CONGRESS
ATTACHMENT AND TRAUMA
Personality Development and Psychotherapy

LONDON, MAY 4-6, 2018
Attachment, simple and complex trauma can have an impact not only on the brain, but also on the personality development of human beings. In recent years, there has been a growing consensus within the scientific community on the importance of the connections between attachment, trauma, personality development and pathology.

Additionally, thanks to some major advances in all these therapies, the latter have proved - and keep on proving - to be effective in the treatment of attachment disorders and traumas. Besides this, a large number of studies aimed at evaluating the most important and effective aspects of both trauma therapies and the treatment of personality disorders have been recently carried out.

The most leading experts in all these fields will gather in London to share their vast knowledge about attachment, trauma, personality development and psychotherapy.

After the first unforgettable conference in May 2017, this Congress is an unmissable event within the international landscape of psychology and psychotherapy.

Besides eleven different presentations and one panel discussion per day, there will be ample space for discussion. The Congress will be held at the wonderful Queen Elisabeth II Centre, in the heart of London.
EDWARD TRONICK United States

Is an American developmental psychologist best known for his studies of infants, carried out in 1970s, showing that when the connection between an infant and caregiver is broken, the infant tries to engage the caregiver, and then, if there is no response, the infant backs – first physically and then emotionally. He is a Director of Child Development Unit and Distinguished Professor at University of Massachusetts, Boston. He is a research associate in Newborn Medicine, a lecturer at Harvard Medical School, an associate professor at both the Graduate School of Education and the School of Public Health at Harvard. He is a member of the Boston Psychoanalytic Society and Institute, a past member of the Boston ‘Process of Change’ Group and a Founder and faculty member of the Touchpoints program.

MULTILEVEL MEANING MAKING, RELATIONAL REGULATION AND STRESS

Humans make meaning about themselves in relation to the world of people, the inanimate world and to their own self. These meanings are held within each individual’s states of consciousness which are expanded when individuals in meaningful exchanges form dyadic states of consciousness. Failing to make meaning about one’s self in relation to the world of people and things is a psychological catastrophe, a trauma. Importantly, the meaning about ourselves in the world is made at multiple brain and body – psychobiological - levels. Each of these multiple levels of meaning is affected by stressful and traumatic experiences. New research on humans from my laboratory on genetics, physiology, emotions, epigenetics and caretaker-child interactions will be presented to exemplify this psychobiological conceptualization. Implications for therapeutic interventions will be suggested. The talk will use video tapes of the stillface in infants and children and other contexts will be used to illustrate my thinking.
She is a Licensed Clinical Social Worker who has worked with infants, toddlers, children, and their families, in a teaching, research or clinical capacity for over 35 years. What began as a career in the Montessori method of pre-school education led to extensive research experience in Behavioral Pediatrics. In this capacity, she worked extensively with the psychological tools and measures relevant to infant and child development and co-authored several papers on the long-range developmental outcomes of preterm and drug-exposed infants.

Ms. Davillier is the Co-Director and Curriculum Coordinator for the University of Massachusetts, Boston, Infant-Parent Mental Health Fellowship Program, a nationally acclaimed two-year intensive interdisciplinary fellowship for licensed professionals whose mandate it is to treat the social, emotional and relational derailments that can arise in families with children ages birth to five years. This fellowship is developmental in orientation, multi-disciplinary in focus, and developed as a primary public health preventive intervention aimed to increase awareness and understanding of the critical role of early relationship support to child development and family well-being.

PRETEND YOU FEEDED ME: A DEVELOPMENTAL REWIND

Psychotherapy, in all of its varied approaches, is about changing the private meanings people make about themselves in the world. Failure to make meaning can represent a psychic catastrophe, particularly in young children. This clinical presentation will examine one family system with many, deep and multigenerational obstacles and risks that led to distorted and derailed meaning. Through videotaped excerpts of play therapy sessions with a four-year old girl and her adoptive grandmother, the presenter will illuminate how dyadic work can facilitate a change in meaning making which can lead to moments of awe, and wondering, wisdom and deep personal interconnectedness in young children, experiences of the numinous that can potentially thwart the legacy of relational impoverishment, anxiety, substance abuse, violence, and deprivation from moving forward to a new generation.
Is a clinical psychologist with a limited practice in South Portland, Maine. He founded and developed Dyadic Developmental Psychotherapy (DDP), the treatment of children who have experienced abuse and neglect and demonstrate ongoing problems related to attachment and trauma. This treatment occurs in a family setting and the treatment model has expanded to become a general model of family treatment. He has conducted seminars, workshops, and spoken at conferences throughout the US, Europe, Canada, and Australia for the past 19 years.

