Since our birth, every relationship with a significant other creates a deep emotional engagement, thus indelibly impressing itself upon our memory and contributing to the development of our own identity. Emotionally meaningful experiences can even have an impact on the activation of specific genes of our DNA, which are then transmitted to the next generations.

Human beings build their more concrete, physical structure also based on the quality of their relational experiences; as a matter of fact, the “we-ness” – conceived as an experience of connection and resonance with another person at the biological, physiological, emotional and cognitive level – is the most adaptive and evolved way to express their identity. Therefore, from an adaptive point of view, the quality of relational experiences becomes crucially important to guarantee not only the individual’s well-being, but also for future generations’ sake.

The major advances in neuropsychological science have made it clear: expanding the horizons of both the research studies and the treatment strategies that are focused on the individual only, thus allowing them to explore the relational and collective dimension too, has become really necessary. All these aspects will be the main subjects that will be discussed during the next “Attachment and Trauma” Congress, taking place in London in 2019.

From the study of the human personality – whose fragmentation, due to trauma, leads to structural dissociation – to the development of the individual’s autobiographical memory and identity, a broader perspective including the relational dimension, based on the studies on mirror neurons and epigenetics, will be explored.

Besides this, in-depth insights into the importance of resonance in terms of communication will also be provided. Furthermore, a new concept of compassion – considered as an authentic, essential and relational channel through which the dimension of the “interbeing” can be fostered – will be explored. Finally yet importantly, the therapeutic approach of Mindful Interbeing Mirror Therapy, which analyses the intrapsychic and relational dimension of the therapist-client interaction from a new and different perspective, will also be presented.
ALESSANDRO CARMELITA  Italy

Alessandro Carmelita, Psychologist and Psychotherapist, after having been trained by some of the most important experts in the Psychotherapy and Interpersonal Neurobiology fields, has created the Mindful Interbeing Mirror Therapy (MIMT) and developed it together with Marina Cirio. He has been travelling around the world to train psychologists and psychotherapists in this revolutionary new approach of doing psychotherapy.

MARINA CIRIO  Italy

Marina Cirio is a psychologist and a psychotherapist. She has enriched her professional training with recent contributions in the field of psychotherapy and neuroscience. She has developed the Mindful Interbeing Mirror Therapy approach with Alessandro Carmelita, thus deepening the clinical and research aspects of therapeutic interventions with different types of patients. She has been using this innovative approach for years, and will participate in the training course that will allow other therapists to learn MIMT and to understand this new way of relating to the patient, promoting a real and profound change.

MINDFUL INTERBEING MIRROR THERAPY:
BEYOND THE RECOVERY FROM TRAUMA

The study of human personality has shed light on the undeniable impact that attachment relationships, as well as early traumatic experiences – and the consequent dissociation – have on the construction of the Self. Psychological suffering can be analysed from two different, but interrelated, perspectives: the level of integration of the Self, on the one side, and the individual’s ability to interact with the external world, on the other side. Starting from this premise, identifying and defining the various parts of the client’s personality – especially if the latter has experienced trauma and starts therapy with severe symptoms – is crucially important. As a matter of fact, Psychotherapy is more and more conceived as a series of interventions aimed at integrating the dissociative parts of the client’s personality, in order to support them building a unified Self. At the same time, the therapeutic rela-
tionship plays a central role in the treatment of the dissociation caused by early relational traumas, regardless from their seriousness.

Mindful Interbeing Mirror Therapy (MIMT) is a completely innovative therapeutic approach based on the use of a mirror within the therapeutic setting, which is placed in front of both the client and the therapist, thus allowing them to interact through their reflected image. The validity of this unique modality of intervention is supported by its theoretical underpinnings, which include not only the most recent research studies in the field of Neuroscience, but also a series of effective clinical studies.

The construction of the Self and the individual’s relational reality – starting from the very beginning of the identity construction process, that is the ability to identify themselves in front of a mirror, to the capacity to acknowledge the other’s emotional states – are two parallel processes characterising each human being’s development. Therefore, Mirror Therapy can be seen as a unique combination of therapeutic interventions helping the client reconstructing an integrated Self, while at the same time working on the relationship with the other.

