

CONFER

Psychological Trauma

and the **Child** The trajectory from child to adult

A 4-day conference, London

18-21 September 2008

Dr Anne Alvarez
Gurjit Basi
Jon Blend
Sir Richard Bowlby
Dr Doris Brothers
Prophecy Coles
Phil Frampton
Dr Dan Hughes
Dr Amanda Jones
Dr Bessel van der Kolk
Julie Selwyn
Valerie Sinason
Dr Margot Sunderland
Margaret Wilkinson
Dr Felicity de Zulueta



Introduction

Whether you are working psychotherapeutically with a child or with an adult, the patient's past experiences - from birth - will be fundamental to the present predicament that brought that person into therapy. Psychodynamic theory, of course, rests on the premise that unresolved conflicts from childhood place the unconscious pressures on the psyche that shape our adult emotional structures and the nature of our relationships. Every adult was a child and our childhood experiences naturally form the core of the material that is unravelled in therapy. When these childhood experiences are traumatic they have multiple developmental consequences. At this conference, which brings together a panel of exceptional child trauma experts, we will develop a stronger sense of the whole picture of child trauma and its reverberations in adulthood.

In DAY 1 we will look at developmental neuroscience, attachment theory, the continuum between childhood and adulthood, and working with adult survivors of severe childhood trauma

DAY 2 is focused on sibling loss and separation, the importance of sibling relationships, children in care, the needs of fostered and adopted children, parents' roles in the recovery from trauma, social and political issues regarding children in care and child trauma

In DAY 3 we will explore the experiences of the baby who has a parent with a traumatic history, childhood sexuality, recovery from sexual trauma, the intergenerational effects of childhood sexual abuse, and awakening love in troubled children

DAY 4 is an intensive with Dr Bessel van der Kolk covering childhood trauma and psychiatric illness, childhood trauma and eating disorders, new paradigms in working with traumatised adolescents and young adults, childhood trauma and the development of the self, repetitions and fear of intimacy.

Although child and adult psychotherapists have distinct trainings, the developmental trajectory from birth through childhood to adulthood is not naturally divided into two sections. In this conference, therefore, our aim is to facilitate a discussion that rests on the continuum from infancy to adulthood. It will be relevant to the work of all professional communities interested in the child's emotional world.

Thursday 18th September 2008

The London Voluntary Sector Resource Centre

Themes for the day: developmental neuroscience, attachment theory, continuum between childhood and adulthood, working with adult survivors of severe childhood trauma.

9.30 am

Valerie Sinason

Working with child and adult trauma victims and survivors: the patient's needs and the therapist's identification

On one level it feels disrespectful to consider secondary traumatising to mental health workers when the primary traumatising to the victim is so relentlessly severe. However, unless we look after ourselves and consider the impact of opening to the painful privilege of this work, we have nothing to offer. In looking at examples from learning disability, ritual abuse, refugee experience and dissociative identity disorder experienced by children, we will differentiate between trauma that is live and ongoing, and trauma that belongs to the past but is re-enacted internally. Attention is paid to counter transference, transference and projective identification and the familiar defences that fall into place when we feel overwhelmed.

11.0

Coffee

11.30

Dr Margot Sunderland

The neuroscience of childhood trauma and its continuum into adulthood

This presentation aims to empower professionals with the latest research on the long-term effects of trauma on the child's developing brain. Effects on anatomical structures and biochemical systems will be addressed. Dr Sunderland will then consider implications for theories of change and therapeutic technique, with particular reference to the healing power of expressive rather than transactional conversation. She will consider how art, literature and language can be used to deepen affective and cognitive processing.

13.0 pm

Lunch

14.0

Margaret Wilkinson

Change in the consulting room: how we connect child and adult experience in psychotherapeutic work with people who suffered childhood trauma

Adult patients may arrive in the consulting-room with their 'old present' still very much alive in implicit memory, although inaccessible. Such experience profoundly affects the way they are able to live their lives today. This presentation uses insights from contemporary neuroscience and attachment theory to explore the effects of childhood trauma on the emotional, intellectual and imaginative life of the individual. Based on work with patients with very different experiences we will explore how dissociative defences may be undone and change brought about.

