CONGRESS ATTACHMENT AND TRAUMA

The resilience of mind and body

LONDON
MAY 12-13-14
2017
The development of the human brain, personality and body are determined, as we all know, not only by what happens in each individual’s life, but also by the way the brain and the body react to it.

The resilience of the human mind and nervous system depend on innate qualities, but most importantly, on early attachment experiences that the infant makes in the developmental process.

For the very first time in London, 11 of today’s most eminent experts and pioneers in the field of neuroscience, attachment and trauma will attend the fourth edition of the Attachment and Trauma Congress, to share their incredibly vast knowledge on this subject. More specifically, thanks to the valuable insights and cutting-edge approaches that each one of them will provide through lecture and panel discussion, participants will learn more about the interaction between experiences in life such as early trauma and attachment bonds and neurobiological processes. Furthermore, our speakers will give an in-depth overview of the different obstacles that prevent the body and mind from recovering from traumatic experiences and they will explore the most effective treatments and relational approaches in the field of psychotherapy to help patients who feel “imprisoned” by their psychological traumas and to support them in increasing their resilience and removing obstacles in the natural evolutionary pathway of their lives.

Every year, more than 1000 participants from over 40 different countries have attended the past 3 editions of the Congress “Attachment and Trauma”, which many of them have defined “an historic event in the field of trauma-related psychotherapy”. The fourth edition of the Congress, “Attachment and Trauma - the Resilience of Mind and Body”, will take place at the prestigious Queen Elizabeth II Conference Centre, uniquely situated in the heart of London.
DANIEL SIEGEL United States

Is currently a clinical professor of psychiatry at the UCLA School of Medicine where he is on the faculty of the Center for Culture, Brain, and Development and the founding co-director of the Mindful Awareness Research Center. He is also the Executive Director of the Mindsight Institute which focuses on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

Dr. Siegel has published extensively for both the professional and lay audiences. His three New York Times bestsellers are: Brainstorm: The Power and Purpose of the Teenage Brain (Tarcher, 2013), and two books with Tina Payne Bryson, Ph.D: The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind (Random House, 2011) and No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind (Bantam, 2014). His other books include: The Developing Mind, Second Edition (Guilford, 2012), Mindsight: The New Science of Personal Transformation (Bantam, 2010), The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being (Norton, 2007), and The Mindful Therapist: A Clinician’s Guide to Mindsight and Neural Integration (Norton, 2010). Dr. Siegel also serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which contains over three dozen textbooks.

Dr. Siegel’s unique ability to make complicated scientific concepts accessible and exciting has led him to be invited to address diverse local, national and international groups. He has lectured for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, London’s Royal Society of Arts (RSA), and TEDx.

PRESENCE OF MIND, HEALTH IN BODY AND RELATIONSHIPS

In this presentation Dr. Siegel will explore the nature of presence, the state of receptive awareness that has been empirically shown to improve both relational and physiological well-being. Presence can be cultivated through a range of practices, and can be seen to support a clinician’s resilience in the face of working with those who have experienced trauma. For the person who has had trauma in their lives, the open state of presence may be challenged by the repeated intrusion of memory and emotion related to the traumatic events of the past. Working with presence cultivates well-being and resilience in both clinician and client, a win-win situation.
BESSEL VAN DER KOLK United States

Is Medical Director of The Trauma Center in Boston, a premier institution in the US for the study of traumatic stress and the training of trauma-therapists, and Professor of Psychiatry at Boston University Medical School. He is past President of International Society for Traumatic Stress Studies. Both a clinician and a researcher, he has published numerous peer-reviewed scientific articles on various aspects of trauma, including 1) the neurobiology of trauma 2) yoga for treating PTSD; 3) the use of theater for violence prevention; 4) the mechanisms of EMDR; 5) sensory integration in traumatized children; and 6) the use of neurofeedback in PTSD.

