



psychotherapy  
excellence

# CONGRESS ATTACHMENT AND TRAUMA

## The resilience of mind and body



**LONDON**  
**MAY 12-13-14**  
**2017**

# CONGRESS ATTACHMENT AND TRAUMA

## The resilience of mind and body

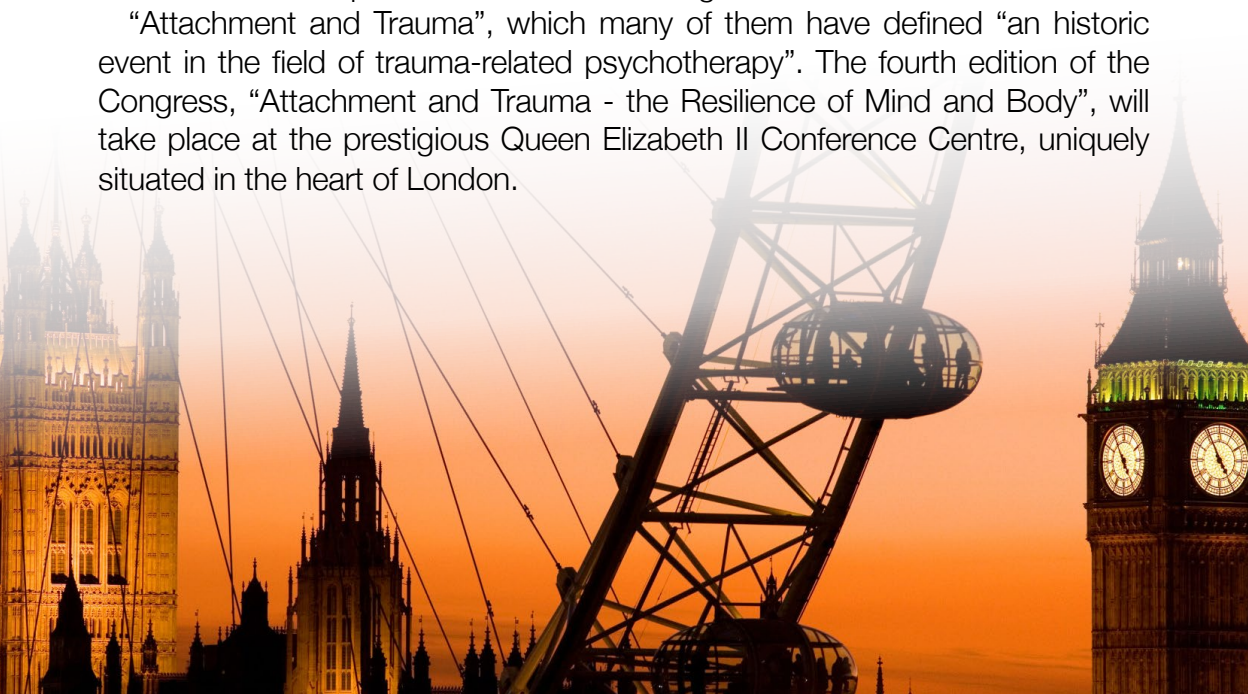
The development of the human brain, personality and body are determined, as we all know, not only by what happens in each individual's life, but also by the way the brain and the body react to it.

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.





## VITTORIO GALLESE *Italy*

Is full Professor of Physiology at the Dept. of Neuroscience of the University of Parma, Adjunct Senior Research Scholar at the Dept. of Art History and Archeology, Columbia University, New York, USA and Professor in Experimental Aesthetics at the Institute of Philosophy of the University of London, U.K. He is the coordinator of the PhD Program in Neuroscience and Director of the Doctoral School of Medicine of the University of Parma. Neuroscientist, among his main scientific contributions is the discovery of mirror neurons together with his colleagues of Parma, and the proposal of a new model of intersubjectivity: embodied simulation theory. He did

research and taught at the Universities of Lausanne, Tokyo, Berkeley and Berlin. He is the author of more than 230 scientific articles published in international journals and books, of two books as author and three books as editor.