15.0

Tea

15.30

Dr Dan Hughes

Developmental Attachment: the continuum from safety and intersubjectivity to disorganization

This presentation describes the continuum of attachment from a protective factor that enhances optimal development to a risk factor for psychopathology. The safety that emerges from attachment-security facilitates intersubjective experience between parent and child and is crucial for the organization of the self physically, neurologically, emotionally, cognitively, and socially. When the attachment is disorganized so too is the developing self: the child (or adult) is left with insufficient skills and intentions to rely on others and to learn from others, and his resilience in confronting future stress and trauma is greatly impaired.

17.0

End of day

18.0

Community Supper



Friday 19th September 2008

The London Voluntary Sector Resource Centre

Chair: Sir Richard Bowlby

Themes for the day: sibling loss and separation, the importance of sibling relationships, children in care, fostered and adopted children and parents' role in their recovery from trauma, social and political issues regarding children in care.

10.0 am

Phil Frampton

"The Golly in the Cupboard" - reflections on being a mixed-race boy growing up in care

In this presentation Phil Frampton will explore experiences of sibling and peer attachments whilst growing up in care. He will assess the value of stability and continuity in relationships between children, and the potential trauma of their grief when separated. Care highlights the absence of genuine rights for siblings and children in general. We will consider: Are children's rights a taboo area for society?

10.45

Julie Selwyn

Separating siblings in the care system: enabling the development of secure attachments or creating life-long difficulties?

In England, there are 60,000 looked-after children. Most of these children have siblings with them but many are separated and placed in different foster homes. This presentation will examine why siblings are split, the beliefs that drive social work decision-making about which circumstances suggest that siblings should be separated and the longer term impacts of separation on placement stability and children's outcomes.

11.30

Coffee

12.0 pm

Prophecy Coles

Why are sibling relationships so important?

Through psychoanalytical clinical material and literature, Prophecy Coles will illustrate how sibling relationships can help to structure the development of self by fostering the capacity to be part of a group. In the sibling group sharing is learned, love and hate experienced and sexuality discovered. These experiences have a lasting influence upon adult relationships.

13.0

Lunch

14.0

Dr Dan Hughes

Safe Relationships: the road to emotional recovery from trauma in fostered and adopted children

This presentation describes the crucial role of the foster carer and adoptive parent in facilitating their child's movement toward attachment security and the development of a coherent life story and integrated sense of self. The importance of the carer/parents own attachment histories will be explored as well as their need to adopt a nurturing and healing attitude that is characterized by playfulness, acceptance, curiosity, and empathy (PACE).

15.30

Tea

16.0

Dr Felicity de Zulueta

The Child within the Adult: therapeutic, social and political implications

Love and hate problems in relation to our parents are, for some, a major cause of disturbance. Dr Felicity de Zulueta will be outlining the importance of attachment research in explaining how she elicits the presence of the traumatically attached child in adult patients who have a history of childhood abuse and neglect. Her findings are indirectly corroborated by other therapists in the field of personality and dissociative disorders. These findings underscore the importance of attending to the importance of grief in the successful treatment of these disorders. She will also highlight the implications of her findings both in terms of child care in this country, where levels of domestic violence are very big, and their political implications.

17.0

End of day

18.0

Community Supper



Saturday 20th September 2008

The London Voluntary Sector Resource Centre

Themes for the day: the baby of the parent with a traumatic history, childhood sexuality, recovery from sexual trauma, ingenerational effects of childhood sexual abuse, awakening love in troubled children

9.30 am

Dr Amanda Jones

Understanding traumatised babies and their parents

This presentation will bring attention to the baby's experience when cared for by a parent with a traumatic history. The birth of a baby can often reopen wounds for parents which render the baby at risk of becoming the recipient of distorted and pathological parental projections. Babies cannot help but develop defensive responses that are often similar to their parents prevalent defence mechanisms leading to the repetition of disturbance. The presentation will illustrate how psychodynamic parent-infant psychotherapy is one way of intervening with babies suffering such difficulties. We will consider possible consequences in later life when such disturbances are not resolved.

