CONGRESS
ATTACHMENT
AND TRAUMA

Relationships, Consciousness
and the Developing Self

LONDON
NOVEMBER 15th–17th
2019
The development of self-identity and consciousness, interpreted as a relational construct: this is the new, overall topic of the next “Attachment and Trauma” Congress in London, which is being held on November 15th-17th, 2019.

When the developmental process is disrupted by inadequate caretaking, insufficient attunement or experiences of abuse within the caregiving relationship, the child’s inner sense of continuity and consistence can be severely affected, thus leading to a fragmentation of the Self.

Human consciousness is structured in the intersubjective dimension that characterises mirroring experiences with others. When such experiences are missing, this may lead to a dissociation of the Self and, in the presence of complex trauma, dissociative symptoms may involve extreme rigidity.

During their talks, Speakers will explore a multitude of complex aspects related to the development of consciousness. At this respect, brain studies will be a starting point to get a deeper insight into human interactions and go beyond the mere distinction between top-down and bottom-up processes, thanks to a more integrated and comprehensive analysis of social dimensions. In addition, Speakers will highlight the most effective therapeutic approaches that can be adopted in order to create an integrative intervention system, based on specific aspects of the therapeutic relationship. From this perspective, the latter is understood as an opportunity to heal Self-fragmentation, as well as a space where both the therapist and the client can engage with each other in a safe way. Besides this, a series of intervention methods aimed at treating complex trauma and preventing its intergenerational legacy will be discussed. The Congress will also be a unique opportunity to explore new treatment perspectives in Psychotherapy, such as Mirror Therapy and, last but not least, specific interventions based on the use of prosody, music and voice to activate the client’s engagement system within the therapeutic setting.
Marco Iacoboni, M.D. Ph.D., is an Italian neurologist and neuroscientist that studied at the University “La Sapienza” in Rome, Italy. In 1999 he joined the faculty of the David Geffen School of Medicine at UCLA and became Director of the Neuromodulation Lab at the Ahmanson-Lovelace Brain Mapping Center. He is currently Professor in the Department of Psychiatry and Biobehavioral Sciences at the David Geffen School of Medicine at UCLA. He combines brain imaging and non invasive brain stimulation to study neural systems and mechanisms in humans for sensory-motor integration, higher cognitive functions, and social cognition. His longstanding interest in the role of the body in shaping human cognition led him to explore the role of the human mirror neuron system in imitation, empathy and social communication, in health and disease. He is the author of the book for general readers Mirroring People, The Science of Empathy and How We Connect with Others (Picador). The book is the culmination of years of research in his lab on neural mirroring in humans and the implications of this brain mechanism for understanding human nature.

**WHAT WE TALK ABOUT WHEN WE TALK ABOUT BOTTOM UP AND TOP DOWN BRAIN PROCESSES? LIKE A THOUGHT THAT IS ALSO A FEELING**

The discovery of mirror neurons has generated much interest well beyond the neurosciences in the last 25 years. Neural mirroring is typically conceived as a mechanism for experience sharing and empathy. It is also generally seen as a ‘bottom up’ pre-reflective and fairly automatic process, in contrast with ‘top down’ mechanisms of cognitive control that, while more effortful, are also more flexible and adaptive. This dichotomous framework maps well onto the division of ‘fast’ and ‘slow’ human thinking that psychological studies of decision making have recently proposed. However, a ‘view from the brain’ suggests that - while these divisions have served an important historical role in advancing our conceptual grasp of complex phenomena - at this point they may get in the way of a deeper understanding of human social cognition. In this talk I will discuss recent studies from my lab that suggest that what we call ‘bottom up’ and ‘top down’ processes are actually woven into an integrated processing stream of cognition and sociality that calls for a new theoretical framework moving away from the old dichotomy.
ORIT BADOUK EPSTEIN  United Kingdom

