

Attachment-Informed Therapy and Intergenerational Narrative

Linda Cundy

8th June 2024 – 10:30 to 13:00

Online via Zoom

This talk will briefly outline a model of therapy informed by Attachment Theory and research, a useful tool for supervision and self-supervision plus assessment, reviewing therapeutic work, and gauging clients' readiness to end.

We will then look more closely at one component of this approach, the creation of an Intergenerational Narrative. We are all familiar with the impact of Intergenerational Trauma, but even when family history has not been directly affected by traumatic events there is great value in developing a more nuanced understanding of the relational environment we are born and raised in. The rationale for this approach and clinical examples will be presented, and attendees encouraged to reflect on their personal experiences as well as client material.

About the Speaker

Linda Cundy is an Attachment-based Psychoanalytic Psychotherapist, supervisor and independent trainer. She is also an author, having curated, contributed to and edited four books to date (with three more in the pipeline!). She is Attachment Consultant to the Bowlby Centre.

FiP Members - Free (booking through administrator@fip.org.uk)

Non-FiP Members £55 Early Bird Booking £40 (booked before 8th May 2024)

[Events - Linda Cundy - Forum for Independent Psychotherapists \(fip.org.uk\)](https://fip.org.uk/events/linda-cundy)