10.45

Dr Anne Alvarez

Sexual transference and countertransference in psychotherapeutic work with traumatised children and adolescents

The question of normal sexuality begins to arise in the treatment of severely sexually abused or sexually offending child or adolescent patients. It is an interesting and delicate moment during the process of recovery when less perverse, more normal sexuality appears mixed with, or even disguised by, the more habitual perverse fantasies. Writers in the adult field have drawn distinctions between perverse, eroticized, and normal erotic transferences. Some have also distinguished between counter-transferences in the analyst of an erotized versus a normal erotic nature. We will consider how these may arise in cases of childhood trauma.

11.30

Coffee

12.0

Dr Doris Brothers

Intergenerational relational paradigms in working with childhood trauma

Research studies conducted by attachment theorists have found that the effects of trauma are often transmitted intergenerationally by means of the moment-to-moment relational exchanges, largely nonverbal, that occur between traumatized parents and their children. Traumatic attachments, according to Dr. Brothers, reflect the child's experience of the parent's dissociative response to trauma and the rigid and constricted patterns that shape their relationship. These patterns often re-emerge in treatment. A clinical example is offered involving the treatment of a woman whose mother had been incestuously abused in childhood.

13.0

Lunch

14.0

Dr Dan Hughes

Awakening love and curiosity in deeply troubled children

This presentation focuses on therapeutic interventions that facilitate the child's readiness and ability to experience safety and trust in a context of therapeutic PACE. Within that setting the child is awakened to the presence of empathy and compassion, joy and affection for others. Within that setting too the child is given the support and openness necessary to begin to make sense of his life - to explore his narrative without shame or fear and to develop autobiographical competence.

15.00

Street Magic, with Brett Kahr, Lisa Forrell and cast

From the book by Roanne Joseph with music and lyrics by Brett Kahr, a scene is rehearsed from the forthcoming show that tackles the life of a hardened inner city prostitute, her daughter and their journey towards recovery

15.30

Tea

16.0

WORKSHOPS

1

Dr Dan Hughes

Being with children

This workshop focuses on the therapeutic value of being with children with playfulness, acceptance, curiosity, and empathy. We will explore how verbal and nonverbal communication occurs without judgment, evaluations, or lectures and how the child's life story can be co-created.

Programme - DAY 3

2

Jon Blend

"Can I go now?" Traversing minefields of provocation within adolescent therapy

This workshop explores the nature, function and context of adolescent anger using case vignettes and contemporary integrative Gestalt Therapy theory.

3

Gurjit Basi

An Introduction to sensorimotor therapy techniques in work with children and adolescents

Therapy has moved away from talking to getting back into our bodies and into experiences. When we are able to study how a feeling, image, belief, movement or sensation reshapes the experience we are freer to organise it differently. We will examine the process in relation to childhood trauma.

4

Dr Doris Brothers

The value of our own trauma in working with the childhood trauma of other adults

Trauma-generated relational patterns often come to shape the therapeutic encounter. Learning to address these patterns facilitates the working-through of disruptions.

5

Margaret Wilkinson

Developing sensitivity to the childhood trauma of our adult patients: what enables recovery?

How does therapeutic change occur in the brain-mind? What insights does neuroscience offer to our understanding of this process? Clinical material will be central to our considerations in this workshop.

6

Dr Amanda Jones

Close observation of parent-infant interaction in cases of pathological parental projection

In this workshop we will, through close observation of DVD footage of parent-infant interactions, make a detailed exploration the way that the infant evokes necessary defenses to cope with pathological parental projections and the parent's responses. We will discuss the nature of intergenerational transmission of disturbed parent-infant attachments and how this may be discerned in the interactions.