Is a UKCP registered attachment based Psychoanalytic psychotherapist, a training supervisor and a training therapist. She trained at the Bowlby Centre, London where she is the Editor of the journal “Attachment-New Directions in Psychotherapy and Relational Psychoanalysis”. She teaches Attachment theory and is the chair of the planning group of the Bowlby Memorial conference. She specialises in attachment theory and trauma and regularly writes and present papers and book chapters on these topics. She runs a private practice and works relationally with individuals, couples and parents. Orit has a particular interest in working with individuals who have experienced extreme abuse and trauma and have displayed symptoms of dissociation. She is the co-author of the book “Ritual Abuse and Mind Control: The Manipulation of Attachment Needs” (Karnac Books); co-editor of the book “Terror within & without”; and recently published a chapter “Trauma work via the Lens of Attachment Theory: Gaslight – Reality distortion by Familiar Attachment Figures” in “Approaches to Psychic Trauma” Ed. B. Hupperz. She is the co-editor of the ESTD (European Society for Trauma and Dissociation) newsletter where she regularly writes articles and film reviews.

THE “UNJOINTED” SELF – FROM PROXIMITY SEEKING TO RELATIONSHIP SEEKING: MOVING TOWARDS UNITY AND COHERENCE. WORKING WITH A CLIENT WITH COMPLEX TRAUMA FROM AN ATTACHMENT PERSPECTIVE

Mary Main and Judith Solomon (1986) first identified fear in the face of attachment needs and described it as the (D)Disorganised Attachment Style. The research findings have given us a new lens into the way we see human behaviour that is evident in many of our traumatised clients. The child’s needs for both protection and autonomy are universal and has been at the heart of object relation and attachment theory. It is there where co-relatedness matters and a developed sense of self are most involved. This presentation will discuss a client who suffered extensive abuse resulting in the colonisation of her body and mind and fragmentation of the self. Her attachment to her “scaregiver” (Badouk Epstein, 2015) was “cannot be classified” and was diagnosed with DID (Dissociative Identity Disorder). The client’s regular suicidal ideation, self-harm, eating disorders and sexual addiction were the client’s attachment cries and a response to a diminished self. The relational journey we embarked upon gradually enabled the client to move on to a place of better functioning and self-regulation allowing her slowly to develop the coherence needed for the emancipation of her imprisoned body and mind.
BRUCE ECKER United States

Bruce Ecker, LMFT is co-originator of Coherence Therapy, co-director and co-founder of the Coherence Psychology Institute, and coauthor of *Unlocking the Emotional Brain: Eliminating Symptoms at Their Roots Using Memory Reconsolidation;* the *Coherence Therapy Practice Manual & Training Guide,* and *Depth Oriented Brief Therapy: How To Be Brief When You Were Trained To Be Deep and Vice Versa.* Clarifying how transformational therapeutic change occurs is the central theme of his clinical career, and he has contributed many innovations in concepts and methods of experiential psychotherapy. Since 2006 he has driven the clinical field’s recognition of memory reconsolidation as the core process of transformational change, and he has developed the application of this brain research for the advancement of therapeutic effectiveness and psychotherapy unification. He lives in New York City.

**COMPLEX ATTACHMENT TRAUMA MEETS MEMORY RECONSOLIDATION: FACILITATING THE BRAIN’S PROCESS OF UNLEARNING FOR TRANSFORMATIONAL CHANGE**

In this presentation, video of therapy sessions will show how the emotional learnings created by severe attachment trauma can undergo profound unlearning through memory reconsolidation, thoroughly eliminating extreme post-traumatic symptoms and their underlying traumatic memory reactivation, a transformational change.

Memory reconsolidation is the brain’s innate process for directly revising existing learnings down to their neural encoding. How that process works has been the focus of laboratory studies by neuroscientists during the last two decades. It is a process of experience-driven neurological change. Translation of the research findings into therapeutic methodology has been the presenter’s main work since 2006.