Over the past five years, Mindful Interbeing Mirror Therapy has been studied in depth and a specific procedure of intervention has been created; additionally, thanks to MIMT, therapists have discovered a new and extremely accelerated way to connect with the client, as well as an effective approach to help the latter integrating their inner parts through a deep, transformative self-compassion. Finally yet importantly, the theoretical and application aspects emerging from clinical practice offer new opportunities of intervention that Research can keep supporting and validating.
Janina Fisher is a licensed clinical psychologist in private practice; Assistant Director of the Sensorimotor Psychotherapy Institute; Psychological Services. Director, Khiron Clinics UK; Instructor at the Trauma Center, a research and treatment center founded by Bessel van der Kolk; an EMDRIA Approved Consultant; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma and dissociation, she is co-author with Pat Ogden of Sensorimotor. Psychotherapy: Interventions for Attachment and Trauma (2015) and author of the book, Healing the Fragmented Selves of Trauma Survivors.

HEALING THE FRAGMENTED SELVES OF TRAUMA SURVIVORS: EXCHANGING SELF-ALIENATION FOR SELF-COMPASSION

Alienation from self in the context of abusive or neglectful parenting is a survival strategy that maintains children’s attachment to their caregivers by disowning themselves as “bad” or “unlovable.” This deeply painful failure of self-acceptance results in lifelong shame and self-loathing, difficulty self-regulating and self-soothing, and complications in relationships with others. Without self-compassion or a sense of worth, it is difficult to take in the compassion and acceptance of others.

To overcome this alienation from self, trauma treatment must include a focus on cultivating clients’ interest in their disowned selves and disowned experience. As they begin to discover their traumatized younger selves, connect to them empathically and bring them “home,” these clients spontaneously begin to feel an internal sense of warmth and safety that transforms their painful emotions and distorted sense of self. Using strategies inspired by Structural Dissociation theory, Sensorimotor Psychotherapy and Internal Family Systems, we will explore the therapeutic power of fostering clients’ compassion for their most deeply wounded and disowned selves.

You will learn to:

- Describe the relationship between early traumatic attachment and alienation from self
- Recognize signs of disowned parts and their internal conflicts
- Identify parts that sabotage self-compassion or self-acceptance
- Describe interventions that create an increased somatic sense of connection or attachment to self
- Capitalize on interpersonal neurobiology to increase the effectiveness of therapeutic interventions
- Foster ‘earned secure attachment’ as the outcome of attachment bonding between adult and child selves
EPISTEMIC TRUST AND ATTACHMENT: A FRESH LOOK AT THERAPEUTIC PROCESSES IN PERSONALITY DISORDER

The talk will map the presenter’s journey from attachment theory to communication. The journey is via socio-biology and the evolutionary roots of the concept of epistemic trust. We will explore the links of epistemic trust and parent–infant attachment, individual differences in the extent to which people are able to generate and experience epistemic trust. These differences will be considered in relation to their implications for understanding and treating personality disorders. Finally, we will consider implications of the model for understanding how psychological treatments ‘work’. We will consider why empathy has always played such a key role in the process of psychological healing.
PAUL GILBERT United Kingdom

Paul Gilbert is Professor of Clinical Psychology at the University of Derby and Consultant Psychologist at Derbyshire Mental Health Services NHS Trust. He has held a visiting Professorship at the University of Fribourg (Switzerland) and Coimbra (Portugal). He has been a Fellow of the British Psychological Society since 1993. He is a past committee member and then president of the International Society for Evolutionary Approaches to Psychopathology (1992). He was a on the board of the British Association for Behavioural and Cognitive Psychotherapy (2001-2004) and president in 2003. He was also on the British Government’s Advisory committee NICE (National Institute for Clinical Excellence) for the Depression Guideline (2002-2004). He took semi-retirement at 60 in 2011 but still travels, lectures and has large research interests. He has authored over 200 academic papers and book chapters’ and authored/edited 18 books. He has researched and written extensively in the areas of mood disorder, social anxiety, shame and psychosis. 20 years ago he began to explore the value of developing compassion for people from troubled backgrounds, who have high shame and self-criticism and who find it very difficult to be kind and supportive to themselves. With his patients, and from a variety of influences from standard psychotherapies, Buddhism, the neuroscience of emotion regulation, he has developed an integrative multi-modal approach to therapy called Compassion Focused Therapy.