He is also engaged in extensive training and supervision in the certification of therapists in his treatment model, along with ongoing consultation to various agencies and professionals. He is president of DDPI a training Institute which is responsible for the certification of professionals in DDP. Information about DDPI can be found on ddpnetwork.org Dan is the author of many books and articles. These include Attachment-Focused Parenting (2009), Attachment-Focused Family Therapy Workbook (2011) and, with Jon Baylin, Brain-Based Parenting (2012) and The Neurobiology of Attachment-Focused

SELF-INTEGRATION THROUGH ATTACHMENT RELATIONSHIPS IN BOTH PSYCHOTHERAPY AND DAILY LIVING

Central functions and goals of a secure attachment is to develop emotional regulation, reflective functioning, and a coherent autobiographical narrative. Relational traumas impede the development of these core features of healthy human functioning. This presentation will describe how new attachment relationships, in both therapy and in daily life, contain the means of greatly reducing the impact of early traumas. Features of these relationships that promote the integration of the self will be delineated.
Richard Schwartz began his career as a family therapist and an academic at the University of Illinois at Chicago. There he discovered that family therapy alone did not achieve full symptom relief and in asking patients why, he learned that they were plagued by what they called “parts.” These patients became his teachers as they described how their parts formed networks of inner relationship that resembled the families he had been working with. He also found that as they focused on and, thereby, separated from their parts, they would shift into a state characterized by qualities like curiosity, calm, confidence and compassion.

He called that inner essence the Self and was amazed to find it even in severely diagnosed and traumatized patients. From these explorations the Internal Family Systems (IFS) model was born in the early 1980s. IFS is now evidence-based and has become a widely-used form of psychotherapy, particularly with trauma. It provides a non-pathologizing, optimistic, and empowering perspective and a practical and effective set of techniques for working with individuals, couples, families, and more recently, corporations and classrooms.

THE TREATMENT OF TRAUMA AND THE INTERNAL FAMILY SYSTEMS MODEL

Developed over the past three decades, the Internal Family Systems (IFS) model offers an empowering and non-pathologizing approach to treating trauma. It helps clients access and undamaged essence from which they heal the parts (subpersonalities) of them that continue to live in shock, pain, and shame. Many trauma therapies propose that the existence of subpersonalities is a sign of pathology — a consequence of the fragmentation of the psyche by traumatic experiences. In contrast, the IFS model sees all parts as innately valuable components of a healthy mind. Trauma does not create these parts, but instead forces many of them out of their naturally valuable functions and healthy states into protective and extreme roles and makes them lose trust in the leadership of the client’s Self, which in IFS is an inner essence of calm, confidence, clarity, connectedness and creativity. This essence does not need to be developed or cultivated and is not damaged by trauma. Most people, and particularly trauma clients, have little access to their Self in their daily lives because it is obscured by the protective parts that dominate them. When their parts trust that it is safe to allow their Self to manifest, clients will immediately display those strengths. The goal then becomes not to eliminate parts but instead to help them relax into the knowledge that they no longer have to be so protective. IFS assists them in realizing that they are no longer under the same level of threat and that there exists a natural inner leader who they can trust. In this way, IFS brings family systems thinking to this internal family, understanding distressed parts in their context, just as family therapists do with problem children, and restoring inner leadership in a way that parallels the creation of secure attachments between parents and children. Very often, trauma clients hold the belief that they have been so damaged that they will never heal and that their very essence is tarnished. When IFS clients experience that their trauma did not touch their essence and that they don’t have to meditate for years to begin to experience liberation from suffering they feel empowered and released from shame.
They also learn that their parts are not what they seem, and that by turning toward parts with compassionate curiosity rather than trying to get rid of them, they transform into valuable qualities. This presentation will provide an introduction to the basics of the IFS model and its use with attachment and trauma. An overview of IFS and its clinical applications will be presented and illustrated with video.