The presentation will equip attendees with a clear map of the steps of process required by the brain for inducing reconsolidation and transformational change, as well as a vivid demonstration of those steps applied to severe complex attachment trauma. The emotional depth and empathetic quality of the facilitation will be strongly apparent. A fundamental distinction will be made between transformational change, which eliminates the very existence of the target learning and the possibility of relapse, and counteractive change, which builds up positive resources that compete against but do not actually replace the target learning, allowing relapse.
This therapeutic methodology of reconsolidation is based entirely on empirical, trans-theoretical knowledge of the brain’s process of unlearning. The key steps are defined as internal experiences, not external procedures, so therapists are free to use any suitable experiential techniques to facilitate this process. For example, the steps have been detected in many different therapy systems’ published cases of transformational change, which suggests that these critical steps may be universal common factors that can serve as a framework of psychotherapy unification. This process represents a significant confirmation and sharpening of the corrective experience paradigm and a serious challenge to non-specific common factors theory.
ATTACHMENT DISTURBANCE, COMPLEX TRAUMA, AND THE SELF: ASSESSMENT AND TREATMENT

There are three patterns of insecure attachment. In adults these are referred to as dismissing, anxious preoccupied, and disorganized attachment. Each is associated with a unique internal working model and state of mind with respect to attachment. Each is also associated with a unique sense of self—the pseudo-independent self in dismissing attachment, the inhibited self in preoccupied attachment, and the dissociated self in disorganized attachment. In our orphanage study we found that what is commonly referred to as complex trauma is best seen as early disorganized attachment aggravated by physical and/or sexual abuse in later childhood. This view requires a substantial modification of treatment from traditional phase-oriented trauma treatment (POTT) in that the use of POTT in individuals suffering from complex trauma often show significant decreases in coherence and organization of mind during trauma processing, but respond much better if the disorganized attachment is first treated before trauma processing.

This presentation will introduce an effective treatment for attachment disturbances in adults called the Three Pillars approach: 1. The repeated use of imaginal ideal parent figures to positively remap the internal working model of attachment; 2. Fostering verbal and non-verbal collaborative behavior in treatment; and 3. Developing a range of post-formal metacognitive skills. Additionally, the presentation will review the unique features of Three Pillars treatment for each of the three prototypical types of attachment disturbance in adults a unique treatment for dismissing, preoccupied, and disorganized attachment.
Peter Fonagy is Head of the Division of Psychology and Language Sciences at UCL; Chief Executive of the Anna Freud National Centre for Children and Families, London; Consultant to the Child and Family Programme at the Menninger Department of Psychiatry and Behavioural Sciences at Baylor College of Medicine; and holds visiting professorships at Yale and Harvard Medical Schools. He has occupied a number of key national leadership positions including Chair of the Outcomes Measurement Reference Group at the Department of Health, Chair of two NICE Guideline Development Groups, Chair of the Strategy Group for National Occupational Standards for Psychological Therapies and co-chaired the Department of Health’s Expert Reference Group on Vulnerable Children. His clinical interests centre on issues of early attachment relationships, social cognition, borderline personality disorder and violence. He has published over 500 scientific papers, 260 chapters and has authored or co-authored 19 books. He is a Fellow of the British Academy, the Academy of Medical Sciences, the Academy of Social Sciences and the American Association for Psychological Science, and was elected to Honorary Fellowship by the American College of Psychiatrists. He has received Lifetime Achievement Awards from several national and international professional associations including the British Psychological Society, the International Society for the Study of Personality Disorder, the British and Irish Group for the Study of Personality Disorder, the World Association for Infant Mental Health and was in 2015 the first UK recipient of the Wiley Prize of the British Academy for Outstanding Achievements in Psychology by an international scholar.

