



WORKSHOP SCHEDULE

Morning Session:

Attachment Trauma and Complex Psychopathology

The Role of Mentalizing in Trauma and Healing

Noon – Buffet lunch (on-site)

Afternoon Session:

Balancing Processing and Containment in Promoting Mentalizing

Coping with Trauma for Therapists

Discussion and Questions

Closing Remarks/Evaluation

Coffee, tea, refreshments and lunch for the Friday conference included; vegetarian choices available.

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REGISTRATION INFORMATION

Fees: As an incentive to early registration, the first 25 registrants will receive a copy of *Mentalizing in Clinical Practice* (US\$55 value) for your library, and to read in advance of the conference, if you wish. Not available in addition to other discounts. (Registration price include lunch)

Please check one of three options below:

\$199 CND Early bird rate (by May 9th)

\$239 CND Registration (after May 9th)

\$139 CND Student, with current proof of registration (max. available spaces = 36)

Name: _____

Address: _____

City: _____

Prov./State: _____ Postal/Zip: _____

Telephone: _____

Email: _____

Cheque enclosed. Please make this payable to Dr. Ian Gillespie - Compassion '08 Conference

Please bill my Visa or Mastercard (circle) credit card via PayPal (requires email address):

Card #: _____

Expiry Date: _____

Signature: _____

Registration may be made by phone, mail, or by fax. In order for your telephone or fax registration to be processed, you must include complete credit card information.

Receipts will be issued with your conference package at the registration table.

Please provide your email address, or a current daytime phone number, to receive immediate confirmation of your registration.

Sorry, absolutely no refunds.

COMPASSION '08 - EFFECTIVE TREATMENT OF COMPLEX TRAUMA IN ATTACHMENT RELATIONSHIPS

Jon G. Allen, PhD
The Menninger Clinic

CONFERENCE DAY

Friday, June 20, 2008

8:45 AM – 4:30 PM

Ambrosia Catering & Event Centre
638 Fisgard Street,
Victoria, BC

www.ambrosiacentre.com

LEARNING OBJECTIVES

1. Participants will understand the various facets of attachment trauma and its distinctiveness from other forms of trauma.
2. Participants will learn the developmental factors that promote and impair mentalizing.
3. Participants will learn ways to balance processing of traumatic memories with strategies for containment, both of which depend on mentalizing on the part of the patient and the therapist.
4. Participants will appreciate the importance of applying what they learn to themselves in managing the stress associated with treating trauma.



ABOUT THE CONFERENCE SPEAKER:

Jon G. Allen, PhD

Jon G. Allen holds the Helen Malsin Palley Chair in Mental Health Research and is Professor of Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at the Baylor College of Medicine and a Senior Staff Psychologist in The Menninger Clinic. He conducts psychotherapy, diagnostic psychological testing, consultations, psychoeducational programs, and research, specializing in trauma-related disorders and depression. He has extensive experience in teaching and supervising students. He is past editor of the *Bulletin of the Menninger Clinic*, associate editor of the *Journal of Trauma and Dissociation*, a member of the editorial board of *Psychiatry*, and serves as a reviewer for several professional journals and book publishers. He is the author of *Coping with Trauma: Hope through Understanding* and *Coping with Depression: From Catch-22 to Hope* published by American Psychiatric Publishing, Inc. He is the author of *Traumatic Relationships and Serious Mental Disorders*, and coauthor (with Lisa Lewis and Kay Kelly) of *Restoring Hope and Trust: An Illustrated Guide to Mastering Trauma*. He is also coauthor (with Leonard Horwitz, Glen Gabbard, and colleagues) of *Borderline Personality Disorder: Tailoring the Therapy to the Patient* and coeditor (with William Smith) of *Diagnosis and Treatment of Dissociative Disorders* and (with Dean Collins) of *Contemporary Treatment of Psychosis: Healing Relationships in "The Decade of the Brain."* He is also coeditor with Peter Fonagy of the *Handbook of Mentalization-Based Treatment*. He has authored and coauthored numerous professional articles and book chapters on trauma-related problems, depression, psychotherapy, hospital treatment, the therapeutic alliance, psychological testing, neuropsychology, and emotion. He is also a jazz pianist and composer.

What Format is used for the Workshop? Slides, anonymized case histories, with an emphasis on practical approaches to treatment & discussion.



So What Is Mentalizing?

MENTALIZING IN CLINICAL PRACTICE

by Jon G. Allen, Ph.D., Peter Fonagy, Ph.D., and Anthony W. Bateman, M.A., FRCPsych (2008 - ISBN 978-1-58562-306-8 · Paperback)

"Mentalizing, the fundamental human capacity to understand behavior in relation to mental states such as thoughts and feelings, is the basis of healthy relationships and self-awareness. A growing evidence base supports the effectiveness of mentalizing-focused interventions in the treatment of borderline personality disorder. This volume explores wider applications, construing mentalizing as a core common factor in the effectiveness of psychotherapeutic interventions that cuts across treatment modalities and theoretical approaches ranging from psychodynamic to interpersonal and cognitive therapies.

This book distills the burgeoning literature on mentalizing for clinicians of diverse professional backgrounds. The book is divided into two parts: Understanding Mentalizing fully explicates the concept of mentalizing and its foundations in developmental research and social-cognitive neuroscience; Practicing Mentalizing presents the general principles of psychotherapeutic interventions that promote mentalizing as well as a range of current clinical applications.

Two sides of research on the development of mentalizing in attachment relationships have significant clinical implications: interactions in secure attachment relationships enhance mentalizing and illuminate the conditions of optimal psychotherapeutic relationships; conversely, trauma in attachment relationships undermines the development of mentalizing and eventuates in developmental psychopathology that poses special challenges for psychotherapy.

Neuroimaging is defining brain regions that contribute to mentalizing capacity, including a "mentalizing region" in the medial prefrontal cortex that is consistently activated in mentalizing tasks."

"How often in our field is one able to recommend a book written with wit and grace, expounded with clarity and scholarship, deftly structured, illustrated with memorable tables and diagrams, research and clinically oriented, and relevant across the range of psychotherapeutic disciplines? ... This exceptional volume helps therapists, from analytic to cognitive and beyond, to open minds and hearts to mentalizing as a meta-concept underpinning - and often spearheading - all worthwhile psychotherapeutic enterprise." [review by Jeremy Holmes MD, Professor, University of Exeter, UK]

WHAT AUDIENCE IS THIS FOR?

Ideal for psychologists, psychiatrists, and other healthcare professionals and students. May also be suitable for others with an interest in these topics. Of interest to anyone who works with people who are survivors of traumatic stress, especially those with a history of disrupted attachment relationships. The treatment principles discussed, recently incorporated in residency training programs, are of value in treating conditions such as Posttraumatic Stress Disorder (PTSD) or Depression in which there are features of "Relentless Self-Criticism."

ACCOMMODATION NEARBY?

Out-of-town participants should reserve early, as the Jazz Festival starts on June 20. The Carlton Plaza Hotel at 642 Johnson Street is one block away from the Ambrosia Conference Centre. Phone 1-800-663-7241.