

Attachment and Relational Neuroscience informed Therapeutic Conversations: Video Course

Professor Jeremy Holmes

Video Course
CPD/CE credits: 3

Price: £65



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Recent developments in attachment theory and relational neuroscience suggest a move from fixed intrapsychic *representations* to **dynamic interactional models that acknowledge the social aspect of our brains**. At this practical and intellectually stimulating seminar, Professor Jeremy Holmes starts with the premise that the essence of therapy is dialogue – evaluating how such attachment-informed, relational models can influence the effectiveness of our therapeutic conversations.

Professor Jeremy Holmes first looks at the science, and then the art, of therapeutic conversation. Explaining the concept of **care-giver-infant protoconversations**, he specifically considers:

- Attachment and the Relational Brain – what we know from research on client-therapist interactions
- **Affect regulation, sensitivity and mentalising and their respective roles** in psychotherapeutic practice
- Using attachment ideas to foster resilience and tailor interventions to the degree of client disturbance
- The emergence of complex and nuanced narratives over the course of therapy
- **Attachment as hidden regulator and Attachment across the life cycle: mature dependency**
- Defensive exclusion and avoidance of negative affect in insecure attachment
- **Neuroplasticity and its relevance to therapy** – how therapy may precipitate change

Throughout the seminar, Professor Holmes uses case examples (including those brought in by delegates), illustrating the practical implications of these theoretical discussions.

About the speaker

Professor Jeremy Holmes MD FRCPsych BPC is a psychiatrist and psychoanalytic psychotherapist. For 35 years he worked as Consultant Psychiatrist and Psychotherapist in the NHS, focussing especially on people with Borderline Personality Disorder. He was Chair of the Psychotherapy Faculty of the Royal College of Psychiatrists 1998-2002. Now partially retired, he teaches on the Masters and Doctoral psychoanalytic psychotherapy



training and research programme at Exeter University, where he is visiting Professor; and lectures nationally and internationally. He has written more than 200 peer-reviewed papers and chapters in the field of Attachment and Psychoanalytic psychotherapy. His many books, translated into 7 languages, include *The Oxford Textbook of Psychotherapy* (co-editors Glen Gabbard and Judy Beck, 2005), *Storr's The Art of Psychotherapy* (Taylor & Francis 2012; 'highly commended', bma medical books of the year) and *Exploring in Security: Towards an Attachment-informed Psychoanalytic Psychotherapy* (Routledge 2010; winner Canadian Psychological Association Goethe Award). A 6-volume compendium of the most important papers in Attachment (*Benchmarks in Psychology: Attachment Theory*, SAGE), co-edited with Arietta Slade, and the second edition of his classic *John Bowlby and Attachment Theory* (Routledge). His most recent publications include *The Therapeutic Imagination: Using Literature to Deepen Psychodynamic Understanding and Enhance Empathy*, and *Attachments: Psychiatry, Psychotherapy, Psychoanalysis* (both Routledge). He was recipient of the 2009 New York Attachment Consortium Bowlby-Ainsworth Founders Award.

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