

Congress  
**ATTACHMENT  
AND TRAUMA**

**RELATIONSHIPS AND COMPASSION**



ROME  
SEPTEMBER 23-24-25  
**2016**

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# Congress

# ATTACHMENT AND TRAUMA

## RELATIONSHIPS AND COMPASSION

At this historic moment, Research on Attachment, Trauma and the human mind/brain functioning seems to be of crucial importance for billions of people. Every year, hundreds of studies bring to light new interesting findings and new insights, which slowly reveal new paths toward helping people to overcome complex problems related to trauma and very negative early experiences.

The main goal of the Congress on Attachment and Trauma, whose past editions have been attended by more than 2,000 participants from over 40 countries, is to gather the best Experts in the fields of Attachment, Trauma, Neurophysiology, Mindfulness and Psychotherapy, to deeply understand the subtle links between experience, genetic predisposition, relationships and compassion, so as to generate in the clinical practice the necessary conditions for those who suffer,

to overcome their difficulties. In this Congress, participants will have 30 minutes time for

asking questions to each speaker, as well as 60 minutes during the round-table discussions. The

Congress on Attachment and Trauma is an opportunity not to be missed to get to know

in person those Experts who are transforming the landscape of Psychotherapy and Mental Health, and their huge knowledge on these key topics.





## VITTORIO GALLESE Italy

Professor at the Faculty of Medicine University of Parma, is the author numerous articles on mirror neurons and neurophysiology.

### EMOTIONS IN ACTION. EMOTION REGULATION AND RECOGNITION IN TRAUMATIZED AND NEGLECTED YOUNG INDIVIDUALS..

According to a widely shared perspective, experiencing and expressing a given emotion are two different and independent processes. I'll propose an alternative perspective: the behaviour connected to a specific emotion is part of the emotion itself. In my talk I will present and discuss recent neuroscientific studies showing the link between emotion experience and expression. I will also present recent empirical research on the impact of trauma and neglect on emotion regulation and recognition in children and young adolescents.

#### References

Umiltà M.A., Wood R., Loffredo F., Ravera R., Gallese V. (2013) Impact of civil war on emotion recognition: the denial of sadness in Sierra Leone. *Frontiers in Psychology*, 4, 00523, doi: 10.3389/fpsyg.2013.00523.

Ardizzi M., Martini F., Umiltà M.A., Ravera R. and Gallese V. (2013) When Early Experiences Build a Wall to Others' Emotions: An Electrophysiological and Autonomic Study. *PLoS ONE*, published online 10 April 2013, doi: 0.1371/journal.pone.0061004.

Ardizzi M, Sestito M, Martini F, Umiltà MA, Ravera R, Gallese V. (2014) When Age Matters: Differences in Facial Mimicry and Autonomic Responses to Peers' Emotions in Teenagers and Adults. *PLoS ONE* 9(10): e110763. doi:10.1371/journal.pone.0110763.

# TIMETABLE

## Friday, **SEPTEMBER 23<sup>rd</sup>**

- 8.00-9.30 : Registration
- 9.30-11.00 : **Allan Schore:** “The development of the right brain across the life span: What’s love got to do with it”
- 11.00-11.30 : **COFFEE BREAK**
- 11.30-13.00 : **Vittorio Gallese:** “Emotions in action. Emotion regulation and recognition in traumatized and neglected young individuals”
- 13.00-14.30 : **LUNCH BREAK**
- 15.00-16.30 : **Stephen Porges:** “Connectedness as a Biological Imperative: Understanding the consequences of trauma, abuse, and chronic stress through the lens of the Polyvagal Theory”
- 16.00-16.30 : **COFFEE BREAK**
- 16.30-18.30 : **ROUND-TABLE DISCUSSION.** Allan Schore, Vittorio Gallese, Stephen Porges: “Love, Relationships and the Brain: trauma and its consequences”

## Saturday, **SEPTEMBER 24<sup>th</sup>**

- 8.30-9.30 : **Rachel Yehuda:** “Can the effect of trauma be transmitted intergenerationally?”
- 9.30-11.00 : **Diana Fosha:** “The Neurobiology of Healing: A Framework for Undoing Aloneness and Doing Transformational Work in AEDP”
- 11.00-11.30 : **COFFEE BREAK**
- 11.30-13.00 : **Paul Gilbert:** “Compassion focused therapy and the fears blocks and resistances to compassion”
- 13.30-15.00 : **LUNCH BREAK**
- 14.30-16.00 : **Jon Kabat Zinn:** “The Global Phenomenon of Mindfulness Becoming Mainstream: Its Meaning, Its Promise, and Its Perils”
- 16.00-16.30 : **COFFEE BREAK**
- 16.00-18.30 : **ROUND-TABLE DISCUSSION.** Rachel Yehuda, Diana Fosha, Paul Gilbert: “Transgenerational trauma, Mindfulness, Compassion, and overcoming Trauma”

## ● Sunday, **SEPTEMBER 25<sup>th</sup>**

**9.30-11.00** : **Kathy Steele**: “A Sickness of the Soul: Understanding and Treating Chronic Shame”

**11.00-11.30** : **COFFEE BREAK**

**11.30-13.00** : **Pat Ogden**: “The Challenging Client: Cultivating the Body as Resource through the Lens of Sensorimotor Psychotherapy”

**13.00-14.30** : **LUNCH BREAK**

**14.30-16.00** : **Daniel Siegel**: “The Embodied and Relational Mind in Psychotherapy: A view from the field of Interpersonal Neurobiology”

**16.00-16.30** : **COFFEE BREAK**

**16.30-18.30** : **ROUND-TABLE DISCUSSION**. Daniel Siegel, Pat Ogden, Kathy Steele: “Trauma, Emotion, Body, Relationships and Compassion”

**LANGUAGE** English

**LOCATION** Teatro Brancaccio, Via Merulana, 244 - 00185 Rome

### **FEE**

- 420 euro
- 250 euro for university students

### **DISCOUNT**

- 320 euro if pay within 15 of April
- 320 euro for who attended the Congress Attachment and Trauma of 2014 or 2015

### **REGISTRATION**

To register visit the website [www.italy-congress.com](http://www.italy-congress.com) or ask the application form to: [isc@istitutodiscienzecognitive.it](mailto:isc@istitutodiscienzecognitive.it)

To register yourself, you should send the application form with a copy of the transfer receipt to [isc@istitutodiscienzecognitive.it](mailto:isc@istitutodiscienzecognitive.it)

Transfer to:

Banca Nazionale del Lavoro - Sassari

Beneficiario Istituto di Scienze Cognitive srl

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In case of cancellation, announced by recorded delivery letter within 31 of May will be refunded 50% of the amount paid. After that date the full fee will be retained

### **INFO**

**Istituto di Scienze Cognitive** Via Rolando, 16 - 07100 Sassari

**[www.italy-congress.com](http://www.italy-congress.com)**