ATTACHMENT & THE ARTS CONFERENCE

THE RELATIONAL HUMAN BODY

Date:
Saturday 14th November 2020 - 10.00am to 16.30pm

Venue:
Mary Ward House Conference Centre
5-7 Tavistock Place, London, WC1H 9SN for in-person attendance
or Zoom for online participation

This conference is now planned as an ‘in-person’ event with safe social distancing and as an online event on the day. We will look at ways to ensure online delegates can participate actively on the day with access to platforms that support audience online interaction. We hope this will also help accessibility within the UK and internationally. In the event of a lockdown, the conference will be run as an online event. A film of the conference will also be accessible afterwards*.

The BAAT series of ‘Attachment and the Arts’ conferences aims to explore art therapy through the lens of attachment theory and related research. Being close to others and having trusting relationships is at the heart of being human. The breaking of these affectional bonds can have cruel and catastrophic effects on any of us. Attachment theories highlight that epistemic trust plays a key role in many of the experiences currently diagnosed as mental illness and so can offer a guide for treatment. The Attachment and the Arts conferences will be of value to anyone wishing to strengthen the effectiveness of art therapy through such research.

The 10th ‘Attachment and the Arts’ conference will introduce a focus on research developments in understanding the ‘bio’ element in the psycho-bio-social approach to Attachment Theories. We are extremely grateful that following the sad death of Dr Rodney Adeniyi-Jones, our keynote speaker will be Dr Frank Röhricht on Creativity and embodiment in experiential and relational body-psychotherapy.

Frank Röhricht will talk about his own journey – clinically, academically and artistically (poetry) whilst integrating diverse roots into his own practice. The paper will introduce theories as drivers for integrative body-oriented psychological therapies, present a corresponding phenomenological model of functional psychopathology and discuss examples of disorder specific clinical practice (Bodily Distress Disorder, Schizophrenia, Chronic Depression) in the context of findings from corresponding research.

*A fee will also be charged for accessing the conference film as BAAT relies on proceedings from this event to continue to provide its services to members.
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PROGRAMME

9.00:  REGISTRATION

10.00:  WELCOME - Dr Val Huet & Dr Neil Springham

10.05:  Professor Frank Röhrich - Creativity and embodiment in experiential and relational body-psychotherapy

11.30:  COFFEE BREAK

12.00:  Megan Tjasink & Dr Giampaolo Martinelli - The he(art) of medicine - Using art and art therapy to foster compassion and relationship in a highly pressured medical setting

12.50:  A celebration of Dr Rodney Adeniyi-Jones's life

13.05:  LUNCH

13.50:  Gary Nash, Vanessa Jones & Lydia Boon - The ecology of attachment: Awakening and embodying our sense of self and belonging within Nature

14.40:  Mary Rose Brady - Heads, shoulders, knees and toes... and eyes and ears and mouth and nose - Joining the sensory, motor, proprioceptive and vestibular dots - a new child development model of art therapy with autism

15.20:  COFFEE BREAK

15.40:  Vicky Armstrong - Maximising positive attachment behaviours through dyadic art therapy with parents and infants

16.20:  Plenary

16.30:  CLOSE
PRESENTATION DETAILS

**Keynote:** Professor Frank Röhricht - Creativity and embodiment in experiential and relational body-psychotherapy. Following the “decade of the brain” and a predominant paradigm of cognitive therapies, the last 10 years witnessed a radical shift of the theoretical underpinning and corresponding clinical practice in psychological therapies towards a notion of the “embodied and extended mind”. This was in part a result of emerging findings from affective neuroscience, emphasising the importance of feeling states and the closely intertwined nature of e-motions and movement behaviour. Other significant impulses that contributed to a paradigm shift include the revision of the ‘bio-psycho-social’ model from a perspective of embodied cognition (psychology) and enactivism (philosophy), both emphasising the relational nature of experience. Here arts therapies bring different levels of physicality, but also scope for imagination and representation of embodied and extended mind.

Body psychotherapy (also referred to with an overarching umbrella term of “Body Oriented Psychological Therapy” /BOPT to include Dance Movement Psychotherapy and Psychomotoricity) developed accordingly from a predominantly psychoanalytically informed (neo-Reichian) approach into a modern, relational and experiential set of psychotherapeutic interventions. Within NHS settings in the UK and particularly for the treatment of severe mental illness, BOPT and creative arts therapies share some common intervention strategies.

