

**CONFERR**

# **PSYCHOLOGICAL TRAUMA AND THE BODY**

**NEW METHODOLOGIES  
TO TRANSFORM PRACTICE**

**Dr Bessel van der Kolk**

**Dr Ruth Lanius**

**Dr Pat Ogden**

**Alexandra Richman**

**Dr Allan Schore**

**Thomas Spiers**

**Emerald Jane Turner**

**Dr Felicity de Zulueta**

**15, 16, 17 SEPTEMBER 2007  
IMPERIAL COLLEGE, LONDON**

**Chairperson: Roz Carroll**

# PROGRAMME

## DAY 1 Saturday 15th September 2007

9.30 Registration begins - Coffee, fruit and croissants on arrival

10.15 am Dr Allan Schore

### **Attachment trauma and the developing right brain: origins of pathological dissociation**

Utilizing an interdisciplinary perspective Dr. Schore will offer a model of pathological dissociation, and then apply the model to development, psycho-pathogenesis and particularly psychotherapeutic treatment. He will suggest that early relational trauma alters the developmental trajectory of the right brain, and that pathological dissociation represents a primitive strategy of right brain auto-regulation for coping with intense emotional arousal and pain. In the bulk of the lecture he will focus upon diagnostic and clinical matters, outlining a clinical approach based upon regulation dynamics for working with the disruption of subjectivity and inter-subjectivity that results from pathological dissociation.

11.45 Coffee

12.15 Dr Felicity de Zulueta

### **"Resistance to change": The embodiment of the traumatic attachment in survivors of childhood abuse or neglect**

This presentation will outline the psychobiological effects of developmental trauma and present recent research on how to elicit the traumatic attachment in adults using the Traumatic Attachment Induction Test. This will be followed by an outline of the therapeutic implications of this test in the treatment of patients suffering from complex PTSD or developmental trauma using clinical vignettes to illustrate the work.

1.30 Lunch

14.30 Dr Ruth Lanius

### **Psychological Trauma, Affective Experience, and the Self: Neurobiology and Treatment**

This presentation will address neuroscientific and clinical perspectives on emotion regulation in complex trauma disorders. The keynote will begin with a series of case discussions describing various forms of self-dysregulation in complex trauma disorders, followed by an overview of psychological processes and brain circuits implicated in emotion regulation, emotional awareness, and self-reflective functioning. The neural underpinnings of positive and negative emotional experiences and the brain circuitry thought to underlie different types of responses to traumatic reminders will be described. Finally, Dr. Lanius will draw parallels between current neuroscience and traditional Buddhist psychology and mindfulness meditation, and discuss their relevance to PTSD and complex trauma.

15.40 Tea

**16.0 Dr Bessel van der Kolk**

**The Psychobiology of Post Traumatic Stress**

Trauma can have profound effects on biological functioning. Inescapable traumatic experiences cause alterations in psychophysiology, neuroendocrine responses, and immune function. Animal research, as well as the recently developed capacity to make detailed images of brain function, has allowed us to start understanding where and how trauma affects stress modulation and repetition of traumatic experiences. We will discuss the effects of trauma on the hypothalamic-pituitary-adrenal axis, on the immune system, on health care utilization, and on attentional issues. This lecture also will explore the psychopharmacological approach to people with PTSD and Dissociative Disorders. We will survey the various biological alterations that take place in the human organism as a result of psychological trauma. We will explore how ordinary memories are stored, contrast this with the memory processing of traumatic experiences, and how this leads to Post Traumatic Stress and Dissociative Disorders.

**17.15 End of Presentations**

**17.30 Processing Sessions**

Please let us know if you would be interested in attending one of these groups as a way of taking care of yourself at this event:

- Yoga and relaxation
- Processing group: reviewing the day with Emerald Jane Turner
- Walking group: unwinding in Hyde Park with Roz Caroll

**18.30 Conference community supper - a chance to relax with colleagues**

**DAY 2 Sunday 16th September 2007**

**9.30 Registration begins - coffee, fruit and croissants on arrival**

**10.15 Dr Pat Ogden**

**Trauma and the Body: The Theory and Practice of Sensorimotor Psychotherapy**

Sensorimotor Psychotherapy integrates cognitive and somatic interventions in the treatment of trauma, emphasizing body awareness, practicing new actions and building somatic resources. This approach will be demonstrated through videotaped excerpts of sessions with clients so that the audience can observe nuances of movement and watch how the body changes during therapy with real-life issues. Key components of Sensorimotor Psychotherapy will be illustrated: uncoupling trauma-based emotions from body sensations; promoting collaboration between client and therapist; teaching mindfulness; building somatic resources; and developing a somatic sense of self. Since clients with complex trauma can be easily triggered by interventions that access the body too quickly, attention will be given to pacing, boundaries, and safe, gradual re-connection with the body. The videotapes show how to help clients discover and describe how past traumatic experiences are affecting their current bodily experience--which in turn contributes to difficult emotions and beliefs--and also show how to integrate cognitive and somatic interventions to change the meaning of traumatic event(s) and regulate both emotions and arousal. Sensorimotor

Psychotherapy is conducted within a phase-oriented treatment approach and this presentation will address interventions for all three phases: stabilization and symptom reduction, work with traumatic memory, and re-integration.

