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ATTACHMENT FOR 21ST CENTURY THERAPISTS

How biobehavioural synchrony, embodied mentalising, and predictive coding help us understand what therapists do (and don't do).

JEREMY HOLMES

Tuesday 13 February 2018: 6-8pm

The integrative framework of contemporary attachment theory provides a meta-perspective that transcends therapists' model-allegiance. In this talk I outline aspects of affective neuroscience with its evidence-based underpinning. Within the rubric of therapeutic relationship, explanatory language, and change promotion I'll try to show how biobehavioural synchrony, embodied mentalising and Friston's free energy/surprise model can illuminate the everyday work of psychotherapists, and even improve outcomes!

Professor Jeremy Holmes MD was for 35 years Consultant Psychiatrist/Medical Psychotherapist at University College London (UCL) and then in North Devon, UK, and Chair of the Psychotherapy Faculty of the Royal College of Psychiatrists 1998-2002. He is visiting Professor at the University of Exeter, and lectures nationally and internationally. In addition to 200+ peer-reviewed papers and chapters in the field of psychoanalysis and attachment theory, his books include *John Bowlby and Attachment Theory*, (2nd edition 2013) *The Oxford Textbook of Psychotherapy* (2005 co-editors Glen Gabbard and Judy Beck), *Exploring In Security: Towards an Attachment-informed Psychoanalytic Psychotherapy* (2010, winner of Canadian Goethe Prize), and *The Therapeutic Imagination: Using Literature to Deepen Psychodynamic Understanding and Enhance Empathy* (2014) and *Attachment in Therapeutic Practice* (2017, with A Slade). He was recipient of the Bowlby-Ainsworth Founders Award 2009. Music-making, gardening, Green politics and grand-parenting are gradually eclipsing his lifetime devotion to psychoanalytic psychotherapy and attachment.

Cost: £20 (non-members) £16 (members)

To book a place please contact: reception@minstercentre.org.uk.

Venue: The Minster Centre, 20 Lonsdale Road, Queens Park, NW6 6RD.

CPD CERTIFICATES WILL BE PROVIDED

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