17.0

End of day

18.0

Community Supper

Sunday 21st September 2008

at 5th Floor Lecture Theatre, 120 Belsize Lane, NW3

Chair: Sir Richard Bowlby

Themes for the day: childhood trauma and psychiatric illness, childhood trauma and eating disorders, new paradigms in working with traumatised adolescents and young adults, childhood trauma and the self, repetitions and fear of intimacy.

10.0 am **Dr Bessel van der Kolk**

Childhood trauma and psychiatric illness

This lecture will explore the effects of trauma on cognitive, psychological and interpersonal functioning and review the research on the profound effects of trauma on cognition, affect regulation, and on the development of self and interactions with others. We will discuss how trauma and disruptions in attachment bonds affect the development of people's identity and how this is expressed socially as difficulties in affect modulation, destructive behavior against self and others and in negotiating intimacy. This lecture will elucidate the range of adaptations to trauma early in the life cycle, including loss of affect regulation; chronic destructive relationships towards self and others; dissociation and amnesia; somatization; and chronic characterological problems, such as self-blame, guilt, shame, chronic distrust and identification with the aggressor. This lecture will teach how to assess patients with chronic PTSD and the development of appropriate phase-oriented treatment plans depending on the clinical symptomatology of the traumatized child or adult.

11.30 **Coffee**

12.0 pm **Dr Bessel van der Kolk**

Childhood trauma and eating disorders

While no clear-cut relationship between adult eating disorders and childhood trauma has been firmly established, patients with eating disorders have a much higher incidence of adverse early life experiences than people who do not.

In this presentation, we will review the literature that indicates that eating disorders can serve as ways of regulating affect following early deprivation, and explore the clinical implications of these findings for the treatment of patients with eating disorders. At the end of this lecture, people will have learned about a variety of pathological self-soothing behaviors associated with childhood trauma and deprivation; be aware of triggers reminiscent of earlier emotional upsets that can give rise to abnormal eating patterns; be aware of a variety of clinical interventions linking childhood trauma and deprivation with abnormal eating patterns that may help patients gain greater control.

Programme - DAY 4

13.0

Lunch

14.0

Dr Bessel van der Kolk

The Effects of Trauma on the Self II

Psychological trauma affects the capacity to form trusting relationships and to find ways of making meaning out of a chaotic world. Early traumatizing relationships affect issues of self-esteem, and the capacity to identify and negotiate personal needs. Since alternative ways of relating to others are often simply not known, life may consist of a frequent repetition of re-traumatizing relationships. This workshop will explore the effects of childhood trauma on development of the self, and in relationships to others, and discuss how individual and group psychotherapies can be helpful in dealing with the interpersonal effects of traumatization. This lecture will teach how trauma affects the capacity to articulate personal needs. We will also explore group psychotherapy issues to deal with long term effects of distrust, revictimization and fear of intimacy.

