

ReAttach Congres 2018

The solitary genius is a myth: we need to work together!

STICHTING REATTACH THERAPY INTERNATIONAL

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ReAttach Congres 2018

The solitary genius is a myth: we need to work together!

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Parallel Sessies 15 april

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*Prof Ina van Berckelaer-Onnes:
The impact of an orthopedagogical approach
on clinical interventions*

Biografie

Professor Ina van Berckelaer-Onnes studeerde klinische en orthopedagogiek aan de universiteit van Leiden. Na haar afstuderen in 1967 werd ze medewerker bij de afdeling orthopedagogiek van die universiteit. Ze promoveerde in 1979 in Utrecht op het proefschrift 'Vroegkinderlijk autisme: een opvoedingsprobleem'.

Referenties

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I.A. van Berckelaer-Onnes, *Ook op 29 juni bestaat Sinterklaas*. Afscheidsrede. Leiden: University Press, 2007.

*Prof. Dr. Michael Fitzgerald:
The predator/prey dilemma: can we reduce the
risk of criminal psychopathy by neutralizing
power and training affective mentalization?*

Biography

Professor Dr. Michael Fitzgerald was the Henry Marsh Professor of Child and Adolescent Psychiatry at Trinity College, Dublin. He is the first professor of child and adolescent psychiatry in Ireland specialising in autism spectrum disorder (ASD). Professor Dr. Michael Fitzgerald has diagnosed over 3,000 persons with ASD. He is a Clinical and Research Consultant to the Irish Society for Autism and an Honorary member of the Northern Ireland Institute of Human Relations.

He has a doctorate in **the area of autism** and has been a researcher in this area since 1973. He trained at St. Patrick's Hospital Dublin, Chicago Medical School, and The Maudsley Hospital and the National Hospital for Nervous Diseases in London. He has clinically diagnosed over 3000 individuals with Autism and Asperger's syndrome and has served on the Government Task Force on Autism and the family as well as similar task forces for the Department of Health in Northern Ireland. Other special interests are **Attention Deficit Hyperactivity Disorder** and **Criminal Psychopathy**.

His other major research contribution is in the area of **epidemiology of child and adolescent psychiatry** in Ireland. He has been involved in research collaboration in 18 countries and in initiating master's degree programs at Irish universities. He has lectured extensively throughout the world including in London at the Royal Society, British Academy, and the British Library and also in New York, Buenos Aires, Tbilisi, Melbourne and many European countries as well as in China, Malaysia, Korea, and Hawaii.

He became an associate member of the **British Psychoanalytic Society** and the **International Psychoanalytic Association** in 1980 and was the first to practice here with this recognition. He is a member of the British Institute of Psychoanalysis. He initiated the first Masters programme in Adult Psychoanalytic Psychotherapy in the 1980's. In the 1990's he developed with Dr. Mary Smith a Masters programme in Child and Adolescent Psychoanalytic Psychotherapy at Trinity College Dublin and with Nessa Childers, Ross Skelton, Ann Murphy and others a Masters programme in Adult Psychoanalytic Psychotherapy at Trinity College Dublin.

He founded the Journal the Irish Forum for Psychoanalytic Psychotherapy and the Irish Journal for Child Psychotherapy. He founded the Irish Standing Conference on Psychotherapy. He has been a tutor in Psychotherapy Queens University Belfast. He has supervised staff in training in psychotherapy at St. Ita's Hospital, St. Loman's Hospital, Artane Day Centre, Vergemount Hospital and St. Patrick's Hospital Dublin.

Publications

He has contributed to National and International Journals on autism another relevant topics. He has a large number of peer-reviewed publications and has written, co-written and co-edited 32 books, including Japanese and Polish translations.

References

<http://professormichaelfitzgerald.eu/>

*Dr. Soren Petter:
Working with states of hyperarousal in GAD,
OCD, ADHD an trauma: positioning a trans-
diagnostic salutogenic model*

Abstract

This presentation seeks to explore a conceptualisation and treatment approach for the systemic impact of compulsive and impulsive flight into hyper vigilance from a symptom network perspective. Often the phenomena of compulsivity/ impulsivity as well as hyper vigilance are conceived as discreet symptomatic variables indicative of a specific pathology, such as GAD, OCD, Health Anxiety, ADHD, further BPD amongst others. This has been reinforced by assessment tools such as GAD7 / PHQ9 or BDI / BAI, which assess affective states in a de-contextualized pathologising manner. However, this presentation seeks to demonstrate how ReAttach allows for conceptualising states of ‘neurological’ hyper arousal in a way whereby they can again be distinguished into clusters of fear, rage or mania, and how all of these have both a pathological as well as potential salutogenic role in the function of affect and information processing.

