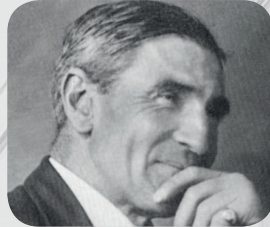
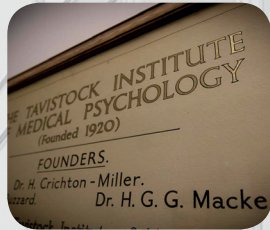


Although not formally a part of the Tavistock Clinic (now the Tavistock and Portman NHS Trust), Tavistock Relationships shared strong practice links and core methodology, and until 2009 was resident in the same building. Below is a timeline of pioneers and developments that shaped our organisation.

1920



Psychodynamically-minded GP Hugh Crichton-Miller forms the Tavistock Clinic to use treatments developed for traumatised soldiers for a range of other conditions across society, following his work with the Army Neurosis Unit during World War I.



The Tavistock Clinic comes under the legal and charitable auspices of the Institute of Medical Psychology. As a voluntary body its staff deliver and research treatments based on dynamic psychology principles including Adlerian, Freudian and Jungian methods.

1939–45

World War II sees Tavistock Clinic staff take part in new forms of problem solving based on the interaction of psychiatry, psychology, psychoanalysis, sociology and anthropology. This multidisciplinary approach strengthens the belief that a 'Tavistock model' has a role in understanding society as well as individual neuroses.

1947–48

The Tavistock Institute of Medical Psychology and Tavistock Clinic work alongside each other, the Institute engaging in training and research while the Clinic becomes part of the new National Health Service.

**In 1948, the forerunner of today's Tavistock Relationships is founded as the Family Discussion Bureau** by workers from the Family Welfare Association (now Family Action) and psychoanalysts from the Tavistock Clinic in response to post-war incidence of family breakdown. Three female pioneers play a pivotal role in its formation.

Alison Lyons, Lily Pincus and Enid Balint seek a deeper understanding of the psychological forces underlying marital difficulties and turn to psychoanalytical methods to develop a substantial theory of relationships to apply to therapeutic and preventative interventions.



Enid Balint

1956

The Family Discussion Bureau transfers from the Family Welfare Association to the Tavistock Institute as one of its constituent units. The Tavistock Clinic and Family Discussion bureau work in tandem as the clinic forms a Marital Unit to provide treatment for couples. Both bodies meanwhile provide joint presentations to the World Health Organization on family mental health while maintaining theory development and teaching activities.

*Continued overleaf ...*

1967–68



In 1967 the value of the combination of the two parts of the Tavistock are recognised by government when both bodies move into a new purpose-built NHS building in 1967, and in 1968 the Bureau is renamed the Institute of Marital Studies.

1979

By 1979 the Institute of Marital Studies leaves its overarching organisation which has by this time become the Tavistock Institute of Human Relations to follow its primary ethos of working psychoanalytically with couples. It maintains its charitable status by joining the Tavistock Institute of Medical Psychology – the original formal body of the Tavistock Clinic.

1988

In recognition of its roots and links, 1988 sees the Institute incorporate the 'Tavistock' name and it eventually becomes the Tavistock Marital Studies Institute. Continuing to reflect changes in relationships and respect for different sexualities within society there is a shift replace the word 'marital' with 'couple'. The organisation continues to develop theories of couple interaction and clinical techniques relating to them, employing them practically in a variety of settings.

2004–05

The organisation takes over some of the functions of London Marriage Guidance including contracts for couple therapy and moves away from the restrictions of the term 'marital' to become the Tavistock Centre for Couple Relationships (TCCR). Trainings in relationships counselling, couple psychotherapy and psychosexual therapy grow to become part of the organisation's core activity.

2009

Due to an expansion in clinical activity TCCR moves out of its Tavistock Centre building in Hampstead to its current premises in central London, and with further expansion in 2010 adds a new office near Liverpool Street Station.

2016



It is decided that a shorter, more universal name is needed to cover all areas the relationships activity, and the organisation goes from strength to strength with its activities of training couple psychotherapists, research, forming policy, providing high-quality clinical services for couples and robust couple-based parenting interventions.

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