THE BODY KEEPS THE SCORE: BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

The majority of people who seek psychiatric care have histories of trauma, chaos, or neglect. PTSD is only one possible adaptation to trauma; it rarely exists by itself, and it does not take account of the differential effects of trauma at different stages of mental and brain development. In the past two decades there has been not only an explosion of knowledge about how experience shapes the central nervous system and the formation of the self, but also about what constitutes effective intervention. Advances in the neurosciences, attachment research and in information processing show how brain function is shaped by experience and that life itself can continually transform perception and biology.

Overwhelming experiences alter the capacity for self-regulation, attention and memory processing due to changes in subcortical, i.e., “unconscious”, levels of the brain. The memory imprints of the trauma(s) are held as bodily states and physical action patterns. This causes the entire human organism to automatically react to current experiences as a recurrence of the past. While language, insight and understanding are useful to deal with confusion and secrecy, it rarely is enough to deal with the unspeakable, intolerable and unacceptable nature of traumatic experience.

Effective treatment of post-traumatic problems needs to include addressing the imprint of trauma on the physical experience of the self as being helpless and in danger. Recovery needs to incorporate dealing with defensive efforts that helped ensure survival, and incorporate physical experiences that contradict feelings and sensations associated with helplessness and disconnection.
ANTONIO DAMASIO United States

Is University Professor, David Dornsife Professor of Neuroscience, Psychology and Philosophy, and Director of the Brain and Creativity Institute at the University of Southern California, Los Angeles. Trained as both neurologist and neuroscientist, Damasio has made seminal contributions to the understanding of brain processes underlying emotions, feelings, and consciousness. His work on the role of affect in the process of decision-making has made a major impact in neuroscience and psychology and has been distinguished with the Grawemeyer Award, 2014 and the Honda Prize, 2010. He is the author of numerous scientific articles (his Google Scholar h-index is 144; over 129,337 citations) and has been named “Highly Cited Researcher” by the Institute for Scientific Information. Damasio is a member of the National Academy of Medicine and a Fellow of the American Academy of Arts and Sciences, the Bavarian Academy of Sciences, and the European Academy of Sciences and Arts. He has received the Asturias Prize in Science and Technology [2005], and the Nonino, Signoret [2004] and Pessoa [1992] Prizes, among others. He holds Honorary Doctorates from several leading Universities, some shared with his wife Hanna (the École Polytechnique Fédérale de Lausanne [EPFL], 2011 and the Sorbonne [Université Paris Descartes], 2015).

Damasio has discussed his research and ideas in several books, among them *Descartes’ Error, The Feeling of What Happens, Looking for Spinoza* and *Self Comes to Mind*, which are translated and taught in many universities worldwide.

(For more information go to the Brain and Creativity Institute website at http://www.usc.edu/bci/)

**BRAIN, BODY, AND FEELING: THE ESSENTIAL NEUROSCIENCE**

It is not possible to deal effectively with the issues of attachment and trauma without having a clear perspective on the relations between body and brain and on how they play in the construction of affect, including both feelings and emotions. Both recent findings and fundamental theory will be reviewed in this lecture.
EPIGENETICS AND RESILIENCE

Epigenetic factors play a major role in biological processes and help determine how life trajectories are altered through experience. Environmental exposures prior to and during gestation and later in the postnatal period represent the earliest non-genetically mediated source of variation. Although in recent years there has been abundant focus on epigenetic changes associated with environmental changes in utero, emerging evidence suggests that epigenetic changes in sperm can affect transgenerational inheritance of the effects of trauma in animals. Thus both male and females have the ability to uniquely contribute to programming the capacity for responding to stress in offspring. The power of the environment to influence our genes through epigenetic mechanisms early in development has been generally considered to increase vulnerability. However, it is also important to consider the positive aspects of our ability to make enduring transformations on the basis of experience. This presentation will focus on early developmental opportunities for epigenetic modifications, but will also demonstrate that such changes may be present throughout life. Epigenetic data will be presented demonstrating changes in association with trauma exposure, PTSD, and resilience. The clinical implications of these changes will be discussed.
STEPHEN W. PORGES United States

