



UCL

**The Future of Neuroscience,
Attachment and Mentalizing:
from research to clinical practice
Conference**

**Parallel Workshops Session 1
Abstracts**

09.30 - 10.45, Sunday 19 May 2019



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Strategies for promoting secure attachment and early child development through mentalizing and sensitive care

Pasco Fearon (University College London, and The Anna Freud National Centre for Children and Families, UK)

Workshop Abstract:

In this session, Pasco Fearon will summarize recent data on three key topics: 1) the relationship between attachment and child development outcomes, 2) the intergenerational transmission of patterns of attachment, and 3) the efficacy of psychosocial interventions to improve rates of secure and insecure attachment. Following this, he will outline the strategies and intervention techniques used in effective attachment interventions.

Biography:

Pasco Fearon is a leading expert in early childhood development, whose work combines both environmental and biological/genetic methodologies to understand longitudinal development and risk for maladaptation, in both population studies and clinical samples. He is particularly known for his work on parent child attachment and parenting, and in the use of longitudinal studies for disentangling effects of early experience on later outcomes. He is joint-Director of UCL's Doctorate in Clinical Psychology, Deputy Head of Department of the Research Department of Clinical, Educational and Health Psychology, Director of the Anna Freud Centre Development Neuroscience Unit and visiting faculty member of the Child Study Center at Yale University.



Working with somatoform patients: an integrative, neuroscience informed perspective

Patrick Luyten (KU Leuven, Belgium, and University College London, UK)

Workshop Abstract:

Evidence based treatments for patients with persistent somatic or somatoform symptoms are only modestly effective in most patients. Yet, in routine clinical practice, many patients present with such problems. In this workshop, I will first present an update of our evolving understanding of somatoform disorders rooted in a contemporary attachment and mentalizing approach. I will review how neuroscience findings demonstrating the close relationships among attachment, stress regulation, and immune and pain-regulating systems, have influenced both our understanding of these conditions and our therapeutic approach. I will focus on the high interpersonal and metabolic costs associated with the use of insecure secondary attachment strategies, and resulting impairments in mentalizing, in individuals that are at risk to develop persistent somatic symptoms. Using role-play, I will illustrate the treatment approach that we developed based on our increased understanding of the nature of these problems, and also summarize research evidence concerning its efficacy.

Biography:

Patrick Luyten, PhD is Professor of Clinical Psychology at the Faculty of Psychology and Educational Sciences, University of Leuven (Belgium) and Professor of Psychodynamic Psychology at the Research Department of Clinical, Educational, and Health Psychology, University College London (UK).

His main research interests are disorders from the affective spectrum (i.e., depression and stress- and pain-related disorders), and personality disorders. In both areas he is involved in basic research and in interventional research. His basic research focuses on the roles of personality, attachment and social cognition or mentalizing, i.e., the capacity to understand oneself and others in terms of mental states, in these disorders from a developmental psychopathology perspective. Dr. Luyten's research is fundamentally translational, as he is interested in translating knowledge concerning the mechanisms involved in the causation of psychopathology to the development of new interventions, the evaluation of their (cost)-effectiveness, and their dissemination to and implementation in routine clinical care.

His most recent book, co-edited with Linda C. Mayes, Peter Fonagy, Mary Target and Sidney Blatt, *Handbook of Psychodynamic Approaches*, was published by Guilford Press in 2015 and received the 2015 Goethe Award for Psychoanalytic and Psychodynamic Scholarship.