

Working with Avoidant Clients: Anxiety, Defences and Shame

Linda Cundy

Saturday 6th July 2019

10.00am-4.30pm

Only
£65

'Avoidant' individuals can be cold, aloof, indifferent, unemotional, critical, patronising, prickly, contemptuous, and even threatening. They are deeply uncomfortable with intimacy and trust. Not surprisingly, they are difficult to engage in therapy.

This one-day seminar will outline how avoidant/dismissing patterns of attachment develop and the core anxieties behind the defences. The impact on relationships with other people and with the self – the internal world – will be explored, highlighting the role of shame.

The day will focus on the avoidant client and the particular difficulties that can arise in therapeutic work. The importance of assessment, of tailoring therapy to engage 'resistant' clients, and potential pitfalls, will be addressed.

Drawing on attachment theory and research, a set of therapeutic aims will be proposed to inform and enhance skills. Specifically, areas of focus needed when working with clients who are avoidant, dismissing and defended will be outlined.

There will be opportunities to reflect on your own experience with this group of clients and to apply learning to deepen the therapeutic work.



Linda Cundy is an attachment-based psychoanalytic psychotherapist and supervisor in private practice, and a trainer specialising in attachment.

She has lectured on a number of psychotherapy training courses for twenty-five years, and developed and taught a Postgraduate Diploma in Attachment-Based Therapy.

Her publications include a number of papers for professional journal, and three edited books; *Love in the Age of the Internet: Attachment in the Digital Era* (Karnac, 2015), *Anxiously Attached: Understanding and Working with Preoccupied Attachment* (Karnac, 2017), and *Attachment and the Defence Against Intimacy: Understanding and Working with Avoidant Attachment, Self-Hatred, and Shame* (Routledge, 2018).