

IASA and FRI Proudly Launch The DMM Community – Our New Online International Community



Alexander Jack

We are excited to announce that IASA and FRI have launched a brand-new online space, The DMM Community! To celebrate the start of this new community resource, we have an exciting line-up of launch events, including **our first live event, an interview with Dr Patricia Crittenden**, on Wednesday 27 January 2021 at 6pm GMT (Please check your local time zone compared to GMT so you are there at the right time. GMT is the UK time zone.) Don't miss it!



Stephanie Wilson

Sign up now (it's free!) to view the interview, which will include a question-and-answer session.

Details of how to join The DMM Community are included later in this article.

About The DMM Community

The DMM is used by a diverse and international community. However, distance can make it difficult to connect with others and keep up to date with fascinating work that is undertaken, both theoretically and clinically. The DMM Community aims to address this problem. We have created a space for psychologically curious people from around the globe to connect, share ideas and learn from each other and world-leading experts in the field of attachment, neurodevelopment and psychopathology.

The DMM Community is similar to Facebook in its functions – and is dedicated solely to the DMM! In The DMM Community, you can:

- Create a profile to tell the DMM world who you are.
- Follow and contribute to topics that interest you.

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Editorial Board: Clark Baim, Patricia M. Crittenden, Andrea Landini, Rebecca Darby.
Outreach Editors: Stephanie Wilson, Alex Jack.
Assistant Editor for Latin American and Spanish-speaking countries: Silvana Milozzi.

- Follow and communicate directly with other DMMers around the world.
- Network, share ideas and become involved in projects.
- Attend live seminars and discussions hosted by leading DMMers.
- Watch video content created specifically for The DMM Community.
- Hear about the latest research and clinical practice before anyone else.
- Share your ideas about how to develop The DMM Community further.

In The DMM Community, there is plenty of opportunity to create your own content and engage with others

doing the same. As Hosts, we (Alex and Stephanie) will also regularly facilitate events for you to attend. During the first few weeks, we will hold 'getting to know you' sessions to build connections and gather ideas about the content you would like to see. We will then devise a full programme of DMM experts to deliver talks. This will include theoreticians, academics and clinicians using the DMM in their practice.

Following Patricia Crittenden's interview on 27th January, we are pleased to announce that Andrea Landini will be speaking with us on 3rd February 2021, again at 6pm GMT. Many more interviews and speakers will be announced within The DMM Community shortly.

Getting Started

Here's how to get started: You visit The DMM Community website by clicking here <http://dmm-community.mn.co>

Once at the landing page, you can first have a look around by clicking 'explore'.

We would recommend using the app for the most dynamic experience of The DMM Community. You can download it by scrolling to the bottom of the page and inserting your mobile number in the allocated field:



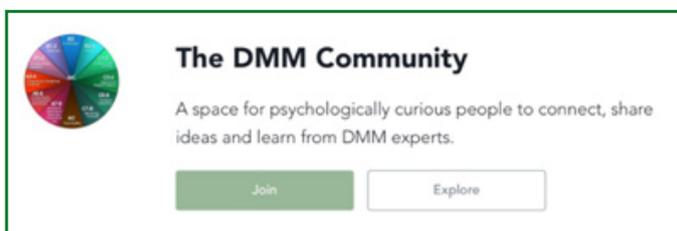
Keep Up With The DMM Community On The Go

Phone Number

 The DMM Community is powered by Mighty Networks

International phone numbers may need to use a prefix. Available on [iOS](#) and [Android](#).