At the end of this presentation, participants will be able to:

- identify the basic theory and principles of Internal Family Systems therapy.
- know how to access their clients’ Self- a core of compassion and other leadership qualities.
- deal with client “resistance” more effectively and with less effort.
- know how to utilize the clients’ Self to repair attachment injuries.
- recognize the IFS model as an internal attachment model
- identify the parallels between external and internal attachment styles.
- identify the effects of trauma on parts and Self.
- utilize the model in treating trauma.
- gain an awareness of their own parts and how those parts impact therapy.
- apply IFS principles to transference and counter-transference.
HEALING THE HUNKERED DOWN: REWIRING THE CODEPENDENT BRAIN

People learn who they are by how they’re treated. Some are wired to respond only to the needs of others and don’t know their own needs and live in deep shame. Codependent clients need to know who they are, what they want, that it’s okay to be, and be who they are, and how to operate as a deserving person in the world. The treatment protocol includes an emphasis on a close, connected therapeutic relationship while engaging in trauma-eradication, somatic work, ego-state work, and in the later stages of treatment, assertiveness training, role-playing, and discussion of how the internal changes are brought out into the clients’ lives. The presentation includes didactic material, experiential learning, a simulated demonstration and case histories.
DIANA FOSHA United States

Is the developer of AEDP (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 transformational 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.

SOLVING THE ENERGY CRISIS ONE TRANSFORMATION AT A TIME: NEUROPLASTICITY THROUGH DYADIC & EXPERIENTIAL WORK

Trauma brings with it an energy crisis: a shrinking of life lived with zest, a depletion of resourcefulness. A fundamental goal of therapy, along with ameliorating symptoms and relieving suffering, is to restore vitality and energy, for they are fuel for life. AEDP explores how dyadically regulating and fully processing the emotions of attachment trauma, and then fully metaprocessing the emergent transformational experience, in the context of an emotionally engaged therapeutic dyad, entrains a transformational process where we see neuroplasticity in action. Suffering morphs into flourishing, contraction is motivationally reversed, and a re-orientation toward growth is brought about, and more and more vitality and energy come online. Diana Fosha will make extensive use of videotaped clinical materials which will be moment-to-moment tracked and analyzed to bring the theoretical ideas of the presentation to life in the context of actual clinical sessions exemplifying AEDP in clinical action.
IRVIN YALOM United States

Dr. Yalom is Professor Emeritus of Psychiatry at Stanford University and the author of several highly acclaimed textbooks, including *Existential Psychotherapy* and *The Theory and Practice of Group Psychotherapy*. He is also the author of stories and novels related to psychotherapy, including *Love’s Executioner, When Nietzsche Wept, Lying on the Couch, Momma and the Meaning of Life,* and *The Schopenhauer Cure*. His latest non-fiction book is *Staring at the Sun: Overcoming the Terror of Death*.

VIDEO LIVE CONFERENCE

THE GIFT OF THERAPY

Working with clients who experienced early psychological trauma is not an easy process. Professor Yalom, during an interview via video conference with Alessandro Carmelita, will focus on what is important to know about the dangers that may arise in therapy.

ALESSANDRO CARMELITA Italy

Dr. Alessandro Carmelita is the Director of the ISC International. Psychologist and Psychotherapist, he has worked during the past fifteen years with clients that were exposed to early psychological traumas. His contribution to teaching, supervising and organizing events has been significantly important for thousands of therapists who have had the chance to learn more about the most updated and effective therapies for early psychological traumas and personality disorders.
GUY DIAMOND United States

Dr. Diamond is a Professor Emeritus at the University of Pennsylvania School of Medicine, Associate Professor and Director of the Center for Family Intervention Science at Drexel University (CFIS). CFIS 10 primary investigators all focused on the development, evaluation and dissemination of family center care models and marginalized minority populations across the age span. His particular area of expertise has been working with low income adolescents and their families struggling with depression, suicide and trauma.

He is also the primary developer of Attachment based family therapy, a trauma focused, process oriented manualized treatment for these populations. Dr. Diamond has over 100 publications on psychotherapy research and has been the principle investigator on more than 20 grants. He is the lead author on Attachment based Family Therapy for Depressed Adolescents (APA press).

DEVELOPING AN ATTACHMENT RUPTURE NARRATIVE TO ENHANCE A MORE COHESIVE SENSE OF SELF AND OTHER.

