1, pp. 2-6.

## Training Video Material

**Koprowska, J., Hicks, L., McCluskey, U., Fisher, T. and Wishart, J.** Facts, Feelings and Feedback: A Collaborative Model for Direct Observation. 1999. Video and booklet.

**Koprowska, J., Hicks, L., McCluskey, U., Fisher, T. And Wishart, J.** 'Moving Images: Teaching Interviewing Skills in a University Social Work Department'. Video and Booklet. 1999.

**McCluskey, U. and Duerden, S.** Systems-Centred Group Psychotherapy. Dept of Social Policy, University of York. 1993.

## Papers in Conference Proceedings (2002-2010, to be updated)

**Keynote Paper (opening plenary) for the John Bowlby Conference, London, UK 2010 -** Fear Free Exploratory Caregiving: A challenge for therapists in the present social, political and cultural environment.

**To be Met as a Person: The Dynamics of Attachment in Professional Encounters**, VIG International Conference, Dundee. September 2009.

**Holding it all together: fostering supportive companionable relationships in a competitive climate**, IAUCC Annual Conference, Limerick 4th and 5th June 2009.

**The Exploration of the Dynamics of Attachment in Adult Life**, American Group Psychotherapy Association Conference in Washington – February 2008.

**Children at Risk, Ireland (Dublin)** – 4th October 2007.

**University College, Dublin** – 2nd October 2007.

**To be Met as a Person: The Dynamics of Attachment and Professional Encounters**, The Centre for Attachment Based Psychoanalytic Psychotherapy, (London) – October 2007.

**Effective and Ineffective therapeutic Engagement**, Humanist and Integrative Psychotherapy (Dublin) – 1st October 2007.

**To be Met as a Person: The Dynamics of Attachment and Professional Encounters**, National Social Work Lecture, organised by the Tavistock Clinic, Nottingham University (Nottingham) – 20th September 2007.

**British Adoption & Fostering (London)** – 13th September 2007.

**To be Met as a Person: The Challenge for Therapists of Insecure Careseekers**, AISEIRI (Organisation working with addictions (Cahir, Ireland) – 19th June 2007.

**School of Maladjusted Children (Leicester)** – 23rd April 2007.

**Bridge Pastoral Foundation (St Andrews)**, 9th April – 12th April 2007.

**Identifying the Instinctive Behavioural Attachment Systems**, American Group Psychotherapy Association Conference in Austin, Texas – March 2007.

**Effective and Ineffective Therapeutic Engagement: An Evidence Base**, Adult Psychotherapists (Galway) – 24th February 2007.

**‘Take that face off you’ – working with the impact of abuse and neglect within a Religious institutional context**, Dublin July 14th 2006.

**Effective and Ineffective Therapeutic Engagement**, Dublin July 11th 2006.

**‘Take that face off you’ – working with the impact of abuse and neglect within Religious institutional context**, Limerick, July 10th 2006.

**The Dynamics of Attachment in Therapeutic Encounters: Affect Regulation and Dysregulation**, The Society for Psychotherapy Research, An international multi-disciplinary scientific organisation. Edinburgh University, June 21-24, 2006.

**‘The Dynamics of Attachment in Psychotherapy’**, June 8th, 2006, Edinburgh. British Psychological Society.

**To be Met as a Person – The Dynamics of Attachment in Therapeutic Encounters**, Cork, May 26th 2006.

**Systems Centred Training Conference**, Boston, March 2006.

**British Psychological Society, Division of Clinical Psychology**, Edinburgh, June 8th 2006.

**Society for Psychotherapy Research, International Conference**, Edinburgh, June 21-24th, 2006.

**Power and Attachment: exploring psychoanalytic understanding of power and attachment in therapy with couples**, Edinburgh August 2005.

**Affect regulation and dysregulation in couple relationships: effective and ineffective responses to painful states by therapists and partners.**

**The Retreat Mental Health Hospital York**, May 2005. Goal-Corrected Empathic Attunement: the arousal, identification and regulation of affect in therapeutic encounters.

**Systems Centered Training Conference**, Atlanta, April 2005. Affect regulation and dysregulation at the core of the developing self.

**American Group Psychotherapy Association**, New York, March 2005. Identifying the instinctive behavioural attachment systems; implications for group psychotherapy.

**Group Psychotherapy Association of Southern California**, November 2004. The 51st annual conference of GPASC: 'Attachment, affect attunement and successful interventions in individual and group psychotherapy'. Presented with the VIDA award (Vision, Innovation, Dedication and Achievement).

**Berkeley University, Department of Clinical Psychology**, November 2004. Goal-Corrected Empathic Attunement: the arousal, identification and regulation of affect in therapeutic encounters.

**Fort Mason Centre, San Francisco. SCT West Coast Training Group**, November 2004.

**The dynamics of attachment in individual and group psychotherapy**, Scottish Institute of Human Relations.

**Murray Royal Hospital, Perth**, November 2004. Goal-Corrected Empathic Attunement: the arousal, identification and regulation of affect in therapeutic encounters.

**European Sexology Conference**, Brighton, May 2004.

**Goal-Corrected Empathic Attunement: Micro process research: an approach to investigating key moment in therapy sessions**, American Group Psychotherapy Association, New York, February 2004.

**The instinctive attachment system and group interaction: affect attunement, identification, arousal and regulation**, Jewish Welfare Board, New York March 2004.

**A Theory of Interaction for Adult Psychotherapy: The process of affect identification, arousal and regulation within the instinctive systems of care-seeking and care-giving**, Tavistock Marital Studies Institute, London, February, 2004.

**Research Presentation; Assessing and measuring goal-corrected empathic attunement in couple psychotherapy**, The Legacy of Fairbairn and Sutherland.

**International Conference on Object Relations**, Edinburgh, August 2003: Object relations and systems thinking in group psychotherapy.

(Title of presentation to be confirmed) **The First International Congress on Child Migration in New Orleans, 2002.**

## Prizes and Awards

- **The 2004 Group Psychotherapy Association of Southern California** - VIDA Award (Vision, Innovation, Dedication, Achievement) in Appreciation and recognition of her contribution to the field of Psychotherapy.