15.0

Tea

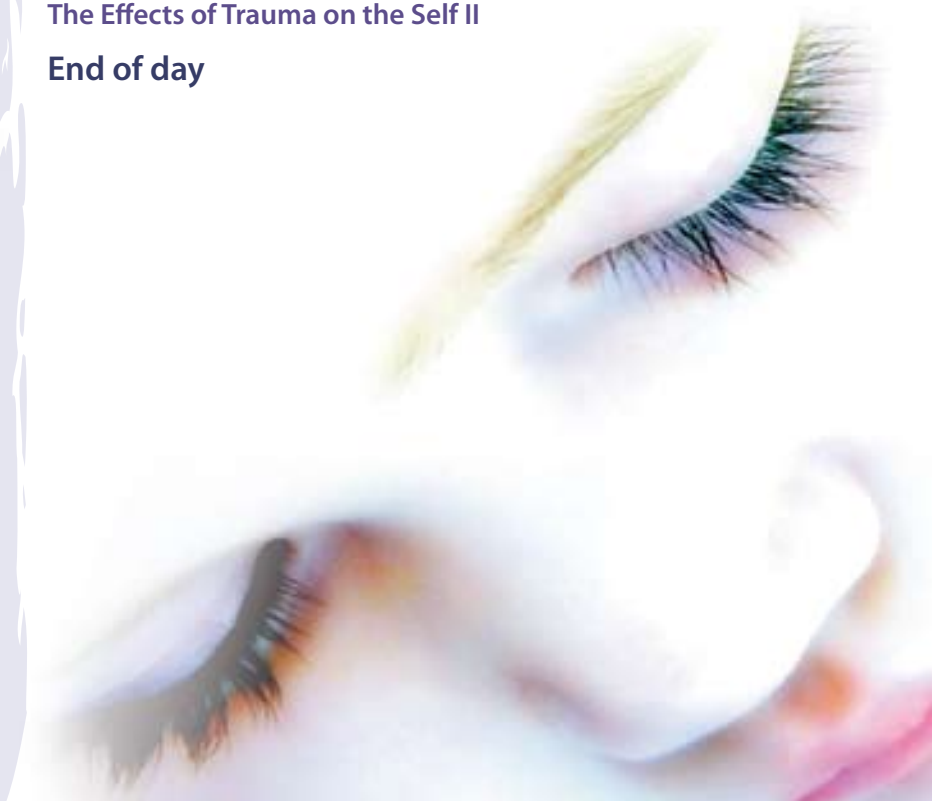
15.30

Dr Bessel van der Kolk

The Effects of Trauma on the Self II

17.0

End of day



Speakers

Dr Anne Alvarez

Anne Alvarez, PhD, M.A.C.P., trained as a Clinical Psychologist in Canada and the USA before training as a Child and Adolescent Psychotherapist in the UK. She is a Consultant Child and Adolescent Psychotherapist (and retired Co-Convener of the Autism Service, Child and Family Dep't. Tavistock Clinic, London). She is author of *Live Company: Psychotherapy with Autistic, Borderline, Deprived and Abused Children* and has edited with Susan Reid, *Autism and Personality: Findings from the Tavistock Autism Workshop*. A book in her honour, edited by Judith Edwards, entitled *Being Alive: Building on the Work of Anne Alvarez* was published in 2002. She was Visiting Professor at the San Francisco Psychoanalytic Society in November 2005.

Gurjit Basi

Gurjit Basi (BA hons) is a social worker certified in sensory motor trauma training. He has worked with traumatised young people for 9 years and is known for his expertise as both a therapist and consultant in relation to working with ethnic minority groups and working with traumatised children using sensory motor techniques. Gurjit has been an invited speaker at NOTA conferences and the NSPCC. He lectures and teaches nationally on the use of sensory motor psychotherapy trauma treatment techniques in traditional therapeutic approaches.

Jon Blend MA

Jon Blend is a psychotherapist, counsellor and supervisor who works with adults, children, adolescents and families in private practice (West London) and within the NHS. His background includes extensive work in psychiatry and social work. He teaches freelance at Terapia Institute and the Gestalt Centre London. He tutors on behalf of the Violet Oaklander Foundation (California, USA) using creative arts-based approaches to engage young persons in therapy. He is also a musician and a stepparent.

Dr Doris Brothers

Doris Brothers, Ph.D., is a psychologist/psychoanalyst whose work is informed by self psychology and intersubjectivity theory. She is a cofounder and training and supervising analyst at The Training and Research Institute for Self Psychology (TRISP) in New York. Her books include *The Shattered Self: A Psychoanalytic Study of Trauma*, which was co-authored with Richard Ulman; *Falling Backwards: An Exploration of Trust and Self Experience*; and *Toward a Psychology of Uncertainty: Trauma-Centered Psychoanalysis*.