**TRAUMA AND THE DEVELOPING OF CONSCIOUSNESS**

The presentation is based on an intersubjective model of the development of consciousness. We assume that consciousness is culturally embedded and normally only experiences that are socially mirrored become part of an individual’s conscious experience. Generally, this ensures the close relationship between subjects of human communication and self-awareness. The roots of the disruptive effect of trauma lies in the impact of childhood adversity on the social development of consciousness. In severe trauma this process is disrupted forcing phenomenal experiences to become part of consciousness that have no place in subjectivity causing discontinuities of subjective experience, including dissociation, disruptions in the experience of identity and atypical bodily experiences. We will consider research findings pertinent to these suggestions along with clinical approaches to managing the persistent effects of trauma.
THE EMERGENCE OF A POLYVAGAL-INFORMED THERAPY: HOW MUSIC AND VOICE CONTRIBUTE TO HEALING FOLLOWING TRAUMA

This presentation will focus on how Polyvagal Theory provides a plausible model to explain how and why music and prosodic vocalizations can help support physical and mental health and enhance function during the compromised states that follow trauma.

The Polyvagal Theory provides a strategy to understand the neural mechanisms that enable listening to music and prosodic vocalizations to improve social engagement behaviors and to enhance the regulation of bodily and behavioral state. Polyvagal Theory enables the deconstruction of therapies that involve ‘listening’ into two components: 1) the interpersonal relationship between therapist and client that promote feelings of safety and trust, and 2) the acoustic features of vocalizations and music being used in the therapeutic setting. The Safe and Sound Protocol will be described as an example of an intervention that incorporates these two components.
ALESSANDRO CARMELITA  Italy

Alessandro Carmelita is a Psychologist and a Psychotherapist, as well as a Trainer and Supervisor in Schema Therapy certified by the ISST. After having been trained by some of the most important experts in the field of Psychotherapy and Interpersonal Neurobiology, he has created an innovative therapeutic approach named Mindful Interbeing Mirror Therapy (MIMT) and has developed it together with Marina Cirio. He has traveled around the world to train Psychologists and Psychotherapists in using this revolutionary approach with their clients. Besides this, Dr. Carmelita has conducted 56 editions of the international training programme in Schema Therapy and has trained/supervised hundreds of therapists.

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 Mindful Interbeing Mirror Therapy (MIMT) together with Alessandro Carmelita, thus contributing to expand both the clinical implications and the research work on the therapeutic interventions that can be used with different types of patients. After using this innovative approach for years, Dr. Cirio is going to conduct - together with Dr. Carmelita - a new training course in MIMT that will allow many other therapists to learn and understand this new way of relating to clients, which can facilitate 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 relationship plays a central role in the treatment of the dissociation caused by early relational traumas, regardless from their seriousness.

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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.
MARILYN GLENVILLE  United Kingdom

Dr Marilyn Glenville, PhD, is the UK’s leading nutritionist specialising in women’s health.

She is the former President of the Food and Health Forum at the Royal Society of Medicine, a registered nutritionist, psychologist, author and popular broadcaster who obtained her doctorate from Cambridge University.

For over thirty five years Dr Glenville has studied and practiced nutritional medicine specialising in the natural approach to female hormone problems.

With a special interest in the female hormone cycle, Dr Glenville works in her clinics with women who suffer menstrual problems such as heavy periods, painful periods, PMS, fibroids, PCOS and endometriosis, and who wish to work on a nutritional approach to these problems.

Dr Glenville also helps couples who are having difficulty conceiving or having recurrent miscarriages and women looking for a natural approach to the menopause and prevention of osteoporosis.

The Glenville Nutrition Clinics works in Harley Street, London and Tunbridge Wells and Faversham, Kent; and also has practices in Dublin, Cork, Galway and Kilkenny in Ireland and The Palm, Dubai.

Dr Glenville is a popular international speaker and the author of 14 internationally bestselling books, many of which have become the standard reference books for healthcare practitioners and have sold over 1 million copies worldwide and been translated into over 20 languages. As a respected author on women’s healthcare she gives regular talks on radio and frequently appears on television and in the press.