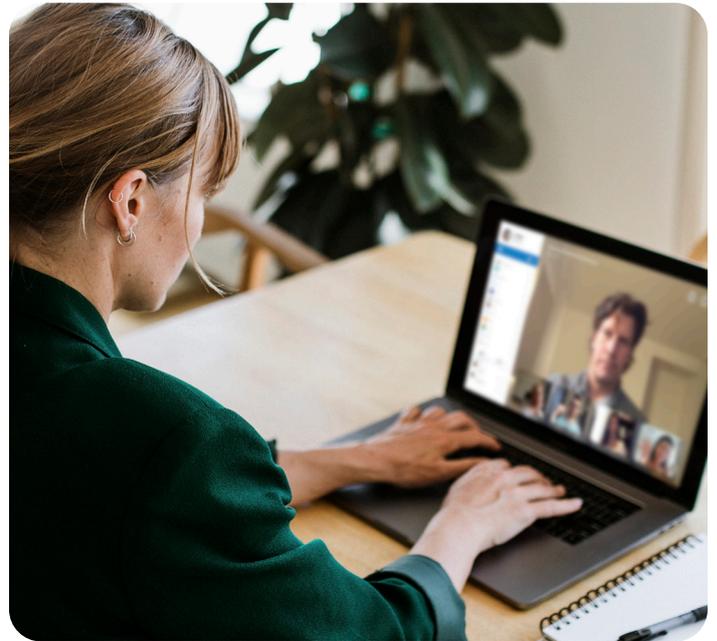
If you would prefer to use the website (e.g., on your computer), simply click 'Join'. You will be asked to provide your name and email address and then ... you're in!



 **The DMM Community**

A space for psychologically curious people to connect, share ideas and learn from DMM experts.

After joining, you will be brought to your home feed (just like other social media websites, such as Facebook). Here, you will find all of the latest action within The DMM Community. To stay up to date with all that is happening, go to 'Topics' and you will see the range of topics that we have created for you. For any topic that



interests you, hover your mouse over it and then click 'follow'. This will ensure that you receive content from all of the topics you care about.

Next, we recommend watching the series of short instructional videos in 'Navigating the DMM Community'. These will get you set up to go.

We recommend that you complete the profile page and include a picture of yourself. We ask that you don't use a nickname or pseudonym. As we have leading DMMers as part of the community, we want to show that everybody is who they say they are.

We are really excited for you to join us at The DMM Community. The more you contribute, the more the community will grow. We would also encourage you to share The DMM Community with anyone who might be interested in it (<http://dmm-community.mn.co>). We believe in the DMM as a beautiful, complex and compassionate model that allows us to make sense of human experience. We hope The DMM Community will be instrumental in taking this forward.

If you have any questions, please do not hesitate to get in touch:

DrStephanieWilson@iCloud.com

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Please note, The DMM Community will co-exist with our:

YouTube page: <https://www.youtube.com/channel/UCQ1kyhiFMjllxBHYwlbNqVg>

Twitter page: @DMM Community: https://twitter.com/DMM_community

Book Review:

A Basis For Mindful Medicine: Understanding The Nuances Of The Stress System In Context



Simon Wilkenson

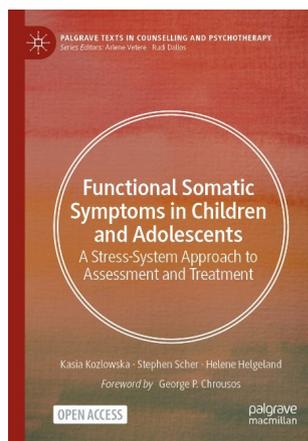


Bente Nielsen

Let's make it clear: we have learnt more of general clinical relevance from this book than any book in the past five years. The authors Kasia Kozłowska, Stephen Scher, and Helene Helgeland have trawled an enormous amount of literature, including the latest publications. They have done us an invaluable service with presenting what is currently a rapidly developing field in a coherent way. But if you aim to get your head around all that they cover, you will be in trouble. That is unless you follow their concluding chapters on treatment, which present steps to enable you to

keep focus. This book can surely work as a reference book to keep open in your workplace. Everyone working with an eye toward attachment in their clinical work will be pleased to see the authors' emphasis on at least a three-generation perspective, as well as working with the systems within which the symptoms are embedded, and the stress system activated.

Enough for the adulation. As readers of DMM News, you may be wondering what the book brings that is news for attachment theory. Here you risk being disappointed if you are expecting recipes for mixing what you know from current DMM theory with a deeper understanding of how the stress system's dysregulation, hypo-reactivity or hyper-reactivity can relate to cognitive and affective dispositions in strategies. The book is not overladen with highlighting types A, B or C strategies, etc. What the book does do is bring the somatic dimension of the stress system into focus, which includes pain and fatigue as well as aspects of immune responsiveness. We can then try and work out how the complex system of multiple components in the stress system are developing in the light of the ecological niche into which the child is developing. This, though, is not the aim of the book. But through providing detailed knowledge about all components of the stress system and their interrelations, others can take the developmental adaptation provided with DMM a step further.



