

Conference Plenary Speakers

This is the first of a series of issues dedicated to the upcoming 4th IASA International Congress on "Attachment and Treatment" that will be held in Miami, Florida, 9th – 11th November 2015.

Each issue will present an interview with a plenary speaker of the Conference, and each will be short and fast to read.

4th IASA Conference Special Issue # 1

The first issue is dedicated to Professor Peter Fonagy, world-renowned for his expertise in the field of attachment and mentalization-based treatment for personality disorders and lauded for his advances in clinical approaches and research. Professor Fonagy was interviewed by Uditā Iyengar of University College London. In his interview, he discusses the value of research and the contribution of the DMM to the field of clinical practice, clarifying what it takes to do, in his words, an honest day's work.

The issue closes with updated information on the IASA Conference, including a list of main speakers and events. This is the first IASA Congress in North America. All researchers and clinicians who are interested in attachment, development and adaptation are invited. Several DMM courses are offered before and after the conference. Choose one of these and your IASA conference will be even more exciting!



Franco Baldoni
DMM News Editor-in Chief

I hope to meet you soon in Miami at the IASA Conference!

Franco Baldoni, DMM News Editor-in Chief
(franco.baldoni@unibo.it)



See you at the 4th IASA International Conference in Miami, November 9-11, 2015

Make sure you hold open November 9-11, 2015 for the 4th IASA International Conference on the theme **Attachment and Treatment** in Miami, Florida.

**You Won't Want to Miss
Our Stellar Conference
Speaker Lineup!**

Contents

Page

- 1 The 4th IASA Congress in Miami, November 2015
- 2 **An Honest Day's Work.** Interview with Peter Fonagy
Uditā Iyengar, University College London, UK
- 3 Conference Program: Speakers, Symposia, Workshops & Special Events
- 4 DMM Pre- and Post-Conference Courses

Editorial Board: Franco Baldoni (Editor-in-Chief),
Patricia M. Crittenden, Clark Baim and Andrea Landini



Peter Fonagy

An Honest Day's Work

An Interview with Peter Fonagy (University College London, UK)

“Research on attachment will increase the sophistication of our processes, which will help treatment and prevention.”

- Peter Fonagy

What do you tell clinicians who may be reluctant to apply research findings to their practice?

It's a very good question. I would say that the relationship between research and clinical practice is very complicated. And to hope for a direct relation between research and clinical practice is optimistic, to say the least. As it is, in any medical specialty, it takes on average 17 years before a piece of research can find its way to practice.

Research is incremental improvement in our understanding which actually does lead to improvements for people. But research functions more in the direction of doing less harm than telling us what to do. So to hope that research can dramatically change practice is a lot to hope for.

That's not to say that research is irrelevant to practice. Research won't tell clinicians what to do, but it can sometimes tell clinicians what NOT to do. Or what to not to bother doing. A lot of research focuses on the causes and mechanisms of disorder. However, that kind of understanding rarely translates directly to intervention. It does gradually shape intervention into an effective intervention for a particular group of patients. It creates complexities and differentiates things and makes the world, on the whole, a more complicated place. It very rarely makes things simpler.

There has been a movement towards considering mental disorders as “biological disorders involving brain circuits that implicate specific domains of cognition, emotion, or behavior (NIMH, April 2013)” by incorporating neuroscience or similar methods in research. How can this view of research and science inform the field of psychology and attachment in an applicable way?

Clinicians who expect that somehow neuroimaging findings will tell them what to do are unrealistic in their expectations. At best, it tells them why what they are doing is working. And it might tell them what it is that they should stop doing. Research on the neuroscience on attachment, for example, is a great explanatory model of the pros of attachment that actually helps confirm that what we are doing is important. It will increase the sophistication of our processes, which will help treatment and prevention. It won't be tomorrow. It is a

slow incremental process, but it will work, eventually.

All clinicians should be interested - and they normally are - in research. Clinicians should want to have a better understanding of what it is that they are doing because it will identify the specific things they are doing correctly and those which should be avoided. But they should not expect research to solve all their clinical problems. As clinicians, we have to solve the problem ourselves. We can't turn to researchers to solve all our problems. Researchers will do what they can, but it will be slow and incremental and it will take a number of years. It will not necessarily help my patient tomorrow morning. Tomorrow morning, it is still me, the clinician, and I still have to cope with that person.

What can the DMM model contribute to the field of attachment?