**11.45 Coffee**

**12.15 Emerald Jane Turner and Thomas Spiers**

**Attending to the body: A somatic approach to trauma groups**

Immediately following the London bombings a large number of Underground workers were traumatised and shocked. This presentation starts with a short case history of the development of a Somatic Group approach in response to this, and the process of intervention in light of Complex Responses Process theory (Stacey). We will look at what it means to attend to the body within a group, with reference to the work of Levine, Ogden, and Rothschild, techniques that facilitate this and the role of complexity in relation both to group work and organisational responses to trauma. Qualities of the mandala, emphasising the dynamic process it embodies. Participants will have an opportunity to explore this process for themselves, through practical application of the imagery.

**13.30 Lunch**

**14.30 Dr Pat Ogden and Dr Ruth Lanius – Part I**

**Trauma, neuroscience, attachment and the body:  
Implications for clinical practice**

Bringing together the art and science of trauma treatment, this workshop will present new advances in neuroimaging as well as demonstrate treatment approaches from Sensorimotor Psychotherapy. The neuroimaging literature of trauma-related disorders and its clinical relevance will be discussed. This presentation includes examining flashback/reliving responses, as opposed to freezing and hypoaroused responses, through neuroimaging of two cases with acute PTSD, and then showing videotaped excerpts of sensorimotor psychotherapy sessions with these same cases. The interface between neuroimaging and clinical approaches will be explored, with an emphasis on the difference between treating hyperarousal and hypoarousal symptoms. Critical treatment issues such as emotion dysregulation, alexithymia, and attachment will be addressed through the examination of these two case examples. This presentation will address interventions for all three phases of trauma treatment: stabilization and symptom reduction, work with traumatic memory, and re-integration.

**15.40 Tea**

**16.0 Dr Pat Ogden and Dr Ruth Lanius - Part II**

**17.15 End of formal presentations**

**17.30 Processing Sessions**

- Yoga and relaxation
- Processing group: reviewing the day with Emerald Jane Turner
- Walking group: unwinding in Hyde Park with Roz Caroll

**18.30 Conference community supper**

## DAY 3 Monday 17th September

9.30 Registration begins - coffee, fruit and croissants on arrival

10.15 Dr Bessel van der Kolk

### Self-regulatory changes following psychological trauma and the effects of successful treatment

The human response to psychological trauma is one of the most important public health problems in the world. Traumatic events such as family and social violence, rapes and assaults, disasters, wars, accidents and predatory violence may temporarily or permanently alter the organism's response to its environment. The imprints of the traumatic experience consist of alterations in basic life regulatory mechanisms, disorganization of a host of psychosomatic functions, and of vague, over-general, fragmented, incomplete, and often disorganized personal narratives.

Exposure to events that overwhelm the organism's coping mechanisms can damage the self-regulatory systems necessary to restore the organism to its previous state. This involves a variety of "filtering" systems in the CNS that help distinguish relevant from irrelevant stimuli. These involve the biological systems involved in arousal modulation and attention: the sympathetic and parasympathetic nervous systems, Heart Rate Variability, the Hypothalamic/pituitary/adrenal axis; various brain regions involved in information processing such as the amygdala, hippocampus, thalamus, anterior cingulate, medial frontal cortex, and dorsolateral prefrontal cortex, and alterations in the immune response.

With the help of videotaped interviews and the presentation of research outcome data this lecture will present the current status of knowledge regarding these neurobiological alterations, and initial data on how effective therapies for PTSD seem to be able to reverse some of these changes. At the end of this lecture the audience will appreciate an array of subcortical functions disturbed by traumatic experiences. In addition, the audience will have learned about a range of effective treatment approaches, and their effects on biological parameters.

11.30 Coffee

12.0 EMDR: a body oriented therapeutic modality

### Self-regulatory changes following psychological trauma and the effects of successful treatment

EMDR (eye movement desensitization and reprocessing) is an active, multi-dimensional, empirically validated psychological treatment for resolving the emotional sequelae of traumatic events and for treating anxiety-based disorders caused by trauma, both major as well as minor traumatic events. EMDR is primarily a body oriented therapeutic modality in that it assists those who have experienced a trauma and have lost the ability to physiologically modulate stress responses. During EMDR treatment the client attends to emotionally disturbing material in brief sequential doses while simultaneously focusing on an external stimulus and this assists the client to process often very disturbing bodily stored memory and sensations. These are people who have difficulty thinking and speaking and the treatment offers a method of processing disturbing material to a more autonomically regulated and adaptive state. The presentation will outline the eight phases of EMDR treatment and examine how affect regulation is addressed in each phase of the EMDR protocol and will be illustrated with case material. Affect Regulation techniques used during the Preparation phase of EMDR will be demonstrated.

