

**We know long-term soulmates have to be made, rather than
found – but how do we do it?**

Annie Power

7 October 2023 - 10:30 till 13:00

online via Zoom

Annie will address this question by drawing on the stories of the eighteen couples she interviewed for her book. From a sample which includes those who met through random romance, arranged marriage or online dating, she will share how these contented long-term couples built their attachment bond. What did these diverse couples, from different communities, gay and straight have in common?

The talk will use attachment theory to understand how these pairs regulated each other more than they reacted and how they learnt to spot their own triggers rather than point the finger at their partner.

About the Speaker

Anne Power has qualifications from The Bowlby Centre, Westminster Pastoral Foundation, Tavistock Relationships and Relate. Her clinical work has been in voluntary settings, in the NHS and in private practice in London where she now works online with couples. She has taught on a number of therapy trainings in London. *Contented Couples: Magic, logic or luck?* was published in 2022 and reflects on interviews with eighteen long-term couples.

Anne's first book, *Forced Endings in Psychotherapy*, investigated the process of closing a practice for retirement or other reasons. Her published papers explore attachment meaning in the consulting room and in the supervision relationship.

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Non-FiP Members £55 Early Bird Booking £40 (booked before 15/09/2023)

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