The DMM model is perhaps the model which is the most helpful for clinicians in carving the complexity of clinical phenomena into pieces that make sense to people. Why are people interested in the DMM? Because it speaks to them. Because it helps them, and helps them makes sense of the experience they have. That is also what research does, it helps people understand what they are doing. The DMM probably helps more than other models, I would say. But just the very fact that there are two different models is enough to make many people doubtful about the value of either. This is because they think that if it's true, then it's clear. If we aren't sure about which one it is, then it is likely to be neither. What it tells us is that we don't know enough. We need to do more research. But, I am willing to belong to either attachment camp. I am a clinician and I do what I feel is right, and I am researcher and I make incremental steps. Research does not tell people what to do. Optimistically it makes some phenomena that clinicians know, slightly clearer. To me, that is an honest day's work. I don't feel ashamed of that.

After publishing over 17 books, 400 peer reviewed papers and more than 225 chapters over a scientific career of almost 30 + years, I would say that Professor Peter Fonagy OBE has, in fact, done more than an honest day's work.

Udita Iyengar, M.Sc, PhD candidate, University College London, Baylor College of Medicine, UK



IASA International Conference Speakers

Peter Fonagy, PhD

*University College
London, UK*

Mentalization, Reflective
Functioning and Treatment



Patricia M. Crittenden, PhD

*Past President IASA, Family
Relations Institute, USA*

Ten Ideas for Improving
Mental Health & Treatment



Daniel L. Schacter, PhD

Harvard University, USA

Constructive Memory and
Imagining the Future



Rodolfo de Bernart, MD

*Congress Chair, President
IASA, Institute of Family
Therapy of Florence, Italy*



Andrea Landini, MD

*Family Relations
Institute, Italy*

Issues in DMM Integrative
Treatment: Bumps in the
Road to Change



Research on Brain Functioning & Clinical Issues

- **Lane Strathearn, MD, PhD** (USA/Australia): Brain Reward Responses in Drug Addicted Mothers: Can Oxytocin Reverse the Trend?
- **Lucina Q. Uddin, PhD** (USA): Brain Networks for Social Processing in Autism.
- **James P. McHale, PhD** (USA): Family-Level Security in Diverse Family Systems: How a Coparenting Framework Changes Everything.
- **Sohye Kim, PhD** (USA/Korea): Mothers with Unresolved Trauma: Brain Responses to Infant Distress and Intergenerational Effects.

Clinical Practice

- **Katrina Robson** (UK): Magic dust for troubled families.
- **Michael Trout, PhD** (USA): Trauma and Loss: Developing a Coherent Narrative in Foster and Adoptive Families.
- **Judi G. Smetana, PhD** (USA): Disagreements, Disclosure and Secrecy in Adolescent-Parent Relationships.
- **Kenichi Mikami, PhD** (Japan): Using the DMM-AAI in clinical practice.

Special Events

- Meet the authors of DMM Books (English, Spanish, German, & Italian)
- Providing Family Attachment: Evidence to Courts
- Tribute to Ainsworth: the Healing Power of Individual Differences
- SAA Symposium: Learning about children's lives from children
- Assessment Demonstrations: Toddler CARE-Index, Transition to Adulthood Attachment Interview, Parents Interview

Register now!

www.iasa-dmm.org/index.php/iasa-conference/

Group Discount for 3 or more registering together!

Book your room at the Hyatt (at IASA's special rate)!

Join the conversation with IASA on Facebook.

More information on the congress on IASA website
www.iasa-dmm.org



The international association
for the study of attachment



DMM Pre and Post-Conference Courses

Pre-Conference courses

Nov. 5-8: **Spanish CARE-Index**

Nov. 3-7, 2015 & March 6-11, 2016:

Infant Strange Situation

Nov. 6-8, 2015: **Advanced Clinical AAI**

Post-Conference courses

Nov. 11-13, 2015: **CARE-Index Top-Up**

Nov. 12-14, 2015: **Advanced Clinical Toddler
CARE-Index**

Nov. 12-17, 2015 & Feb. 5-9, 2016 & June 1-6, 2016:
Adult Attachment Interview

Nov. 11-13: **Spanish CARE-Index**

*More information on dates, locations and prices
of the courses on IASA website www.iasa-dmm.org
and Family Relations Institute website
www.familyrelationsinstitute.org.*



**Please support this work
and the achievement of
IASA's goals by becoming
a member or renewing
your membership.**

More information on IASA website www.iasa-dmm.org The website has a section of videos that members can access.

For information on DMM News and manuscript submission, contact: franco.baldoni@unibo.it