



The Association for Psychotherapy in East London

21st Anniversary Public Lecture

Towards a Secure Theoretical and Evidential Base for Psychoanalytic Psychotherapy

Speaker: Jeremy Holmes will review the current evidence for the strengths and weaknesses of the effectiveness of psychodynamic therapy (PDT) in treating a range of psychiatric disorders, including Depression and Personality Disorders. Illustrating his talk with clinical examples, and emphasizing the concept of 'mentalisation' (the capacity to 'see oneself from the outside and others from the inside') he draws on contemporary research in developmental psychopathology to show how attachment theory helps inform how PDT works.

JEREMY HOLMES FRC Psych BPC, retired Consultant Psychiatrist is visiting Professor at the University of Exeter where he co-runs a qualifying course in psychoanalytic psychotherapy, and has a small part-time private practice. He has published widely in psychoanalytic psychotherapy and attachment theory. *Exploring in Security: Towards an Attachment-informed Psychoanalytic Psychotherapy* (Routledge) is due at the end of 2009.

DATE: Saturday October 17th 2009 11.00am – 1.00pm
Refreshments & bookstall from 10.30am

VENUE:

University of East London, Duncan House, High Street, Stratford, London E15 2JB

TICKETS: Admission by ticket: £20 in advance. £25 on the door. (Profits to the APEL Charitable Trust) available from: Celia Harding, 36 Richmond Road, Leytonstone, London E11 4BU (Cheques made payable to A.P.E.L.)