Prophecy Coles

Prophecy Coles is a psychoanalytic psychotherapist in private practice. She has written on sibling relationships in *The Importance of Sibling Relationships in Psychoanalysis* (Karnac 2003) and commissioned and edited a further book, *Sibling Relationships* (Karnac 2006). She has written many articles on the subject in journals and books. She is currently writing a book that includes the impact of sibling relationships across several generations.

Speakers

Phil Frampton

Phil Frampton is an author, broadcaster and consultant, who spent all his childhood in care. He is founding Chair of Care Leavers' Association (2000-2003) and formerly a member of the Cabinet Office Advisory Group on Education of Young People in Care. His 2004 childhood memoir, *The Golly in the Cupboard*, was described by Community Care Magazine in 2007 as: "still streets ahead of the genre." His Golly in the Cupboard programme for Radio Merseyside won the 2005 national Race in the Media Award for documentaries. Phil's 2007 Channel 4 TV programme "Bring Back Orphanages" highlighted the value of residential care.

Dr Dan Hughes

Dr Dan Hughes received his Ph.D. in clinical psychology from Ohio University, with a clinical internship at the University of Rochester Medical School. He is a member of the American Psychological Association (APA), the American Professional Society on the Abuse of Children (APSAC) and the Association for Treatment and Training in the Attachment of Children (ATTACH). He consults with various mental health, social service, and residential treatment agencies in Maine and in other states and countries. He also presents workshops and trains therapists throughout the country while maintaining a small direct service practice in Maine. Dan is the author of *Facilitating Developmental Attachment* (1997) and *Building the Bonds of Attachment* (2nd Ed 2006), both published by Rowen-Littlefield. He recently published *Attachment-Focused Family Therapy* (2007, WW Norton). He conducts weekly training sessions for therapists at Colby College in Waterville, ME and in 2008 will also be conducting training sessions throughout the year in southeastern Pennsylvania.

Dr Amanda Jones

Dr Amanda Jones, Consultant Parent-Infant Psychotherapist, is head of North East London NHS Foundation Trust's Tier 3 Parent-Infant Mental Health Service. She has a special interest in Freud's concept of the 'repetition compulsion' in relation to the intergenerational transmission of disturbed parent-infant attachments and how psychodynamic parent-infant psychotherapy can help. She speaks at national and international conferences and has several publications on the subject. In conjunction with the Anna Freud Centre, Amanda was involved in Channel 4's documentaries 'Help me love my baby', winner of the 2007 Royal Television Society's best factual programmes.

Dr Bessel van der Kolk

Bessel A. van der Kolk M.D. has been active as a clinician, researcher and teacher in the area of posttraumatic stress and related phenomena since the 1970s. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment. His book *Psychological Trauma* was the first integrative text on the subject, painting the far ranging impact of trauma on the entire person and the range of therapeutic issues which need to be addressed for recovery. He has published extensively on the impact of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development in traumatized children and adults, and the psychobiology of trauma. Dr. van der Kolk is past President of the International Society for Traumatic Stress Studies, Professor of Psychiatry at Boston University Medical School, and Medical Director of the Trauma Center at HRI Hospital in Brookline, Massachusetts.

Julie Selwyn

Julie Selwyn is Director of the Hadley Centre for Adoption & Foster Care Studies at the University of Bristol, England. She has led several government funded adoption research studies and advised widely on adoption and permanency policy both within the UK and abroad. She is currently working on a government funded study 'Pathways to permanence for children of black, Asian and mixed ethnicity: dilemmas, decision-making and outcomes.' Her most recent publications are, *Sturgess W and Selwyn J. (2007) Supporting the placements of children adopted out of care* in *Journal of Clinical Child Psychology and Psychiatry* volume 12(1); Selwyn J., Frazer L. and Quinton D. (2006) ***Paved with good intentions: the pathway to adoption and the costs of delay*** in *BJSW* July 36; Selwyn J. Frazer L. and Wrighton P (2006) ***More than just a letter*** in *Adoption and Fostering* (No 2 Summer).