Functional Somatic Symptoms in Children and Adolescents: A Stress-System Approach to Assessment and Treatment

By Kasia Kozłowska, Stephen Scher and Helene Helgeland

383 pp, ill. New York, NY: Palgrave Macmillan, 2020.
ISBN 978-3-030-46184-3.

Open access (the book is free to download) through link: <https://www.palgrave.com/us/book/9783030461836>

The DMM emphasis on cognitive and affective learning has initially been preoccupied with exteroceptive information biasing our strategies for survival, a Bayesian model coherent with seeing the brain as enabling a prediction heuristic for action based on what seemed to suffice previously. The interoceptive information we make use of for survival and reproductive possibilities has entered the theory under the rubric of 'somatic DR'. With this book, we have the ingredients for interoceptive information to inform the further development of the theory – if we only knew more about their development in context. The role played by trauma and its effect on the body's stress system is most easily accommodated.

Regarding 'development in context': early human development clearly underlines how immature the infant brain is at birth. During the early months of life, most of what characterizes the care taking of infants is about observing and understanding the meaning of interoceptive information displayed through hunger, crying, dysregulated sleep and somatic (dys)regulation. This depends on the dialectic between state and context. From the infant's perspective, external regulation to manage the interoceptive signals and the stress system is crucial in the development of adaptive attachment relationships to provide comfort. From this regulatory relationship, the infant derives meaning regarding the soma, affect and cognition.

The current formulation of the somatic leg of the DMM theory is the least developed part of the theory, and the comprehensive description of the components of the stress system may suggest ways forward. The stress system includes elements exerting a slow diffuse effect through hormones throughout the body. This diffuse effect can be likened to adjusting the probabilities of the response pattern to events. In contrast, innervation of body organs and feedback centrally from those organs gives direct specific information analogous to the clear contingencies of cognitive processes. It strikes us that it might be more helpful to explore along these two dimensions already highlighted for exteroceptive information, than setting up somatic DR as an equivalent DR to cognitive or affective DRs.

We've already started recommending this book to colleagues. We believe there are very few readers who will not learn something new, either of background information on effects of stress, or from the very helpful and well-balanced clinical approaches to conditions long regarded as the 'heart-sink' disorders because of

the lack of success with helping the sufferers. Read this book and revive your hope for alleviating the suffering of these patients. The only proviso is that the book also explains why the sooner such patients come for treatment, the better the outcome; waiting to adulthood leads to more of a challenge. With this book, how the body talks has been expanded with an understanding of what the body is talking about and what kind of repair needs to be done.

Simon Wilkinson is a retired child psychiatrist with his doctorate from Cambridge. He worked primarily in consultation/liaison psychiatry, followed by running adolescent services at the National Centre for Child and Adolescent Psychiatry in Oslo, Norway. After retiring, he set up a self-learning network of acute adolescent psychiatric units in Norway. He lives in Oslo, Norway. Email: simonwilkinson@gmail.com

Bente Nilsen is a child psychologist specializing in infant-toddler family psychology, child protection, forensic psychology, attachment and developmental psychology. She works in a family center in Oslo, where infant and toddler families live as their children's development and parenting skills are assessed and supported. Bente serves on the IASA Board. Email: Bente.nilsen@gmail.com.

DMM News Welcomes Our New Russian And Japanese Translators

The DMM News team is pleased to welcome two new translators to the team. Natalia Pleshkova will be responsible for the Russian translations of this and future editions of DMM News, and Kenichi Mikami will translate DMM News into Japanese. They will also be joining IASA's panel of Ad Hoc Volunteers in their new role as translators. Here's more about Natalia and Ken:



Natalia L. Pleshkova

Natalia L. Pleshkova (Russia) obtained her Bachelor/Specialist degree in 1998 and her Ph.D. degree in 2010 from St. Petersburg State University. The topic of her dissertation was "Quality of attachment in young children in families and orphanages." During 2000 – 2012, Natalia worked as an expert on adult-child interaction and attachment in longitudinal research

projects studying children in institutions and foster families in St. Petersburg.