Is Distinguished University Scientist at Indiana University, where he directs the Trauma Research Center within the Kinsey Institute. He holds the position of Professor of Psychiatry at the University of North Carolina and Professor Emeritus at the University of Illinois at Chicago and the University of Maryland. He served as president of both the Society for Psychophysiological Research and the Federation of Associations in Behavioral & Brain Sciences and is a former recipient of a National Institute of Mental Health Research Scientist Development Award. He has published more than 200 peer-reviewed scientific papers across several disciplines including anesthesiology, critical care medicine, ergonomics, exercise physiology, gerontology, neurology, obstetrics, pediatrics, psychiatry, psychology, space medicine, and substance abuse. In 1994 he proposed the Polyvagal Theory, a theory that links the evolution of the mammalian autonomic nervous system to social behavior and emphasizes the importance of physiological state in the expression of behavioral problems and psychiatric disorders.

CONNECTEDNESS AS A BIOLOGICAL IMPERATIVE: UNDERSTANDING THE CONSEQUENCES OF TRAUMA, ABUSE, AND CHRONIC STRESS THROUGH THE LENS OF THE POLYVAGAL THEORY

Polyvagal Theory expands our understanding of normal and atypical behavior, mental health, and psychiatric disorders. Polyvagal Theory, by incorporating a developmental perspective, explains how maturation of the autonomic nervous system forms the neural “platform” upon which social behavior and the development of trusting relationships are based. The theory explains how reactions to danger and life threat and experiences of abuse and trauma may retune our nervous system to respond to friends, caregivers, and teachers as if they were predators. The theory may help practitioners distinguish the contextual features that trigger defense from those that are calming and support spontaneous social engagement.
JUDITH LEWIS HERMAN  United Kingdom

Is Professor of Psychiatry Emerita at Harvard Medical School. For thirty years she was Director of Training at the Victims of Violence Program at The Cambridge Hospital, Cambridge, MA. Dr. Herman received her medical degree at Harvard Medical School and her training in general and community psychiatry at Boston University Medical Center. She is the author of two award-winning books: Father-Daughter Incest (Harvard University Press, 1981), and Trauma and Recovery (Basic Books, 1992). She has lectured widely on the subject of sexual and domestic violence. She is the recipient of the 1996 Lifetime Achievement Award from the International Society for Traumatic Stress Studies and the 2000 Woman in Science Award from the American Medical Women’s Association. In 2007 she was named a Distinguished Life Fellow of the American Psychiatric Association, and in 2011 she received the Lifetime Achievement Award from the Trauma Psychology division of the American Psychological Association.

SOCIAL SOURCES OF RESILIENCE  (Live Video Conference)