**Megan Tjasink & Dr Giampaolo Martinelli** - The he(art) of medicine: Using art and art therapy to foster compassion and relationship in a highly pressured medical setting. Physical and psychological difficulties can be complex and interlinked when ill health is critical or progressive. Seriously ill patients (and the medics caring for them) are often faced with multiple problems that cannot be solved and this can cause suffering for all involved. Within this context, the arts and arts therapies can play a significant role in helping to alleviate suffering by facilitating compassionate and the relational. Dr Giampaolo Martinelli, a Cardiothoracic and Intensive Treatment Unit Consultant Anaesthetist, will present innovative arts practice through his work inspired by the relational heartbeats of patients and staff in the operating theatre. Megan Tjasink will introduce a compassion-focused art therapy approach used at Barts hospital to work both with seriously ill patients and highly pressured, emotionally exhausted medical staff.

**Gary Nash, Vanessa Jones & Lydia Boon** - The ecology of attachment: Awakening and embodying our sense of self and belonging within Nature. There is growing evidence around the many benefits being outdoors in nature can have on our physical, emotional and psychological wellbeing. Gary Nash, Vanessa Jones and Lydia Boon will make
this joint presentation focusing upon the ‘ecology of attachment’ with examples from their therapy work both indoors and outside using natural materials. Gary, Vanessa and Lydia are registered art therapists who have been co-facilitating environmental arts therapy groups in different settings for many years. Lydia will explore themes of attachment, physiology and the effects of Nature-deficit-disorder upon child development, play and the natural world. Vanessa will explore issues of elderhood, transition, loss and transformation focusing on the centrality of landscape, our relationship with place and the natural world within her work with individuals and groups. Together they will map the theoretical terrain of ecotherapy, environmental arts therapy and nature-based therapies as field of practice before drawing together themes within their own lived and professional experience which highlight the opportunity and challenges of working with nature and direct embodied experience. Gary will compile a series of digital images which can be shown as a sequence during the break – the focus will be on the environmental arts therapy exhibition planned from October 2020.

Mary Rose Brady - Heads, shoulders, knees and toes... and eyes and ears and mouth and nose - Joining the sensory, motor, proprioceptive and vestibular dots - a new child development model of art therapy with autism. The significant year-on-year global increase of autism diagnoses presents a particular challenge for a Health Care system already under considerable stress. NICE guidelines recommend maximum waiting times of 13 weeks for clients with suspected autism, however waiting lists in the UK are generally around 5 times this length, preventing best practice from being implemented. Early intervention for children with autism or global delay provides a unique golden opportunity to change developmental pathways and mitigate some of the more disabling symptoms that can accompany these conditions. A specific, exaggerated and intensive style of communication is required in engaging and supporting a child whose preferred object is not the human face - the “go-to encyclopaedia” of a neurotypical child for establishing epistemic trust and understanding emotions through the dance of ostensive communication. For children with autism and developmental delay social communication signals are weaker and less frequent and this presents a significant unintended consequence that parents and other significant adults will in turn interact less with their children. As a corollary a unique and dynamic child development informed model of Art therapy is required to establish a therapeutic relationship that address global developmental delay. Through identifying the minute developmental steps that are essential for the formation of relationships, language, thinking, self-regulation and learning. Art Therapy is uniquely placed to impact on the developmental trajectory of young children through simultaneously engaging the entire child development circuit. This model of art therapy is designed to engage left and right hemispheres of the brain in order to maximise development.
V. G. Armstrong - Maximising positive attachment behaviours through dyadic art therapy with parents and infants. This presentation will look at a model of parent-infant art therapy and the theoretical background to this approach. It will focus on a controlled trial currently underway in Dundee, where an interdisciplinary team are looking to measure the outcomes of dyadic art therapy groups on parental well-being and attachment relationships, in particular looking at an observational measure of changes in those behaviours known to be positive in developing secure attachments. Video footage from art therapy sessions will be used to highlight those ways in which art making together can help to maximise positive interactions between dyads and reflect upon potential mechanisms of change.

PRESENTERS INFORMATION

Professor Dr. med. Frank Röhricht, MD FRCPsych
Frank Röhricht is a Consultant Psychiatrist and Body psychotherapist working in the NHS, with 30 years of experience working with patients suffering from severe mental illness; he is Honorary Professor of Clinical Psychiatry at the Wolfson Institute for Preventive Medicine, Queen Mary University London; and Honorary Professor of Psychiatry, St. George’s Medical School, Nicosia University / Cyprus. Medical Director for Research, Innovation and Medical Education East London NHS Foundation Trust.

Frank completed his training in Body Psychotherapy from 1984-1987; he studied Medicine from 1984 - 1989 in Germany (state examination 1989) and completed his Specialist training in psychiatry, neurology and psychosomatic medicine in Germany / Berlin from 1990 to 1997; MD on the subject of body image psychopathology in schizophrenia. Since 1997 working as consultant psychiatrist in the NHS, UK / London.

Frank is Member of the European Association of Body Psychotherapy / EABP; since 2005 until today patron of the Association for Dance Movement Psychotherapy UK; he is a fellow of the Royal College of Psychiatrists, UK.