### **THE IMPACT OF PROLONGED MALTREATMENT AND NEGLECT ON THE PHYSIOLOGICAL MECHANISMS SUPPORTING HUMANS' SOCIAL NATURE: A STUDY OF SIERRA LEONEAN STREET-BOYS**

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.

# TIME TABLE

## ● Friday 12<sup>th</sup> MAY

- 8.30-9.30 Registration
- 9.30-10.00 Opening
- 10.00-11.30 **Louis Cozolino:** “Trauma, natural selection and the Devil’s Bargain”
- 11.30-12.00 **COFFEE BREAK**
- 12.00-13.00 **Rachel Yehuda:** “Epigenetics and resilience”
- 13.00-14.30 **LUNCH BREAK**
- 14.30-16.00 **Bessel Van Der Kolk:** “The body keeps the score: brain, mind, and body in the healing of trauma”
- 16.00-16.30 **COFFEE BREAK**
- 16.30-18.30 **PANEL:** “Trauma, natural selection, epigenetics, resilience and mental health” (Louis Cozolino, Rachel Yehuda, Bessel Van Der Kolk).

## ● Saturday 13<sup>th</sup> MAY

- 8.30-10.00 **Diana Fosha:** “Neuroplasticity in action: rewiring internal working models”
- 10.00-10.30 **COFFEE BREAK**
- 10.30-12.00 **Antonio Damasio:** “Brain, body and feeling; the essential neuroscience”
- 12.00-13.30 **Stephen Porges:** “Connectdenes as a biological imperative understanding the consequences of trauma, abuse and chronic stress through the lens of the Polivagal Theory”
- 13.30-15.00 **LUNCH BREAK**
- 15.00-16.00 **Judith Lewis Herman** (Live Video Conference): “Social sources of resilience”.
- 16.00-16.30 **COFFEE BREAK**
- 16.30-18.00 **PANEL:** “Effects of maltreatment, presence of mental health, brain, body and relationships” (Diana Fosha, Antonio Damasio, Stephen Porges).

## ● Sunday 14<sup>th</sup> MAY

- 8.30-10.00** : **Vittorio Gallese**: “The impact of prolonged maltreatment and neglect on the physiological mechanisms supporting humans’ social nature: a study of Sierra Leonean street-boys”
- 10.00-10.30** : **COFFEE BREAK**
- 10.30-12.00** : **Daniel Siegel**: “Presence of mind, health in body and relationships”
- 12.00-13.00** : **Robin Shapiro**: “Ego State Interventions for Self-Destructive clients”
- 13.00-14.30** : **LUNCH BREAK**
- 14.30-16.00** : **Pat Ogden**: “The role of the body in fostering resilience”.  
(Video lecture)
- 16.00-16.30** : **COFFEE BREAK**
- 16.00-18.00** : **PANEL**: “Neuroplasticity, brain, body, feelings and psychotherapy of trauma” (Vittorio Gallese, Robin Shapiro, Daniel Siegel)
- 

**LANGUAGE** English

### **LOCATION**

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

- FEES**
- Early bird rate: £ 295 (by november 30; only 500 places available!)
  - Psychotherapy Excellence subscribers, organization advertisers members, ISST members, EMDR Therapists): £ 280
  - Student £ 240
  - BPS, BACP, UKCP and Sensorimotor Institute members £ 300
  - Full price £ 375

### **REGISTRATION**

Please visit our website [www.uk-congress.com](http://www.uk-congress.com) or e-mail us at [isc@istitutodiscienzecognitive.it](mailto: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:

Banca Nazionale del Lavoro - Sassari -  
Beneficiario Istituto di Scienze Cognitive srl  
IBAN IT 84 D 01005 17200 0000 0000 4496  
BIC/SWIFT: BNLITRR

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.