Resilience following adverse life events is commonly considered an attribute of individual psychology. This talk will suggest that while individual factors such as temperament and intelligence contribute to resilient development, positive outcomes depend as much or more upon relational and social factors. Data from prospective longitudinal studies of children in high-risk homes have consistently identified the central importance of secure attachment to at least one stable and reliable caregiver. Moreover, home-visiting services to high-risk mothers and infants have been shown to reduce significantly the percentage of children who manifest insecure or disorganized attachment as toddlers and to prevent the development of later social and educational difficulties. For older children and young adults, social factors affecting resiliency include the availability of interested teachers, clergy members, or youth leaders, and the opportunity to participate in organized group activities where their talents are appreciated. For adult trauma survivors, the most resilient outcomes are seen in those who find active coping strategies in affiliation with others. Finally, this talk will address the perspective of a particular group of trauma survivors—the parents of homicide victims—who resist the idea of resiliency altogether.
The development of the human brain is strictly dependent on the type and quality of social relations taking place during an extended period of time. The present study shows how, following specific impact-trajectories, the exposure to prolonged maltreatment and neglect produces specific alterations in the basic physiological mechanisms supporting human social nature. In two groups of Sierra Leonean street-children and street-boys facial mimicry, and the vagal autonomic regulation to others’ facial expressions of negative emotions appeared to be significantly altered. Furthermore, results demonstrated a different level of impairment between street-children and street-boys exposed to maltreatment and neglect for different time. The impact-trajectory of maltreatment and neglect time exposure - a discriminative variable of protracted traumatic events in general - on facial mimicry and vagal regulation was further investigated in a longitudinal study involving a large group of street-boys from the age of 9 to 18 years. Results demonstrated that longer time exposure enhanced incoherent facial mimicry and ineffective vagal regulation in response to negative facial expressions. Importantly, a compensatory vagal recruitment was evidenced during the first years of maltreatment. The longitudinal study sheds new light on the natural patterns of resilience and chronicity, hence providing clues for coherent rehabilitative interventions.
Is a pioneer in somatic psychology and the Founder and Education Director of the Sensorimotor Psychotherapy Institute, an internationally recognized school specializing in somatic–cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. Her Institute, based in Broomfield Colorado, has 19 certified trainers who conduct Sensorimotor Psychotherapy trainings of over 400 hours for mental health professionals throughout the US, Canada, Europe, and Australia. The Sensorimotor Psychotherapy Institute has certified hundreds of psychotherapists throughout the world in this method. She is co-founder of the Hakomi Institute, past faculty of Naropa University (1985-2005), a clinician, consultant, and sought after international lecturer. Dr. Ogden is the first author of two groundbreaking books in somatic psychology: Trauma and the Body: A Sensorimotor Approach to Psychotherapy and Sensorimotor Psychotherapy: Interventions for Trauma and Attachment (2015) both published in the Interpersonal Neurobiology Series of W. W. Norton. Her current interests include developing training programs in Sensorimotor Psychotherapy for children, adolescents, and families with Dr. Bonnie Goldstein and other colleagues, Embedded Relational Mindfulness, culture and diversity, and working with challenging clients.

THE ROLE OF THE BODY IN FOSTERING RESILIENCE

Our sense of self is influenced not only by the words we use to describe ourselves, but also by a non-verbal story, told to others as well as ourselves through automatic physical habits of which we are typically unaware. Movement vocabulary – the variety of gesture, posture, and movement available for ready execution – develops over time in a context of trauma and attachment. Certain action sequences, such as reaching, pushing, or maintaining an aligned posture, are abandoned or distorted when they consistently fail to produce the desired outcome. These physical correlates of personality, pathology, and competency can be directly and objectively observed and changed to support self-esteem, healthy relationships, and emotional intelligence. In a Sensorimotor Psychotherapy approach, clients’ movement vocabulary is expanded so that new actions appropriate to current contexts instead of past ones become available to promote resilience and instill hope for the future.
Is the developer of A.E.D.P (Accelerated Experiential-Dynamic Psychotherapy), and founder and current director of the AEDP Institute, an internationally recognized school that specializes in training therapists in a healing-oriented transformative approach to the treatment of attachment trauma. A leader in the field of transformational studies in trauma treatment, Fosha's work on healing transformational processes focuses on integrating neuroplasticity, recognition science and developmental dyadic research into experiential clinical process work with patients. She is the author of The transforming power of affect: A model for accelerated change (Basic Books, 2000) and senior editor, with Daniel Siegel and Marion Solomon, of The healing power of emotion: Affective neuroscience, development & clinical practice (Norton, 2009). She is the author of numerous papers and chapters on healing transformational processes in experiential therapy and trauma treatment. Three DVDs of her live AEDP clinical work have been issued by the American Psychological Association (APA). Dr. Fosha practices in New York City and leads workshops and trainings worldwide. She teaches and is on the faculty of the Departments of Psychiatry and Psychology of NYU and Mt. Sinai Medical Centers in New York. Many of her papers are available through the AEDP website at www.aedpinstitute.com