Research focus: body image phenomenology / embodiment and evaluation of new psychotherapy interventions (especially body psychotherapy) for severe mental illnesses; other research: creativity and art therapies; Transcultural psychopathology; Community psychiatry care models.

Frank developed the first international master programme for body psychotherapy and is Co-Director Master Program “Clinical Psychology with Body Psychotherapy Certificate” in Istanbul, Maltepe University (from autumn 2019).
Megan Tjasink is Lead Art Psychotherapist in Cancer Psychological Services and Specialist Palliative Care at Barts Hospital. She is a Senior Lecturer on the MA Art Therapy, University of Hertfordshire and has been an Art Psychotherapist in cancer and palliative care since 2004.

Dr Giampaolo Martinelli is a Cardiothoracic and ITU Consultant Anaesthetist AT Barts Hospital. Both he and Megan are deeply invested in the application of the arts and arts therapies in medicine. They are committed to fostering and developing this with patients, with medical staff and more broadly within the culture of medicine and the medical environment.

Vanessa Jones is employed by Oxleas NHS Foundation Trust and has over 20 years’ experience as a registered art therapist working in Adult mental health and private practice. She was been working outdoors in and with nature as an art therapist for 10 years in private and NHS settings. Vanessa teaches at the University of Hertfordshire, MA art therapy & Foundation Certificate in arts therapies and wellbeing, and The London Art Therapy Centre, running environmental arts therapy courses with Gary Nash. She recently completed her masters in the use of art and nature in working with loss at the University of Derby and is published in “Ecotherapy, research and practice” Jordan, M., & Hinds, J., Palgrave, 2016 and in “Environmental arts therapy: Wild frontiers of the heart” Siddons Heginworth, I., & Nash, G., Routledge, 2020.

Gary Nash is an art psychotherapist with over twenty years’ experience in adult mental health, social care, education and private practice. Gary has been working with art and drama therapists in developing training and professional development in the art of environmental arts therapy over the past 8 years. He runs a fortnightly environmental arts therapy group in London and is co-editor of Environmental Arts Therapy: Wild frontiers of the heart, Routledge, 2020. Gary is co-founder of the London Art Therapy Centre where he is a practitioner-researcher providing art therapy and leading on two research projects, one in the use of Audio Image Recordings and the second is in developing the use of ‘response art’ in clinical practice.

Lydia Boon is a HCPC registered art psychotherapist working with children and adolescents in schools. She completed her initial degree in Creative Expressive Therapies in 2007, having focussed her research on a synthesis of ecopsychological and creative expressive therapy. She completed her art psychotherapy MA in 2014, which included research into the use of clay in art psychotherapy for those having experiences early relational trauma, and subsequently went on to complete the training in environmental arts therapy at the London art Therapy Centre. Lydia is currently developing her practice running therapy groups outdoors. A deep familiarity with her own art practice, extensive
experience providing group and 1:1 therapy, combining elements of art, creative expression and engagement with outer and inner nature, continues to enrich her therapeutic approach. Lydia is published in “Environmental arts therapy: Wild frontiers of the heart” Siddons Heginworth, I., & Nash, G., Routledge, 2020.

**Mary Rose Brady** is the Clinical Director of Petra’s Place, a therapy centre for children with autism and other co-occurring conditions. Mary Rose previously worked as the BAAT Director of Operations, Advisor for Children and Young People and Lead for BAAT’s Accredited Diploma specialising in Art Therapy with Children. Prior to this Mary Rose was Head of Parenting and Creative Therapies at Coram Children’s Charity where she and her team established the first National Centre for Creative Therapy and led the pilot for the national roll out of the Adoption Support Fund. Mary Rose is a qualified Parenting Practitioner and for over 20 years has specialised in children and young people’s mental health with an interest in marginalised populations and attachment trauma. During her time as Consultant Art Psychotherapist with looked after children, she specialised in sexual abuse, separation and trauma. Mary Rose co-established the first Post Graduate training in Art Psychotherapy in the Netherlands where she was also involved in setting up research projects in Asylum Seeker Centres to assess the impact of war trauma on children’s drawing development.

**Vicky Armstrong** is an Art Psychotherapist and Post Graduate Researcher in Psychology. She worked as an art psychotherapist for Barnardo’s with children who’d had traumatic early experiences for 10 years. Looking to develop early interventions she did further training in parent-infant psychotherapy groups and in parent-infant relational assessment tools at the Anna Freud Centre before developing art therapy groups for parents and infants with small grants from the Kerr-Fry trust. She began to work with a psychology researcher at the University of Dundee to pilot ways to measure outcomes from these groups. Together they founded the ‘Art At The Start’ project, a collaboration between University of Dundee and the Dundee Contemporary Arts Centre, looking at the impact of early art experiences on attachments and wellbeing. [https://sites.dundee.ac.uk/artatthestart/](https://sites.dundee.ac.uk/artatthestart/)