Currently, Natalia works as an Associate Professor at the Department of Psychology at St. Petersburg State University. She also is an invited lecturer at the Swedish School of Social Science at the University of Helsinki (Finland) and the Vilnius University (Lithuania), where

she teaches courses on attachment among children at risk. In addition, she supervises practical training for mental health professionals.

Natalia has been involved in DMM training since 1999, including the CARE-Index (Infants scales), the Strange Situation Procedure (SSP), and the Preschool Assessment of Attachment (PAA). Natalia has worked as a psychologist at the Early Intervention Center from 1999 until 2018.

Currently, she provides psychotherapeutic services at her private practice. She works with caregiver-infant dyads using the psychoanalytic parent-child psychotherapy approach (PPIP) and adults applying the psychodynamic approach combined with the Dynamic Maturational Model of Attachment and Adaptation.

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Kenichi Mikami

Kenichi Mikami, Ph.D. (Japan) is an associate professor of psychology and a psychotherapist at Hokkaido University of Education in Japan.

At the university, Ken provides psychoanalytic psychotherapy for university students as well as faculty members and administrators. He also

teaches clinical psychology both in undergraduate and postgraduate courses, and conducts research on how to apply attachment theory to individual psychotherapy.

He has a long term interest in how to apply attachment theory and research to psychotherapy with adult clients. Since 2012, he has been engaged with DMM training, including the AAI, TAAI and ICI. In 2018, he translated Crittenden & Landini's *Assessing Adult Attachment* into Japanese with his colleagues, and published it in Japan. Email: kenichimikami@hotmail.com.



Clark Baim
DMM News Editor

From the Editor

In this issue of DMM News, we welcome the new year with the exciting launch of The DMM Community, a joint initiative of IASA and FRI. **Stephanie Wilson** and **Alex Jack** have been hard at work for months, beta-testing the community, its design, its functions, and its

content. There have also been many behind-the-scenes activities with IASA and FRI to arrive at this bright beginning. We hope many people join The DMM Community and that our new forum provides the online equivalent of a public square, where all manner of DMM and DMM related topics can be discussed, debated and evolved through knowledge sharing and networking.

I am delighted that **Simon Wilkinson** and **Bente Nilsen** have been able to collaborate on their review of the landmark publication of a new book by **Kasia Kozłowska**, **Stephen Scher** and **Helene Helgeland**. The book has the impressive title, *Functional Somatic Symptoms in Children and Adolescents: A Stress-System Approach to Assessment and Treatment*, and reading it is serious business. Simon and Bente are the perfect people to have collaborated

on this review, which repays careful reading. Their review is as packed with meaning as a well-conceived DMM classification, and it rewards several close readings to get the most from it. I felt enlightened and full of interest in exploring the implications of what they say in their review about how we formulate our ideas around somatic dispositional representations, and how these DRs interact with cognitive and affective representations. Fascinating stuff.

I am also pleased to welcome **Natalia Pleshkova** and **Kenichi Mikami** as translators of DMM News into Russian and Japanese, respectively. Natalia and Ken will join Silvana Milozzi, who is responsible for Spanish translations, and Rebecca Darby, who is the co-editor responsible for international translated editions. Soon, we look forward to welcoming translators who can help us to make the DMM News available in Italian, French, German and Chinese. Thank you, Natalia and Ken, for joining us with such enthusiasm!

If you would like to share your experience and your thoughts about how you are using the DMM, please contact me using the details below, and I will be pleased to consider your writing for the DMM News. I am eager to hear from you.

Clark Baim, DMM News Editor

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

[Join the conversation with IASA on Facebook.](#)

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 manuscript submission, contact:

Clark Baim, Editor: cbaim@hotmail.com

For Spanish speakers and submissions of manuscripts written in Spanish, please email Silvana Milozzi, Assistant Editor for Latin American and Spanish speaking countries, at: smilozzi@yahoo.com.

En español: *Para Hispanohablantes y envío de trabajos en Español, por favor contáctense con Silvana Milozzi, Asistente de Edición para países Latinoamericanos y de habla hispana al email: smilozzi@yahoo.com*

For submissions in languages other than English or Spanish – contact: Rebecca Darby, Co-editor in charge of international translated editions: Rebecca.darby@nspcc.org.uk.