THE ROLE NUTRITION PLAYS IN HEALING FROM TRAUMA

Mental and physical health are fundamentally connected and nutrition has the potential to influence the impact of trauma and PTSD. Oxidative stress, inflammation and changes in the gut microbiome are some of the physical effects of stress which can be reduced by changes in diet. Prolonged stress can deplete the body of essential nutrients and using nutritional support can combat the negative effects of stress. Also, the chronic activation of the fight or flight response can be reduced by changes in patterns of eating, food choices and timing of food.
JANE HART United States

Jane Hart is a 28-year-old loving mother of two, an author, a public speaker and mental health activist. Born and raised in Boise, ID; Jane currently resides there with her two beautiful sons. Three years ago, Jane was diagnosed with Dissociative Identity Disorder (DID), previously known as Multiple Personality Disorder, which has impacted her life in ways she never could have imagined. One of the exclusive causes of DID is repeated childhood trauma to which Jane has unfortunately endured throughout her life. Dubbing herself a “human information sponge,” Jane has spent countless hours researching the effects of trauma on the brain as well as learning as much as she can about DID in the hopes of helping others.

Receiving her diagnosis was tough on Jane both mentally and physically, but sharing her condition with a close friend was a turning point for her. Despite their close relationship, her friend assumed Jane was dangerous; damaging their friendship and leaving a lasting impact on Jane. This pivotal point in her life has inspired Jane to shine a light on the cause to diminish the stigma of mental illness, especially those living with DID.

In June 2016, Jane wrote an article sharing her knowledge of DID and her personal struggle which led to a speaking opportunity on a well-known psychology podcast “Shrink Rap Radio.” This opportunity led to a life-changing journey; the opportunity to chronicle her life living with DID on the new docu-series titled “Many Sides of Jane” airing on A&E. Under the guidance of her therapist, Jane has currently identified over nine distinct identities or “parts” (as Jane refers to them) and she’s working to unlock the mysteries surrounding her trauma and to find internal harmony between her many sides.

THE IMPORTANCE OF COLLABORATIVE ADVOCACY FOR DISSOCIATIVE IDENTITY DISORDER

Jane will go into detail on ways the current research pools in different countries can be improved, so that the research funds for DID are pooled with other trauma disorders rather than on its own. The aim is improving research on DID, which is a very prevalent disorder in society. Jane will also talk about the different ways society as a whole has scape-goated individuals with DID. In addition, she will explore the many reasons why it is vitally important for mental health professionals to acknowledge the existence of Dissociative Identity Disorder, and to advocate for it just the same as they would PTSD, by including it in future books on trauma, books on therapy styles or treatment, books specifically geared toward future therapists, etc.
RUTH LANIUS  Canada

Ruth Lanius, MD, PhD, Professor of Psychiatry is the director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario. She established the Traumatic Stress Service and the Traumatic Stress Service Workplace Program, services that specialized in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related comorbid disorders. She currently holds the Harris-Woodman Chair in Mind-Body Medicine at the Schu- lich School of Medicine & Dentistry at the University of Western Ontario. Her research interests focus on studying the neurobiology of PTSD and treatment outcome research examining various pharmacological and psychotherapeutic methods. She has authored more than 150 published papers and chapters in the field of traumatic stress and is currently funded by several federal funding agencies. She regularly lectures on the topic of PTSD nationally and internationally. She has recently published a book ‘Healing the traumatized self: consciousness, neuroscience, treatment’ with Paul Frewen.