Healthy parent child attachment helps children learn that the world is a safe place and that they are worthy of being loved. This expectation becomes an internal working model that informs relationships across the life span. When these relational conditions are not met, children develop relational strategies that protect them from being hurt again. These attachment styles often collide with the defensive relational strategies developed by their parents in their own childhood, used to protect themselves from their own relational disappointments. These intergenerational legacies of relational incongruences can lead to a lifetime of conflict and disappointments. Attachment Based Family therapy aims to help therapists uncover the attachment rupture narratives of both child (young and old) and parents that drive interpersonal and self-destructive behavior. As self-understanding emerges, family members are helped to engage in productive, empathic conversations that confirm and help revise internal working models of self and other. In this talk, we will review these principles and specific clinical strategies to achieve these goals.
Pat Ogden, PhD, is a pioneer in somatic psychology and the Founder and Education Director of the Sensorimotor Psychotherapy Institute, an internationally recognize 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.

MOVEMENT SEQUENCES AND PERSONALITY DEVELOPMENT: A PSYCHOLOGY OF ACTION

The movement of the body speaks clearly to those who know how to listen, visibly revealing what words cannot describe: the legacy of trauma and early or forgotten dynamics with attachment figures. A shift is occurring in psychotherapy that takes into account the dominance of nonverbal, body-based, implicit processes over verbal, linguistic, explicit processes. Movement sequences, such as reaching out or striking out in the face of internal distress, are learned in the context of trauma and attachment relationships. When such actions are executed repeatedly in response to particular cues, they become automatic, enduring reactions. These procedurally-learned action sequences are based on unconscious presumptions that the future will be the same as the past and carry memories that the mind may have forgotten, dissociated, or suppressed. Such habits prevent new responses to current situations, taking precedence over actions that might be more rewarding or more adaptive to the present moment. This presentation will explore attachment- and trauma-related action sequences that reflect and sustain insecure attachment and dissociation, elucidating the body, per se, as a vehicle for understanding personality development and as a target of therapeutic change.
KATHY STEELE United States

Has been in private practice in Atlanta, Georgia for over 30 years, and is an adjunct faculty at Emory University. Kathy is a Past President and Fellow of the International Society for the Study of Trauma and Dissociation (ISSTD). She has (co)authored numerous publications, including three books on trauma and dissociation. Kathy has received a number of awards for her clinical and written works, including the 2010 Lifetime Achievement Award from ISSTD. She frequently teaches around the world.

FROM RESISTANCE TO REALIZATION:
INTEGRATIVE PSYCHOTHERAPY APPROACHES WITH CHALLENGING TRAUMA PATIENTS

Many chronically traumatized patients experience protracted crisis, distress, dysregulation, and confusion, all of which can be transmitted to the therapist. These patients regularly use defense and disorganized attachment strategies that make relational stability difficult. We therapists do not always respond at our best when confronted with a patient’s humiliated fury, profound dissociation and disavowal, demands and needs, regression, entitlement, sadomasochism, unbearable suffering and loneliness, emptiness and numbness, extreme avoidance and silence, and intense self-injury and suicidality, etc. Even seasoned therapists can become overwhelmed and find it difficult to remain grounded, present and effective with their most challenging patients. This lecture will address integrative approaches to the highly “resistant” patient. We will explore the protective nature of resistance, particularly with those who have developed enduring personality strategies to avoid inner experience and relational difficulties. We will examine different types of resistance and the diverse approaches to address them. We will also consider strategies to “join the resistance” with the patient, inviting him or her to become a participant-observer with us in developing a co-created mentalizing approach to “resistant” behaviors. Using a particular form of collaborative rather than care-giving attachment supports both regulation and mentalization. These are key skills needed for the patient to engage in the hard work of realization: that the trauma happened, that it is now over, and that long-held beliefs and emotional and attachment strategies can safely shift to more effective and meaningful ways of being. Finally, we will examine the challenges of remaining relationally engaged with these patients, attentive to our defenses, but not embedded in them.
LOUIS COZOLINO United States


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 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.

