

IARPP Australia presents



The International Association for  
Relational Psychoanalysis and Psychotherapy  
Australia Inc.

# Linda Cundy

## Love, Loss and Eating

**Please Note:** To preserve and respect both intellectual property rights and confidentiality, the seminar will not be recorded, nor is recording permitted.



### Seminar Description:

Food is a relational substance, and all intimate relationships are mediated by food. It is not surprising that attachment crises have an impact on hunger and how we feed ourselves. This connection is often overlooked by mental health practitioners, and may be difficult to spot when working online with clients or patients but, if not addressed, can mark the start of ongoing disordered eating and ultimately eating disorders.

This seminar explores the links between love, loss, appetite and self-feeding, including both the internal and relational dynamics that may be at play and the potential dangers. The influence of patterns of attachment and the challenges of working therapeutically with this material will be considered with clinical vignettes, and a framework for thinking about psychotherapy will be briefly outlined.

**Linda Cundy** is a British attachment-based psychoanalytic psychotherapist, clinical supervisor, independent trainer and author. Her most recent published book is *Attachment, Relationships and Food: From Cradle to Kitchen*, (Routledge, 2021). She is Attachment Consultant to the Bowlby Centre in London.

Participation available via Zoom Teleconferencing.  
A ZOOM LINK WILL BE SENT TO THE EMAIL ADDRESS USED TO REGISTER  
ONE DAY PRIOR TO THE SEMINAR

<b>Date:</b>	Saturday 28th March 2025
<b>Time:</b>	9.00 to 11.00 am - Australian Eastern Standard Time (Sydney)
<b>Venue:</b>	This seminar will be solely on Zoom
<b>Cost:</b>	IARPP Aust members \$70 per seminar Non-members \$85 per seminar

**Bookings:** <https://www.trybooking.com/DDWXY>  
**Inquiries:** [info@iarppaustralia.com.au](mailto:info@iarppaustralia.com.au)