



Saturday 29th March 2025
3:00– 5:30 PM
Institute of Group Analysis
1 Daleham Gardens, London NW3 5BY

The Power of Group Attachment

John Bowlby Revisited from a Group-Analytic Perspective

Arturo Ezquerro and María Cañete

Book Launch

Guest Speakers: Jeremy Holmes, Earl Hopper, Christopher Clulow, Guy Dawson Bowlby

Emanating from a unique cross-fertilisation of diverse disciplines and schools of thought, this volume is a model of inclusivity. It starts with a captivating exploration to and from the cradle of humankind, which shows the fundamental role played by the collaborative and protective nature of group attachment in our survival and evolution as individuals, human organisation and species.

Drawing on attachment theory and group analysis (as well as anthropology, psychoanalysis, history, sociopolitical science, philosophy, psychiatry, individual and group psychotherapy, developmental psychology, neuroscience, literature and poetry), Arturo Ezquerro and María Cañete go beyond the relative comfort zone, of clinical practice and research, to postulate that there is no such thing as an individual or interpersonal attachment which does not include group attachment. Compelling narratives from group-analytic therapy for a wide range of problems (including sexual abuse, suicide risk, bipolar affective disorder and psychosis) show effective change from polarisation and hatred (idealising one's own group and denigrating other's) to working through conflict and accepting differences between members, a hallmark of both psychotherapy and healthy social life.

The work is original, scholarly and yet personal and accessible; it helps expand the reader's social and democratic consciousness at a crucial time in history, when we need to decipher a world descending fast into pathology, global warming, and vicious cycles of terror and sociopolitical violence that often result from unresolved personal, family and collective trauma. The book has been written for mental health professionals and managers, as well as for politicians, educators and all

enquiring minds, with a view to promoting more competent professionals and better citizens.

Book endorsements:

"The group attachment formulation is so convincing that, indeed, I found myself wondering why no one had done it before!" (**Jeremy Holmes**).

"John Bowlby would, I know, have adored this book" (**Brett Kahr**).

"An awe-inspiring contribution to meet the challenges posed by contemporary mental health practice" (**Carla Penna**).

"Attachment theory and group analysis accessible to anyone interested in understanding the consequences of unresolved personal and collective trauma" (**Paul Preston**).

"We all must take a leap and join this group attachment *re(e)volution*" (**Cheri Marmarosh**).

Authors' short bio:

Arturo Ezquerro, consultant psychiatrist, psychoanalytic psychotherapist, group analyst, former Head of NHS Medical Psychotherapy Services, Brent (London), 7 books and over 100 publications in 6 languages.

María Cañete, consultant psychotherapist, psychiatrist, group analyst, specialised in group therapy of psychosis, senior trainer at the Institute of Group Analysis.

Programme: The Power of Group Attachment

15:15 – 16:45: Brief presentations and discussion on the new book, in a large group format.

16:45 – 17:30: Networking.

This Launch is **free of charge**, but you need to register.

The book will be available at a discounted price: **£25**. No card payment facility. Please bring **cash** or a **cheque**.

Registration: www.groupanalysis.org

Email Sam: operationsmanager@groupanalysis-uk.co.uk