Thereby, specific focus is placed on utilising the ReAttach Protocol to de-alarm (mentallize) phobic / overwhelming affect states of hyper arousal (‘obsessive objects’), utilising CBM1 (Cognitive Bias Modification stage 1) to differentiate affects in pathological-destructive (dysfunctional / maladaptive) and salutogenic-intuitive (functional) aspects, and finally utilising CBM2 to introduce learning and broadening out commitment and value-based utilisation of affects and threat-based hyper arousal. The presentation will conclude by utilising a network or transdiagnostic model to demonstrate the interrelatedness and symptomatic overlap of GAD, OCD, ADHD in a generic trauma model that can be approached from a salutogenic multi-sensory vantage point.

Keywords: *affect phobia, affect re-integration, affect differentiation, transdiagnostic*

Biography

Dr Soren Petter is a Consultant Psychologist and Psychotherapist with 20 years of clinical experience in psychiatric inpatient and outpatient settings, as well as corporate stress-management and prevention consultant, he manages a

psychological consultancy in central London. He is a former faculty member at Regents University London, now a visiting lecturer at the University of Surrey and City University London, as well as a research supervisor for organisational salutogenesis at the University of Gloucestershire

References

Petter, S. (2011). *Multimodal Interventions for Pre- and Co-morbid Shame*. Lambert Academic Publishing

Evans, R. E., Petter, S. (2012). Identifying mitigating and challenging beliefs in dealing with threatening patients: An analysis of experiences of clinicians working in a psychiatric intensive care unit. *Journal of Psychiatric Intensive Care* Vol 8 (2)

Petter, S. (2014). **Between Freedom and Belonging: Coaching on Covert Clinical Motivators**. A presentation given at 'The British Psychological Society's 4th International Coaching Congress', December 2014 London

*Professor Dr. Parasuram Ramamoorthi:
Rehearsing life: Drama for Young People with
Autism Spectrum Disorders*

Abstract

Teens and young adults in ASD often don't know how to react to life situation such as a Birthday Party, a Marriage, a Funeral and a Visit to a Social Event. We know all life is a Kind of Drama and we **rehearse** and **rehearse** and **present ourselves**. We Dress Up for Occasions. In this keynote I will focus on how to prepare yourself for: an Interview, A Birthday party, A wedding and even for a Dating appointment: **How to rehearse and rehearse and get ready for Life!**

Keywords: *Rehearse- rehearse and face Life. Young adults –ASD*

Biography

Applied Drama Practitioner – Drama for Autism Exponent.

Former professor of Theatre Arts, Madurai Kamaraj University.

Chairman Velvi velvi.org

Course Director of Velvi Drama for Autism Online Course.

Poet/love Nature and Embrace Humanity as well as Animals

*Dr. Paul Shattock:
One man's meat and another man's poison:
metabolic and biomedical implications of
autism and ReAttach*

Abstract:

A particular medication can be very helpful and well tolerated by one person but unhelpful and very harmful for another. Some people with autism benefit dramatically from drugs known as SSRIs (selective serotonin re-uptake inhibitors) that are commonly used for treating depression (provided the dose is correct). For others, especially those with more severe problems, the results can be disastrous.

The ReAttach intervention reduces psychological distress which has metabolic and biomedical implications too. How can choice of medication support the improved stress regulation?

Biography

Paul Shattock OBE is a British autism researcher and scientific consultant to the charity Education and Services for People with Autism, of which he is also the founder. He was formerly the director of the Autism Research Unit at the University of Sunderland. He is well known for his disputed research into dietary therapy and autism, having claimed that autistic children may have a "leaky gut" which allows certain peptides to enter the bloodstream, and claimed that they excrete unusually high levels thereof. As a result of this speculation, he has promoted the use of a gluten-free, casein-free diet to ameliorate the symptoms of autism, a theory he developed along with Kalle Reichelt. In addition, he has claimed that a protein found in milk may play a role in the etiology of autism. He is also the former president of the World Autism Organization.

In 2002, Paul Shattock conducted a survey and claimed that this survey had identified a unique subset of autistic children who may be uniquely susceptible to the MMR vaccine. These children were identified by the fact that they tended to suffer from bowel problems, had an abnormal gait and were friendlier than other autistic children. In addition, this survey concluded that one in ten parents of

autistic children attributed their child's autism to this vaccine, and that these children had much higher levels of urinary indolyl-3-acryloylglycine.