COMPASSION FOCUSED THERAPY AND ITS RELATION TO ATTACHMENT THEORY AND TRAUMA

The last few years have seen increasing research into the nature of compassion, and beneficial effects on a range of mental health problems and trauma. Compassion focused therapies and evolutionary-based therapy focuses on the evolution of caring behaviour particularly in the early mammalian attachment context. Compassion focused therapy highlights the link between mechanisms underpinning compassion processing and attachment mechanisms. This talk will explore the relationship between attachment mechanisms such as proximity seeking, secure base and safe haven, how it links to compassion processes and how these in turn can be utilised for working with trauma-based difficulties.
Psychologist and author of Emotional Intelligence and Focus, Daniel Goleman has transformed the way the world educates children, relates to family and friends, and conducts business. The Wall Street Journal ranked him as one of the 10 most influential business thinkers. His article “What Makes a Leader?” remains the most requested reprint in the history of Harvard Business Review. His 2014 bestseller, Focus: The Hidden Driver of Excellence, argues that leadership that gets results demands a triple focus: on our ourselves; on others, for our relationships; and on the outer forces that shape organizations and society. Dr. Goleman’s “The Focused Leader” won the 2013 HBR McKinsey Award, given each year for the best article in Harvard Business Review.

TRAUMA AND EMOTIONAL INTELLIGENCE

There are significant overlaps between the neural circuitry for trauma and that underlying emotional intelligence. PTSD, for example, has been described as a disorder of the amygdala and its circuitry. Managing this same circuitry better is among the goals of boosting emotional intelligence. There are four parts to emotional intelligence: self-awareness, self-management, empathy and relationship skill. The “self” capacities speak directly to managing trauma, and empathy and relationship skills inform effective psychotherapy for trauma. Beyond these connections, there are society-wide measures that might help inoculate a larger population against the emotional costs of trauma, particularly the school-based curricula in emotional intelligence more widely known as “social/emotional learning.”
DOLORES MOSQUERA Spain

Dolores Mosquera, a psychologist and psychotherapist specializing in severe and complex trauma, personality disorders, and dissociation. She is an accredited EMDR Europe Trainer and supervisor. Dolores is the director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP) in A Coruña, Spain—a 3-clinic private institution initially founded in 2000 as LOGPSIC. She collaborates with two different Domestic Violence Programs, one focused on Women Victims of DV and another one on Males with Violent Behavior. She belongs to the Spanish National Network for the Assistance of Victims of Terrorism, and also collaborates with an organization aiding victims of emergencies, accidents, violent attacks, kidnapping and other traumatic incidents. Dolores has extensive teaching experience leading seminars, workshops, and lectures internationally. She has participated as a guest speaker in numerous conferences and workshops throughout Europe, Asia, Australia, and North, Central, and South America. She has published 15 books and numerous articles on personality disorders, complex trauma, and dissociation, and is a recognized expert in this field. She also teaches in several Universities, and collaborates supervising Clinical Psychologists in postgraduate training programs in Spain. She received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Processing) field in 2017, and was made a Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her important contributions to the trauma and dissociation field.

WORKING WITH THE EFFECTS OF EMOTIONAL ABUSE, SEVERE NEGLECT AND INVISIBILITY

The effects of emotional abuse, feeling like a burden for others or unwanted have a profound effect on the child and future adult. In early childhood, caregivers’ affective signals and lack of contingent availability present a more common perceived threat to the child’s development of a secure sense of self than the actual level of physical danger or risk for the child’s survival. These “hidden traumas” of neglect, related to the caretakers’ inability to modulate affective dysregulation, result in deactivating responses to attachment cues. Children who learn to deactivate automatic responses never develop basic abilities such as co-regulation, emotional regulation, and self-care. In addition, in some households, having needs or expressing them may be dangerous and children are neither given the chance to trust others nor themselves. Experiencing other types of additional traumatic events will complicate the picture even more. Since children must adapt to survive, victims of severe emotional abuse and neglect must develop strate-
gies to deal with their experiences. These survival strategies become automatic and may be difficult to identify in adults. Clients often learn to ignore their emotions and their most basic needs, which makes them feel invisible, unseen, and neglected. As adults they keep seeing themselves through the eyes of the people who have hurt them and tend to treat themselves in the same way they were treated as children.