Valerie Sinason

Valerie Sinason is a poet, writer, child psychotherapist and adult psychoanalyst. She is Director of the Clinic for Dissociative Studies, and consultant research psychotherapist at St George's hospital. She specialises in work with abused/abusing and dissociative patients including those with a learning disability. She has written over 10 books and 60 papers and lectures nationally and internationally.

Dr Margot Sunderland

Dr Margot Sunderland is Director of Education and Training at The Centre for Child Mental Health London, Honorary Visiting Fellow at London Metropolitan University and Integrative Child Psychotherapist, Supervisor and Trainer. She has written many books on child mental health, which collectively have been published in twenty countries. Her internationally acclaimed book, ***The Science of Parenting*** endorsed by Professor Jaak Panksepp, won First Prize in the British Medical Association Medical Book awards 2007 (Popular Medicine)

Margaret Wilkinson

Margaret Wilkinson is a professional member of the Society of Analytical Psychology, London and an assistant editor of the *Journal of Analytical Psychology*. She leads neuroscience research reading seminars for The Northern School of Child and Adolescent Psychotherapy in the University of Leeds and at The Society of Analytical Psychology, London. She lectures internationally on contemporary neuroscience and its relevance to clinical practice. She is the author of numerous papers, her book ***Coming into mind. The mind-brain relationship: a Jungian clinical perspective*** was published by Routledge in 2006. She is in private practice in North Derbyshire. Her email address is mwilkinsoncurbar@yahoo.co.uk.

Dr Felicity de Zulueta

Felicity de Zulueta is a consultant psychiatrist in psychotherapy heading the Traumatic Stress Service in the Maudsley Hospital, London and an Honorary Senior Clinical Lecturer in Traumatic Studies at the Institute of Psychiatry. Dr de Zulueta is also a Group Analyst and a Systemic Family Therapist whose main interests lie in the study of attachment, psychological trauma as well as bilingualism. She is author of ***From Pain to Violence, the Traumatic Roots of Destructiveness*** (Whurr: London 1993) and many chapters on the subject. She is also a founding member of the International Attachment Network.

Information

Date: 18, 19, 20 and 21 September 2008

Venues:

Thursday 18, Friday 19 and Saturday 20 September 2008

London Voluntary Sector Resource Centre, 356 Holloway Road, London N7

Sunday 21 September 2008

5th Floor Lecture Theatre, 120 Belsize Lane, London NW3

Times: Please check days individually in programme

CPD: Certificates of attendance are provided.

Hours of tuition: approx 5 per day

Refreshments:

3 servings of tea, coffee or herbal tea + vegetarian and/or fish lunch are included in your fee

Community Supper (2 courses plus wine or juice):

Available at 6pm on 18, 19 and 20 September. An optional extra @ £20

Fees (include VAT, all materials and refreshments except community supper)

Self funded

Single day.....	£115
Single day if Day 4	£150
Any two days	£200
Any two days if inc. Day 4	£235
Any 3 days.....	£310
All 4 days.....	£400

Organisationally funded

Single day.....	£170
Single day if Day 4	£200
Any two days	£310
Any two days if inc. Day 4	£350
Any 3 days.....	£480
All 4 days.....	£590

Please note that there are limited places on Sunday 21st and that it is at a separate venue

To book: Online at www.confer.uk.com **OR** Return booking form with payment by post

Booking Conditions:

We regret that refunds cannot be given in any circumstances after 4th September. Before 4th September, we will give a 50% refund if you cancel your place in writing. You may give your ticket to another person to come in your place so long as we receive 24 hours notice. All fees must be paid before the event in order to guarantee admission. We reserve the right to change the programme if a speaker cancels.

Maps, transport links, and hotel information

Visit the event page at www.confer.uk.com

Exhibition Space

To hire an exhibition space at this event for £117.50 per day email info@confer.uk.com

Contact details:

info@confer.uk.com: 01728 689090: www.confer.uk.com

Project consultants: Gurjit Basi, Sir Richard Bowlby, Dr Dan Hughes, Margaret Wilkinson