



Containment: The Art of Re-gifting

Tori Settle

This seminar aims to revisit Bion's thoughts on containment from an attachment-based perspective and to explore how our care-giving patterns impact on our therapeutic interventions. The therapist is both a container for their client's repressed material and a professional care-giver, and the seminar will explore the relationship between these two vital roles.

About the speaker

Tori Settle is an attachment-based psychoanalyst and supervisor and is currently the Chair of Education for The Bowlby Centre. She has been working in private practice for 25 years and is currently a training supervisor and a training therapist for The Bowlby Centre and other organisations.

7th February 2026

10.30 – 13.00

Online via Zoom

FIP Members – Free

Non-FiP Members: £35/Early Bird Booking £30
(booked before 24th January 2026)