Chairman of ESPA (Education and Services for People with Autism)

Dr. Paul Shattock, a pharmacist and parent of an autistic son, was Honorary Director of the Autism Research Unit (ARU), University of Sunderland, UK now called **ESPA Research**. He is Chairman of ESPA (Education and Services for People with Autism) which provides teaching and residential services for young adults with autism and President-Elect of the World Autism Organisation (WAO) having previously been secretary for Autisme-Europe. His research interests include rights and models of service provision for people with autism, biomedical and environmental factors implicated in autism, and the use and abuse of medication for autism.

Publications

Dr. Paul Shattock has published in peer-refereed journals, such as Autism, the Journal of Child Neurology, Biomedical Chromatography and the Journal of Pharmacy and Pharmacology.

In 1998 Mr Shattock was made an Officer of the Order of the British Empire (OBE) for his more than 30 years of services to the autism community.

*Prof. Dr. Elke van Hoof:
The general adaptation response in ReAttach*

Abstract

During this keynote, the general adaptation response will be introduced. How does a person adapts to challenges and what is the role of stress? Different hypotheses will be presented as well as the available scientific results.

Keywords: stress, adaptation, toxic stress

Biography

Prof. dr. Elke Van Hoof is an associate professor at the Vrije Universiteit Brussels where she teaches health psychology and clinical psychological interventions. Elke Van Hoof is an expert in stress and adaptation problems across various conditions such as cancer, burnout and trauma. Elke Van Hoof is a clinical psychologist by training with more than 15 years of experience.

I am currently researching the impact of non-verbal interventions and for me, ReAttach is an example of a non-verbal intervention. Thus, I am keen to examine the possible underlying pathways by which the ReAttach procedure is impacting our patients.

References

For more information about research and publications, please visit my LinkedIn Profile <https://www.linkedin.com/in/elke-van-hoof-561b3661>

*Prof. Dr. Donatella Marazziti:
Neurobiology of romantic attachment*

Abstract

Romantic attachment is a typical human bonding that can be defined as the establishment of a relationship with a partner. This is a real paradox: humans are attracted to, courted by and breed with genetically not related individuals whom they would otherwise instinctively avoid. It can be, therefore, considered the psychological strategy that enables us to overcome neophobia and to mate with and create a strong, often life-long bond with a complete stranger. The sum of the emotions+behaviors+subjective awareness of the whole processes constitutes, perhaps, the essence of love.

If some components of these complex processes can be identified also in mammals, what renders romantic attachment typical of humans is the evidences that the formation of pair bonding in our species is not related only to the reproduction, but also to the creation of social organizations with the ultimate goal of providing reward and reduction of stress system. Therefore, the nature should have provided mechanisms of increasing complexity for assuring that the focus is limited to one partner only and the sense of safety is formed and maintained, while rewarding the caregivers with that feeling of pleasure and completeness that we call love. It is not surprising that specific brain mechanisms have evolved to accomplish such a goal, that is to say, that romantic attachment and love are not regulated by chance, but rather by well-established biological processes for the obvious important consequences of them from the evolutionary point of view.

The aim of this lecture is to present a comprehensive review of the neurobiological substrates of those complex processes that probably, all together, are part of and/or belong to that feeling which everybody can recognize as love. A particular emphasis will be given to the author's contributions in this area and to some speculative models that may constitute a starting point for deeper investigations not only of the biological mechanisms underlying love, but also different neuropsychiatric conditions.

Key Words: *Attachment, Love, Neurobiology, OCD, Social Phobia, Autism*

Biography

Adjunct Professor of Psychiatry, Dipartimento di Medicina Clinica e Sperimentale, Section of Psychiatry, University of Pisa, Italy; Scientific Director of Brain Research Foundation Onlus, Lucac, Italy

University attended with dates:

- Faculty of Medicine and Surgery, University of Pisa, Italy, from November 1975 to July 1981;- Postgraduation Specialty School of Psychiatry, from November 1981 to July 1985.
- Postgraduation Specialty School of Analytical Biochemistry, from November 1987 to November 1990.

Degrees held:

- 1- Degree in Medicine and Surgery, obtained with honours, July 28, 1981;
- 2- Specialty in Psychiatry, obtained with honours, July 8, 1985.
- 3- Specialty in Clinical Biochemistry, obtained with honours, November 22, 1990.