13.30 Lunch

14.30 Dr Allan Schore

### Why the right brain is dominant in working with trauma and the body

Current experimental data from neuroscience and advances in the neurobiology of attachment emphasize the essential role of right brain processes in normal and abnormal functioning. A large body of very recent studies highlights the critical involvement of the right brain in attachment, unconscious processes, bodily-based states, trauma, negative affect and avoidance, pain, stress, dissociation, and affect regulation. The regulation model will be further expanded to model working with dysregulation of both conscious and unconscious affects, and to emphasize right brain-to-right brain attachment mechanisms and intersubjective transference-countertransference dynamics in the treatment of trauma and disorders associated with early attachment trauma.

3.40 Tea

16.0 Dr Allan Schore

### Why the right brain is dominant in working with trauma and the body – Implications for psychotherapeutic practice

17.30 Processing Sessions

- Yoga and relaxation
- Processing group: reviewing the day with Emerald Jane Turner
- Walking group: unwinding in Hyde Park with Roz Caroll

18.30 Conference community supper

## Speakers

**Dr. Ruth Lanius** graduated from the University of British Columbia with a combined M.D. and Ph.D. degree in Neuroscience in 1996. She continued her training at the University of Western Ontario where she completed her residency in psychiatry in 2000. She is an Associate Professor in the Department of Psychiatry at the University of Western Ontario. She established and directs the Traumatic Stress Service, a service that specializes in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related co-morbid disorders. Her research interests focus on studying the neural correlates of PTSD using neuroimaging (functional magnetic resonance imaging) and treatment outcome research examining various pharmacological and psychotherapeutic methods. Her research is currently funded by several federal funding agencies. Dr. Lanius is an ad hoc reviewer for numerous journals and granting agencies. She has lectured on the topic of PTSD in North America, Europe and Japan.

**Pat Ogden, Ph.D.**, has been a pioneer in somatic psychology and the treatment of trauma and developmental issues since the late 1970s. Trained in a wide variety of somatic approaches, she is a Structural Integrator (Rolf Method) and a co-founder of the Hakomi Institute. She is taught psychology at Naropa University in the Contemplative and Somatic psychology departments from 1985-2005. Dr Ogden is the founder and director of the Sensorimotor Psychotherapy Institute and the first author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (2006) published by W.W. Norton.

**Alexandra Richman** is a Clinical Psychologist specialising in the treatment of victims of acute trauma and personal injury, adult survivors of childhood abuse and dissociative disorders. In addition to conducting a private practice, Alexandra is a Consultant Psychologist with the Traumatic Stress Service at the Maudsley Hospital in London, where she heads up an EMDR service within the TSS. She is Past-President of the EMDR UK & Ireland Association, an Approved Consultant and Trainer in EMDR with the EMDR International Organisation (EMDRIA), as well as with EMDR Europe Association and her EMDR trainings are accredited by both these organisations. Alexandra has been a Facilitator with the EMDR Institute for 13 years and has assisted in many Institute trainings in several countries in Europe as well as the United Kingdom and Ireland.

**Dr. Allan Schore** is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine, and at the UCLA Center for Culture, Brain, and development. He is author of three seminal volumes, *Affect Regulation and the Origin of the Self*, *Affect Dysregulation and Disorders of the Self*, and *Affect Regulation and the Repair of the Self*, as well as numerous articles and chapters. His groundbreaking integration of neuroscience with attachment theory has led to his description as “the American Bowlby” and “the world’s leading expert in neuropsychanalysis.” Dr. Schore’s activities as a clinician-scientist span from his theoretical work on the enduring impact of early trauma on brain development, to neuroimaging research on the neurobiology of attachment and studies of borderline personality disorder, to his biological studies of relational trauma in wild elephants, and to his practice of psychotherapy over the last four decades. He leads Study Groups in Developmental Affective Neuroscience & Clinical Practice in Los Angeles, Berkeley, Portland, Seattle, and Boulder, lectures internationally, and is a member of the Commission on Children at Risk for the Report on Children and Civil Society, “Hardwired to Connect.” “Allan Schore has become a heroic figure among many psychotherapists for his massive reviews of neuroscience that center on the patient-therapist relationship.” Daniel Goleman, author of *Social Intelligence*.