**NEUROPLASTICITY IN ACTION: REWIRING INTERNAL WORKING MODELS**

Accelerated Experiential Dynamic Psychotherapy (AEDP), one of the fastest growing approaches to working with attachment trauma, has developed a neurobiologically based psychotherapeutic process with rich, creative, systematic interventions to transform attachment trauma and rewire internal working models of attachment. It features a 3 factor -- relatedness, emotion & transformation-- theory of change. Featuring an explicitly empathic, affirming, emotionally engaged therapeutic stance, AEDP is fearless in working with the experience of the patient-therapist attachment, moment-to-moment tracking and processing it rigorously. This presentation will showcase AEDP with its clinical focus on directly translating attachment research into the clinical practice of fostering secure attachment through explicit and experiential work with: 1. here-and-now experiences within the therapeutic dyad; 2. receptive affective experiences, of feeling felt, feeling seen, and feeling loved; 3. dyadic affect regulation and processing of unbearable emotions; and 4. dyadic affect regulation and processing of transformational experience. Processing both traumatic and restorative emotional experiences to completion, the AEDP process culminates in vitality, energy, and the non-finite positive emotion-fueled spirals of resilience, well-being and creativity that are so highly correlated with health. Making extensive use of videotaped material from actual psychotherapy sessions to illustrate both affective phenomena and clinical techniques, this presentation will demonstrate specific relational, experiential, somato-sensory and transformational strategies for putting neuroplasticity into moment-to-moment clinical action.
LOUIS COZOLINO  United States

Has diverse clinical and research interests and hold degrees in philosophy, theology, and clinical psychology. His interests are in the areas of the synthesis of neuroscience with psychotherapy, education, management, and leadership. He is the author of seven books *The Neuroscience of Psychotherapy, The Social Neuroscience of Education, The Neuroscience of Human Relationships, The Healthy Aging Brain, Attachment-Based Teaching, The Making of a Therapist, and Why Therapy Works*. He has also authored and co-authored articles and book chapters on child abuse, schizophrenia, education, language and cognition. Dr. Cozolino lectures around the world on brain development, evolution, and psychotherapy and maintains and clinical and consulting practice in Los Angeles.

Dr. Cozolino holds degrees in philosophy, theology, and clinical psychology and focuses on the synthesis of neuroscience psychotherapy, education, management, and leadership. Dr. Cozolino lectures around the world on brain development, evolution, and psychotherapy and maintains and clinical and consulting practice in Los Angeles.

TRIUMA, NATURAL SELECTION, AND THE DEVIL’S BARGAIN

Decades ago, Jonas Salk highlighted the double-edged sword of evolution by reminding us that while natural selection is busy solving the problems of the present, it is also creating the problems of the future. As therapists, we see this manifest in many evolutionary “choices” that have been made to keep our bodies safe, which now make our brains and minds so vulnerable to psychological distress. This devil’s bargain is nowhere more apparent than the impact of trauma on the human species. Trauma, especially early in life, impacts the matrix of our neurobiological and psychosocial development in ways that can result in the debilitating symptoms for which victims our help. In this presentation, Dr. Cozolino will explore the deep history of our vulnerability to trauma and leverage evolutionary theory to understand the how’s and why’s of successful treatment.
ROBIN SHAPIRO  United States

MSW, LICSW, edited and contributed to *EMDR Solutions: Pathways to Healing* (Norton, 2005) and *EMDR Solutions II: Depression, Eating Disorders, Performance & More* (2009) and wrote *Trauma Treatments Handbook* (2010), and *Easy Ego State Interventions* (2016). She loves her work: writing; presenting about ego states, EMDR topics, and suicide prevention; clinical consultation for EMDR practitioners and other therapists; and thirty-five years of psychotherapy practice, especially around issues of trauma, anxiety, and attachment. She lives in Seattle, Washington in the US with her photographer/musician husband, Doug Plummer.