Scholarships, fellowships, and other academic distinctions:

- 1- Qualification for the "Scuola Normale Superiore" of Pisa in the academic year 1981 and 1982.
- 2- Fellowship of the Norwegian government from March 1983 to December 1983 for a training course in Neurochemistry at the Neurochemical laboratory of the University of Oslo (Norway)
- 3- Grant from the European Science Foundation to attend the 1987 winter School in Zuoz (Switzerland)
- 4- Travel Grant from the International Society for Neurochemistry to attend the 12th ISN meeting in Algarve (Portugal) in april 1989
- 5- Grant from the European Science Foundation to attend the 1989 autumn School in Castelveccchio Pascoli (Italy)
- 6- Winner of the National Prize for a study on "Serotonin and Hypertension"
- 7- One year-long Grant from the Italian Research Council for a research project on the biology of depression in the years 1989, 1990, 1991, and 1992
- 8- Ole Raefelsen Award for Psychiatry, September 1990
- 9- European College of Neuropharmacology Award, October 1991.
- 10- Three years-long Grant from the Italian Research Council for a research project on the neurobiology of aging, from the year 1991 to the year 1995
- 11 -One year-long Grant from the Ministry of the University and Scientific Research for a project on neurobiology of bipolar disorders in the years 1991, 1992, 1993
- 12 - Three year-long Grant from the Ministry of the University and Scientific Research for a project on neurobiology of aging in the years 1995-1998.
- 13 -Different grants from Ministry of the University and Scientific Research and the Italian Research Council on the pharmacology of the 5-HT transporter, different 5-HT and dopamine receptors and their intracellular transduction processes, in relation to different psychiatric or physiological conditions from the year 1991 up-to now.
- 14 -Grant of The European Spa Association to study the effects of Spa treatments on fibromyalgia

15 -Two-years long grant of the Council of the Italian Government on the prevalence of new technology addiction

Affiliations:

SIP (Società italiana di Psichiatria), SOPSI (Società italiana di Psicopatologia), SINS (Società italiana di Neuroscienze), SIPNI (Società italiana di Psiconeuroimmunologia), ENA (European Neuroscience Association), ECNP (European College of Neuropharmacology), ISN (International Society for Neurochemistry), ISPNE (International Society for Psychoendocrinology), Serotonin Club, EPA (European Association of Psychiatry), Society for Biological Psychiatry, CINP (Collegium Internationale Psychopharmacologicum), APA (American Psychiatric Association), ICOCS (International College of OCD and related Disorders).

Dr. Marazziti is member of the WPA section for OCD, member of the International Council for OCD, secretary of the Tuscany section of the Italian Society of Psychiatry and of the Italian Group for OCD and related disorders, member of the executive committee of the ECNP and of the educational committee of the CINP. She is also foreign advisor of the OCD foundation.

Teaching activities

Dr. Marazziti has participated as a speaker in thousands of national and international congresses, meetings and masters. She is Professor of Psychiatry at the Medical School and at the Specialty School of Psychiatry at the University of Pisa, where she holds her own courses since 15 years.

She is in the editorial board of the following journals:

“European Neuropsychopharmacology”, “Fundamental and Clinical Pharmacology”, “Journal of Depression and Anxiety”, “CNS Spectrums”, “Focus on OCD”, “Primary Psychiatry”, “Clinical Neuropsychiatry”, “BMC Psychiatry”, “Annals of Psychiatry” She is editor-in-chief of “Clinical Neuropsychiatry”.

Research projects in progress:

- Peripheral serotonergic and dopaminergic markers in healthy subjects and neuropsychiatric patients: correlations with personality traits, clinical status and pharmacological response;
- In situ hybridization of different neuroreceptors in human brain from healthy subjects and psychiatric patients (brain provided by the US NAMI) and in peripheral cells;
- Biochemical characterization of an endogenous ligand (B.B.I.A.) acting on benzodiazepine central receptor;
- Molecular biology of some neuroreceptors in mood disorders;

- Second messengers coupled to serotonin transporter and serotonergic receptors.
- Oxytocin levels in different conditions

Publications: Over 550 publications (258 in the Pubmed system) mainly in international journals and the 8 books listed underneath

Marazziti D., Cassano G.B.: La serotonina nella fisiopatologia del sistema nervoso centrale. R. Cortina ed., Milano, 1989

Conti L., Marazziti D. (eds.): Aspetti biologici, psicologici e sociali delle condotte suicidarie. Pacini ed., Pisa, 1992

Hollander E., Zohar J., Marazziti D., B. Olivier B: Current insights in obsessive-compulsive disorder. Wiley & Sons, Chichester, UK, 1994

Marazziti D., Basile Fasolo C., Balestri C., Cassano G.B.: Antidepressivi e funzionalità sessuale. Quaderni Italiani di Psichiatria. Vol XV 1996.

Marazziti D., Ravizza L.: Il gioco d'azzardo patologico: ma è davvero un gioco? Martin Dunitz ed. (Londra), 2000.