In this workshop, participants will learn practical tools to work with the effects of early attachment disruptions and neglect, including feeling invisible, avoidance, distrust, and lack of self-acceptance. As therapists, modeling a new way for clients to learn look at themselves through empathy and compassion becomes crucial.

Videotaped clinical case examples will be shown.
LIZ MULLINAR  Australia

Liz Mullinar is the founder of Heal For Life Foundation (HFL). The HFL centres in Australia, UK and the Philippines have helped over 8,000 adults and children heal from their childhood trauma through an affordable week-long residential program. Liz has been integral in the development of the TREE healing model and Trauma Informed Practice training, which is delivered throughout Australia. Liz, a survivor of childhood trauma, developed the TREE model in the early nineties in collaboration with other survivors of trauma who were looking for a permanent way of healing from the impact of childhood trauma. The HFL model empowers the participant to recognize that they have the knowledge and ability to heal; it promotes autonomy and self efficacy. Clients are supported by peer support therapists who have themselves undergone the same healing process. As such, HFL provides a unique and imperative encouragement and support to the clients. Liz concentrates her time in the training and supervision of therapists in the use of the Heal For Life treatment model in their private practice and in training teams in other countries to run the program. Liz is also working with remote Indigenous communities in the Kimberly (West Australia) to help them develop and train teams to run Heal For Life programs in their communities. Through her work with HFL and her lived experience, Liz is also a recognised leader in the field of Trauma Informed Practice. She is the author of two books published by Hodder Headline: “Breaking The Silence” and “The Liz Mullinar Story”. Liz believes in providing practical strategies learned from her own healing journey and from her over twenty years of supporting survivors of trauma. Liz is also recognised for her significant work in transforming the lives of people who have been severely debilitated by trauma and in 2000 she was awarded the inaugural Australian Humanitarian of the Year Award.

TRUST, RELEASE, EMPOWER, EDUCATE – PRACTICAL PROVEN STRATEGIES TO CREATE A SAFE, EMPOWERING ENVIRONMENT TO ENABLE PERMANENT HEALING FROM COMPLEX TRAUMA

The greatest problem for survivors of childhood trauma is the inability to recognise triggers from childhood trauma and to know how to release these triggers so as to de-activate the fight/flight/freeze response. Neuroscience informs us that this response is automatic and that it is one of the prime causes of behavioural and emotional problems for survivors of trauma. This presentation will explain the TREE model: trust, release, empower, educate. The model is unique in that it was developed by survivors of trauma incorporating findings from neuroscience as well as their own innate knowledge and personal experiences. Experts in the field have identified that healing must come from the dominant right brain hemisphere. The TREE model succeeds by safely accessing the right hemisphere to release emotions suppressed at the time of the trauma. The model also recognizes the importance of the client themselves in leading and controlling all processes of treatment. This practical and experiential presentation will include: a trauma informed action plan, video presentation and case studies to reinforce this client-centered, peer developed program for use in private practice. This will enable participants to extend their therapeutic modalities in order to more safely and effectively support clients of childhood trauma towards healing.
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<td><strong>Fonagy Peter</strong> “Epistemic trust and attachment: A fresh look at therapeutic processes in personality disorder”</td>
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Sunday 23rd JUNE

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LANGUAGE  English

LOCATION  London

REGISTRATION FEE
- Early bird fee (within November 30th): £ 300
- University students: £ 260
- Full price: £ 450

REGISTRATION
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Please note that, if you wish to cancel your registration, the following rules will be applied:
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- 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.
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