**Thom Spiers** is the editor of the widely-read *Trauma: A Practitioner’s Guide for Counsellors* (Routledge). He is the manager for DuPont’s employee assistance programs in Europe and Asia, and was formerly head of counselling at London Underground. By background, Thom is a psychotherapist whose practice draws heavily on his training in sensor motor psychotherapy. He is currently completing a doctorate in Organisational Change Management. His singular integration of body-centred psychotherapy, organisational theory and practical experience with multiple cultures continues to shape his work, writing, and on-going development.

**Emerald-Jane Turner** began her professional life as an Occupational Therapist, stimulating a life-long interest in a body-centred approach to well being. She then became proficient in body-centered psychotherapy studying first at the Karuna Institute and then at the Hakomi Institute. Eventually she specialized in the field of trauma. She has headed departments in the National Health Service, been an external supervisor for the Counselling and Trauma service at London Underground, trained psychotherapists in Europe and South Africa and has contributed to *Trauma: A Practitioner’s Guide for Counsellors* (Routledge). In the immediate aftermath of the July 2005 London terrorist bombings, Emerald-Jane was instrumental in supporting the recovery of London Underground staff. She also designs and facilitates corporate programs for maintaining resilience in the face of stress and trauma.

**Bessel van der Kolk, M.D.** is the Medical Director of The Trauma Centre at the Justice Resource Centre in Boston, USA. He 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. Dr. van der Kolk and his various collaborators have 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. He was co-principal investigator of the DSM IV Field Trials for Post Traumatic Stress Disorder. His current research is on how trauma affects memory processes and brain imaging studies of PTSD. Dr. van der Kolk is past President of the International Society for Traumatic Stress Studies, Professor of Psychiatry at Boston University Medical School, Co-Director of the National Child Traumatic Stress Network Community Practice Site and Medical Director of the Trauma Center at HRI Hospital in Brookline, Massachusetts. He has taught at universities and hospitals across the United States and around the world, including Europe, Africa, Russia, Australia, Israel, and China. His latest book, co-edited with Alexander McFarlane and Lars Weisaeth, explores what we have learned in the past twenty years of the re-discovery of the role of trauma in psychiatric illness. *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society* was published by Guilford Press in May, 1996.

**Dr Felicity de Zulueta** is a Consultant Psychiatrist and lead clinician of the Traumatic Stress Service at the Maudsley Hospital. She is also Honorary Senior Lecturer at King’s College London, a Group Analyst, Systemic Therapist and Psychoanalytic Psychotherapist. She is Founder member of the International Attachment Network and author of numerous papers and lectures on Attachment, PTSD and the origins of violence. She outlined the case for PTSD as an attachment disorder in her book *From Pain to Violence, the traumatic origins of destructiveness* published in 1993. An updated 2nd edition is to be published in March 2006 by Wiley and Son. She also has a degree in biology and is interested in the study of bilingualism and cross cultural psychology and psychiatry.

# Booking form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone Number \_\_\_\_\_

Email \_\_\_\_\_

Occupation \_\_\_\_\_

I am self funded:

I am organisationally funded:

I am booking for the following conference days

Saturday 15 Sept

Sunday 16 Sept

Monday 17 Sept

I am interested in attending one of the following groups after the academic presentations: (subject to demand)

Yoga and relaxation

Processing group: reviewing the day

Walking group (unwinding in Hyde Park)

Community supper (£15 extra)

Dietary restrictions \_\_\_\_\_

## Invoicing

If you need to be invoiced for your place please give the name of the person to be invoiced, organisation and full address plus a purchase order number if applicable. (please attach) A £20 admin fee is applied.

Calculate your fee using the table on information page

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OR I would like to pay by credit card

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I would like to book an exhibition space for  
(name of organisation) \_\_\_\_\_

# Information

**Venue:** Mechanical Engineering Building, Imperial College, Exhibition Road, London SW7

**Map:** [www.imperial.ac.uk/images/mappdfs/sk-map.pdf](http://www.imperial.ac.uk/images/mappdfs/sk-map.pdf)

**Dates:** Saturday 15,  
Sunday 16 and  
Monday 17 September 2007

**Times:** Registration from 9.30  
Start 10.15

**Fees (including lunch and VAT):**

**Self-funded**

1 day only	£150
2 days	£250
All 3 days	£350

**Organisationally funded**

1 day only	£200
2 days	£360
All 3 days	£550

**Refreshments:** A vegetarian lunch is included.

A conference community supper will be served each evening for an additional £15 (subject to demand).

**Exhibition Space:** If you would like an exhibition space at the conference for your project, organisation or work, this please let us know: £117.50 per stall per day.

**Tube:** South Kensington - Exhibition Road exit.

**Environmental Policy**

Full details at [www.confer.uk.com](http://www.confer.uk.com)

The carbon emissions resulting from this conference will be offset by Confer.

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To enter the draw, show your public transport tickets at our registration table.

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