

ATTACHMENT THEORY IN PRACTICE

Niki Reeves

UKCP (CPJA) MBACP Accred BA(Hons)

Attachment Based Psychoanalytic Psychotherapist



Three Workshops that can be experienced individually or can be attended as a connected CPD package for a more complete understanding of Attachment Theory and its effects on our practice.

“Understanding Attachment Theory”

A workshop that explores John Bowlby's theory, with exploration of the 'Strange Situation Test', and how the theory has developed to include 'Internal Working Models' to form a solid grounding of the theory. The workshop incorporates experiential aspects that enable a good understanding of the theory and how it affects the clients that we see in our work.

“The Effects of Attachment Style on the Teenage Years”

A recap on the theory and further work with children and teenagers that incorporates current advances in neuroscience to give a better understanding of how Attachment Style effects young people. This workshop will enable a fuller understanding of working with young people in the counselling room.

“The Interaction of Attachment Style on Client and Therapist”

A workshop that looks at the 'Adult Attachment Interview', and incorporates small group experiential work to explore the Attachment Style of the client, and the practitioner to understand how the interaction of styles can result in work with some clients being experienced as positive, and others as more problematic.

Participants will gain the most benefit if they are in clinical practice, and prepared to consider their work.

Some Comments from Participants:

“I found the information easy to take in, as the presentation was from the basics upwards. The exercises helped cement the theory and I found them interesting.”

“Niki's knowledge and enthusiasm was really enjoyable, the participative nature of the day was very helpful. I am taking away some very useful/useable information.”

“This opened up a new dimension to what is happening between me and my client.”

“A good balance of theory and experience, useful focus and theme that will help my client work.”

“What was useful was how it started from basics and built up to the more complex, not assuming I already knew my own attachment style - which I wasn't sure about before attending. Loved it!”

“I thoroughly enjoyed the day and leave feeling challenged to do this exercise with each of my clients. It has deepened my awareness and understanding of my own and my clients”

Niki Reeves

Working in clinical practice for almost 20 years Niki trained as a Psychodynamic Counsellor in the early 90's and then as an Attachment Based Psychoanalytic Psychotherapist at The Bowlby Centre in London. A qualified Supervisor, a tutor at BCoT, Niki trains counsellors to diploma level. Niki has been 'Head of Counselling' at Southampton Counselling, and is on the Ethics Committee of the UKCP, in addition Niki writes and runs her private practice in Southampton where she works with individuals, couples and families.

Further Information:

The workshop will include handouts, worksheets, reading lists and feedback forms.

For further information about how you can host these workshops at your service contact me on:

e-mail: enquiries@attachmenttherapy.co.uk

mob: 07941 705555