

## **When you are given very little to go on**

**Sarah Jack**

**15th March 2025 – 10:30 to 13:00**

**Online via Zoom**

Sarah will be presenting a transcript of a client with an avoidant attachment which will capture moment by moment the struggles in working with the avoidantly attached. There will be a commentary on her countertransference, her thoughts and how she has worked with her client to enable the audience to see how sessions might evolve with clients who can often feel terribly shut down and be unable to give the therapist much to go on. She will explore typical countertransferential feelings experienced by therapists, common questions asked and what will be useful to keep in mind.

### **About the Speaker**

Sarah Jack has been working with individuals in private practice as a UKCP accredited Attachment-based Psychoanalytic Psychotherapist for 33 years, has a Certificate in Psychosexual Therapy Level 5 with COSRT and a diploma in Gestalt Psychotherapy. She also works as a supervisor, training therapist, teaches 4th year students and registered therapists their Clinical Seminars at The Bowlby Centre in London. She also works as a professional artist, providing artwork to galleries and the Affordable Art Fairs

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**Non-FIP Members £35 Early Bird Booking £30 (booked before 6 February 2025)**

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