HEALING THE TRAUMATIZED SELF: HOW TO MANAGE COMPLEX CLINICAL SITUATIONS IN TRAUMA TREATMENT

This lecture will discuss complex clinical situations that regularly arise during trauma treatment. Integrative therapeutic interventions aimed at restoring the self through resolution of key symptoms, including dissociative flashbacks, tonic immobility, dissociative voice hearing, out-of-body experiences, fragmentation of the self, self-mutilation, affect dysregulation (high intensity emotional states, positive affect intolerance, and emotional numbing) will be discussed. Moreover, treatment approaches focusing on re-establishing interpersonal functioning and preventing the inter-generational transmission of trauma will be reviewed. Clinical case examples will be used throughout the lecture, and neurobiologically informed treatment strategies will be discussed. Recent advances in research focusing on the neurobiology of traumatic stress and its treatment will also be discussed throughout the lecture.
Onno van der Hart, PhD, is Emeritus Professor of Psychopathology of Chronic Traumatization at the Department of Clinical and Health Psychology, Utrecht University, the Netherlands, and until 2013, a psychologist/psychotherapist at the Sinai Center for Mental Health, Amstelveen, and now in private practice in Amstelveen. He is also a scholar in Pierre Janet Studies. He is a former president of the Netherlands Society of Hypnosis, a former president of the International Society for Traumatic Stress Studies (ISSTS), and an International Fellow of the American Society of Clinical Hypnosis (ASCH). He is a clinical consultant of the Center for Post-trauma Therapy and Trauma Education, Helsinki and Oulu, Finland; more in general, he is a supervisor and trainer on phase-oriented treatment of chronic traumatization, in particular of complex dissociative disorders. He has received several awards for his contributions to the field, including the Lifetime Achievement Award 2017, Università di Roma la Sapienza and Società Italiana di Psicoterapia.


SEVERE ATTACHMENT TRAUMA MANIFESTING IN COMPLEX DISSOCIATION: HOW TO UNDERSTAND AND RELATE THERAPEUTICALLY TO THE DISSOCIATIVE PARTS OF THE PERSONALITY

Clients who have been chronically traumatized by their care-givers in childhood are, as a rule, caught in a double bind: They experience a severe approach-avoidance conflict toward care-givers, which, has been regarded as disorganized/disoriented attachment (D-attachment). This unsoluble conflict has been described in terms of the simultaneous or sequential activation of the attachment (action or motivational) system and the defense action system, with unsuccessful flight, fight, freeze or (total) submission action tendencies. Chronic traumatic experiences (“breaking-points”) involve ever more complex dissociation of the personality, that is, the development of more dissociative parts of the personality, each with its own sense of self and first-person perspective. In severe attachment trauma, this includes, on the one hand, dissociative parts stuck in respectively idealization of the abusers and in identification with them; and, on the other hand, in dissociative parts fixated in the attachment cry and other unsuccessful defensive actions. In many survivors...
with dissociative identity disorder, an often reported basic pathogenic pattern in families is a primary caregiver’s failure to provide the young child with emotional (and sometimes also physical) care, and a secondary caregiver’s abuse (emotionally, physically, sexually) of the child and who intermittently acts in ways which are attractive to the child. This pattern is re-enacted in the dynamics of the parts that together constitute the child and adult survivor’s dissociative personality. Based on these understandings, in this presentation a therapeutic approach is outlined which validates all dissociative parts’ functions for survival and helps them to collaborate in the integration of traumatic memories.
Pat Ogden, PhD, 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.

WHEN THE PAST INTRUDES ON THE PRESENT: SENSORIMOTOR PSYCHOTHERAPY FOR COUPLES (VIDEO LECTURE)

Our muscular and nervous systems are in constant flux. We automatically relax or tighten our muscles, change our breathing, pull away or lean forward, increase or decrease ANS arousal, make eye contact or avert our gaze in response to internal and external changes. We rarely think about or even become aware of these unintended adjustments but nonetheless, they have a powerful influence on ourselves and on our relationships. The habitual non-verbal adjustments that reflect the legacy of trauma and attachment failure speak to an internal sense of danger or distress. For relationships in trouble, these powerful signals, unconsciously emitted, perceived and reacted to by the other, are often at the root of the difficulty. Intimacy and connection require that each person feels physically and psychologically secure with their partner, but the non-verbal communication patterns adaptive in the past typically presage a loss of relational closeness and safety in the present. This keynote will elucidate how trauma and attachment failures lead to patterns of nonverbal communication and impede the ability to form and sustain fulfilling relationships. The implicit body-to-body conversation between two people will be shown to be a critical factor in both understanding and resolving relationship challenges. The somatic dialogue—the wordless story told through the exchange of non-conscious bodily signals—will be highlighted, and embedded relational mindfulness will be illustrated to help clients become aware of their
own somatic narratives and the non-verbal dialogue between them. Interventions from Sensorimotor Psychotherapy that address relational impasses and deepen transformational moments will be demonstrated through videotaped excerpts of consultation sessions with couples. Participants will learn new ways to view relationship challenges, develop body based self-regulation and communication skills, create new interpersonal competencies and foster relational resilience.
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### Friday, November 15th