COMPLEX TRAUMA IN A COMPLEX WORLD

We have a century of theories and countless studies relating the many ways in which early experiences impact our physical and psychological well-being later in life. While we are theory rich, our inability to make accurate predictions about any one person highlights the limitations of our knowledge and the complexity of a life. It is beginning to dawn on us that the multitude of factors that contribute to human development – from genetics to environment to everything in between - defies simple causal relationships. This, despite the fact that our minds are so vulnerable to accepting them. Dr. Cozolino will explore some of what we know about the impact of early trauma on the developing brain, the formation of attachment relationships and the emergence of self. He will use “integration” as a common principle of healing across the biological, psychological and social aspects of human functioning and experience. He will also focus on the centrality of attachment during childhood and again during successful psychotherapy.
### Friday May 4

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<tr>
<td>8:00-9:30</td>
<td>Registration</td>
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<tr>
<td>9:30-10:00</td>
<td>Opening</td>
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<tr>
<td>10:00-11:30</td>
<td><strong>Edward Tronick:</strong> Multilevel Meaning Making, Relational Regulation And Stress</td>
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<tr>
<td>11:30-12:00</td>
<td>BREAK</td>
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<tr>
<td>12:00-13:30</td>
<td><strong>Marilyn R. Davillier:</strong> Pretend You Fed Me: A Developmental Rewind</td>
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<td>13:30-15:00</td>
<td>LUNCH</td>
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<td>15:00-16:30</td>
<td><strong>Dan Hughes:</strong> Self-integration Through Attachment Relationships In Both Psychotherapy And Daily Living</td>
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<td>16:30-17:00</td>
<td>BREAK</td>
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<tr>
<td>17:00-18:30</td>
<td><strong>PANEL</strong> “From birth to developmental age: the evolution of the human brain and personality”</td>
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### Saturday May 5

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<th>Time</th>
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<tr>
<td>9:00-10:30</td>
<td><strong>Richard Schwartz:</strong> The Treatment Of Trauma And The Internal Family Systems Model</td>
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<td>10:30-11:00</td>
<td>BREAK</td>
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<tr>
<td>11:00-12:30</td>
<td><strong>Robin Shapiro:</strong> Healing The Hunkered Down: Rewiring The Codependent Brain</td>
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<td>LUNCH</td>
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<td>14:00-15:30</td>
<td><strong>Diana Fosha:</strong> Solving The Energy Crisis One Transformation At A Time: Neuroplasticity Through Dyadic &amp; Experiential Work</td>
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<td>15:30-16:00</td>
<td>BREAK</td>
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<tr>
<td>16:00-17:30</td>
<td><strong>Irvin Yalom:</strong> The Gift Of Therapy</td>
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<td>17:30-19:00</td>
<td><strong>PANEL</strong> “The Parts of the Personality: how to work in therapy”</td>
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**Sunday May 6**

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<th>Time</th>
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<tr>
<td>9:00-10:30</td>
<td>Guy Diamond: <em>Developing An Attachment Rupture Narrative To Enhance A More Cohesive Sense Of Self And Other.</em></td>
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<td>10:30-11:00</td>
<td>BREAK</td>
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<tr>
<td>11:00-12:30</td>
<td>Pat Ogden: <em>Movement Sequences And Personality Development: A Psychology Of Action</em></td>
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<td>12:30-14:00</td>
<td>LUNCH</td>
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<tr>
<td>14:00-15:30</td>
<td>Kathy Steele: <em>From Resistance To Realization: Integrative Psychotherapy Approaches With Challenging Trauma Patients</em></td>
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<td>15:30-16:00</td>
<td>BREAK</td>
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<tr>
<td>16:00-17:30</td>
<td>Louis Cozolino: <em>Complex Trauma In A Complex World</em></td>
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<tr>
<td>17:30-19:00</td>
<td>PANEL “Body, Emotions, Relationships and Resistance: The Path to the integration of the Personality”</td>
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**LANGUAGE** English

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

**REGISTRATION FEES**

**Early bird rates**
- Within September 15th, 2017: £300
- Within December 31st, 2017: £350

**Full price**
- From January 1st to May 4th, 2018: £430

**Other discounted rates**
If you belong to one psychological or psychotherapeutic association, you will be entitled to pay a reduced fee of £290. Please contact the Administrative Office (segreteria@isctraining.com) to receive your discount code and get this special reduction on your registration fee.

**CANCELLATION POLICY**
Please note that, if you wish to cancel your registration, the following rules will be applied:
- if you cancel your registration within 3 months before the start of the event, you will be entitled to receive a 70% refund of the amount paid for the ticket.
- if you cancel your registration within 2 months before the start of the event, you will be entitled to receive a 40% refund of the amount paid for the ticket.
- if the above-mentioned deadlines are not respected, you will not be entitled to receive any refund.

**REGISTRATION**
Please visit our website [www.international-isc.com](http://www.international-isc.com) to register to the Congres. If you have any questions or need additional details and/or assistance, please email us at the following address: segreteria@isctraining.com.