EGO STATE INTERVENTIONS FOR SELF-DESTRUCTIVE CLIENTS

This practical talk contains a brief introduction to ego state therapy for dissociative and non-dissociative clients, a simple method for assessing and treating suicidal and self-destructive capacities, and a way to bring the resources and care-giving capacities of the “oldest-wisest selves” or ANPs to the client’s entire system.
## Friday 12th MAY

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<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8.30-9.30</td>
<td>Registration</td>
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<td>9.30-10.00</td>
<td>Opening</td>
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<tr>
<td>10.00-11.30</td>
<td><strong>Louis Cozolino</strong>: “Trauma, natural selection and the Devil’s Bargain”</td>
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<td>11.30-12.00</td>
<td>COFFEE BREAK</td>
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<td>12.00-13.00</td>
<td><strong>Rachel Yehuda</strong>: “Epigenetics and resilience”</td>
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<td>13.00-14.30</td>
<td>LUNCH BREAK</td>
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<td>14.30-16.00</td>
<td><strong>Bessel Van Der Kolk</strong>: “The body keeps the score: brain, mind, and body in the healing of trauma”</td>
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<td>16.00-16.30</td>
<td>COFFEE BREAK</td>
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<td>16.30-18.30</td>
<td>PANEL: “Trauma, natural selection, epigenetics, resilience and mental health” (Louis Cozolino, Rachel Yehuda, Bessel Van Der Kolk).</td>
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## Saturday 13th MAY

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<tr>
<td>8.30-10.00</td>
<td><strong>Vittorio Gallese</strong>: “The impact of prolonged maltreatment and neglect on the physiological mechanisms supporting humans' social nature: a study of Sierra Leonean street-boys”</td>
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<td>10.00-10.30</td>
<td>COFFEE BREAK</td>
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<td>10.30-12.00</td>
<td><strong>Antonio Damasio</strong>: “Brain, body and feeling; the essential neuroscience”</td>
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<td>12.00-13.00</td>
<td><strong>Judith Lewis Herman</strong> (Live Video Conference): “Social sources of resilience”.</td>
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<td>13.00-14.30</td>
<td>LUNCH BREAK</td>
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<td>14.30-16.00</td>
<td><strong>Stephen Porges</strong>: “Connectdenes as a biological imperative understanding the consequences of trauma, abuse and chronic stress through the lens of the Polivagal Theory”.</td>
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<td>16.00-16.30</td>
<td>COFFEE BREAK</td>
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<td>16.30-18.00</td>
<td>PANEL: “Effects of maltreatment, presence of mental health, brain, body and relationships” (Vittorio Gallese, Antonio Damasio, Stephen Porges).</td>
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Sunday 14th MAY

8.30-10.00  Diana Fosha: “Neuroplasticity in action: rewiring internal working models”
10.00-10.30  COFFEE BREAK
10.30-12.00  Pat Ogden: “The role of the body in fostering resilience”.
12.00-13.00  Robin Shapiro: “Ego State Interventions for Self-Destructive clients”
13.00-14.30  LUNCH BREAK
14.30-16.00  Daniel Siegel: “Presence of mind, health in body and relationships”
16.00-16.30  COFFEE BREAK
16.00-18.00  PANEL: “Neuroplasticity, brain, body, feelings and psychotherapy of trauma” (Diana Fosha, Pat Ogden, Daniel Siegel)

LANGUAGE
English

LOCATION
QEII Conference Centre - Broad Sanctuary, Westminster - SW1P 3EE London

FEES
• Early bird rate: £ 295 (by October 31; only 500 places available!)
  • Psychotherapy Excellence subscribers, organization advertisers members, ISST members, EMDRIA members): £ 280
  • Student £ 240
  • Full price £ 375

REGISTRATION
Please visit our website www.uk-congress.com or e-mail us at isc@istitutodiscienzecognitive.it to get the application form and register to the Congress.
To register, please fill in the application form and send it back - together with a copy of the bank transfer receipt - to our e-mail address.
Please find below all the necessary banking details for bank transfer to be made:
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If you need to cancel your registration, please contact us by email within January 31 and 50% of the ticket price will be refunded. Please note that no reimbursement will be allowed for any cancellations after the above-mentioned date.

INFO
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