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<td>Opening</td>
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<td>9.00 - 10.30</td>
<td><strong>MARCO IACOBONI</strong>: What we talk about when we talk about bottom up and top down brain processes? Like a thought that is also a feeling</td>
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<td>10.30 - 11.00</td>
<td><strong>COFFEE BREAK</strong></td>
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<td>11.00 - 12.30</td>
<td><strong>ORIT BADOUK EPSTEIN</strong>: The “Unjointed” Self – From Proximity Seeking to Relationship Seeking: moving Towards Unity and Coherence. Working with a client with complex trauma from an attachment perspective</td>
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<td>12.30 - 13.30</td>
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<td>13.30 - 15.00</td>
<td><strong>BRUCE ECKER</strong>: Complex attachment trauma meets memory reconsolidation: facilitating the brain’s process of unlearning for transformational change</td>
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<td><strong>COFFEE BREAK</strong></td>
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<td><strong>DANIEL BROWN</strong>: Attachment Disturbance, Complex Trauma, and the Self: Assessment and Treatment</td>
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### Saturday, November 16th

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<td>9.00 - 10.30</td>
<td><strong>PETER FONAGY</strong>: Trauma and the developing of consciousness</td>
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<td><strong>STEPHEN PORGES</strong>: the emergence of a polyvagal-informed therapy: how music and voice contribute to healing following trauma</td>
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<td>12.30 - 13.30</td>
<td><strong>LUNCH BREAK</strong></td>
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<td>13.30 - 15.00</td>
<td><strong>ALESSANDRO CARMELITA and MARINA CIRIO</strong>: Mindful Interbeing Mirror Therapy: beyond the recovery from trauma</td>
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<td><strong>BREAK</strong></td>
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<td>15.30 - 17.00</td>
<td><strong>MARILYN GLENVILLE</strong>: The Role Nutrition Plays in Healing from Trauma</td>
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Sunday November 17th

9.00 - 9.30  JANE HART: The Importance of Collaborative Advocacy for Dissociative Identity Disorder
9.30 - 11.00  RUTH LANIUS: Healing the Traumatized Self: How to Manage Complex Clinical Situations in Trauma Treatment
11.00 - 11.30  BREAK
11.30 - 13.00  ONNO VAN DER HART: Severe attachment trauma manifesting in complex dissociation: How to understand and relate therapeutically to the dissociative parts of the personality
13.00 - 14.30  LUNCH BREAK
14.30 - 16.00  PAT OGDEN: When the past intrudes on the present: sensorimotor psychotherapy for couples (video lecture)
16.00 - 16.30  BREAK
16.30 - 18.30  Panel discussion

LANGUAGE  English

LOCATION
De Vere Canary Wharf; 1 Westferry Circus, Canary Wharf, London E14 4HD

REGISTRATION FEE: £450
• 1° Early Bird: £300 within April 30th
• 2° Early Bird: £350 within June 30th

REGISTRATION
Please visit our website www.uk.international-isc.com to register for the conference or ask the registration form to our secretariat at segreteria@isctraining.com. If you have any questions or need additional details and/or assistance, please email us at the following addresses: trainings@international-isc.com and info@isctraining.com.

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.
INFO

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