Finiberg N., Marazziti D., Stein DJ. Obsessive-compulsive disorder. A practical guide. Martin Dunitz ed. (Londra) 2001

Marazziti D.: Psicofarmacoterapia pratica. Fioriti Ed. (Roma, 2003, 2004, 2006, 2011, 2013

Vitello B., Masi G., Marazziti D.: Handbook of child and adolescent pharmacopsychiatry. CRC Press 2006

Two best-sellers both translated in Greek and Portuguese:

“La natura dell'amore”, Rizzoli, Milan (Italy), 2002

“E vissero per sempre gelosi e contenti, Rizzoli, Milan (Italy), 2008

One novel “**Con te perdo sempre**

*Dr. Ashutosh Srivastava:
ReAttach Therapy: a new hope in treatment of
Anxiety Disorders*

Abstract

There appears to be a gap between research and real practice on talk based psychotherapies. This is because of subjectivity caused by the therapist leading to variability in expressions and sharing by the patient. This disconnect has several negative consequences, potentially including less-than-optimal practice standards as well as a lack of input from practising psychotherapists on how research can be improved and made more relevant in their day-to-day clinical work. When it comes to treatment of anxiety disorders this becomes all the more difficult as the patient is preoccupied with his physical symptoms and finds it difficult to focus on his thoughts.

ReAttach Therapy provides an opportunity to the psychotherapists to manage the disorders with anxiety by working on the information processing not on the content. The unpleasant state of inner turmoil and significant feelings of anxiety and fear goes down immediately by changing the cognitive biases associated with anxiety. Anxiety is caused by worry about future events and fear as a reaction to current events. These feelings and physical symptoms i.e. fast heart rate and shakiness subsides in the very first session. ReAttach is found to be effective in almost all types of anxiety disorders including generalized anxiety disorder, specific phobia, social anxiety disorder, agoraphobia, panic disorder, and other disorders with anxiety as a primary symptom.

Keywords : *ReAttach Therapy, Anxiety Disorders, Talk Therapies*

Biography

Dr. Ashutosh Srivastava is a Practising Clinical Psychologist with over 10 years of hands-on experience in the sphere of Behaviour Analysis, Psychotherapy, Counselling & Training. He is currently the President of Bharatiya Counselling Psychology Association and one of the Board Members of the ReAttach Therapy Foundation. He is MPhil in Clinical Psychology and PhD in Psychology with specialization in Psychological Profiling of Audience. He is a very effective trainer for Behaviour Change and has trained more than 10000 professionals from more than

12 states of India on a variety of Attitude and Behaviour change protocols. He has worked with various organizations of national & International repute. He is the Executive Director of Psyuni Trust (India) and his organization is working meticulously to promote mental health among children, women and various deprived and marginalized groups in India.

References

Dissertation on “Emotional Intelligence and Performance in Sports Person” as part of partial fulfillment of MA Psychology in year 2004.

Presented paper on “Less-Communication in Classroom” in Indian Science Congress 2004.

Presented paper on “Why Emotional Intelligence in Sports” in 17th National Conference of Sport Psychology held at University of Jammu in November 2004.

Presented paper on “ Emotionally Intelligent Wins the Race” in annual conference of National Academy Of Psychology held at Faizabad between 4-6 march 2005

Presented paper on “ You can Win: It is all about Beliefs and Self-talk” in UGC national seminar held at Gorakhpur University between 21,22 march 2005

Poster on “The Young Mania Rating Scale: Response on item 8 “Content” in 3rd Biennial Meeting of the ISBD 27-30 January 2008, Delhi & Agra

Paper published on “Emotional Intelligence and Performance” in Synergy biannual Journal Published by ITS

*Dr. Hanna Alonim:
Identifying variables associated with the
prodrome of autism during the first year of an
infant's life*

Abstract

Research Aims: While there are as yet no clear biological markers for ASD, evidence exists for the presence of behavioural markers for autism already within the first year of life. However, there is still a great deal that is unknown regarding the prodromal development of autism, early behavioural variables, and the effects of early intervention. This paper describes a pioneering study conducted at the Mifne Center assessing variables associated with autism in early infancy. **Methodology:** This study examined 110 infants between the ages of 3-15 months who were eventually diagnosed with autism at the age of 2-3 years. Retrospective analysis was conducted of video-recordings of the first months of their lives made by their parents before any suspicion concerning defective development arose.

Results: Eight variables associated with the prodrome of autism during the first 15 months of life were identified. These include: *excessive passivity, excessive activity, lack of eye contact, lack of reaction, refusal to eat, aversion to touch, motor development delay and head circumference.*

Conclusion: Symptoms associated with the prodrome of autism may be identified and allow early assessment and intervention for infants with the prodrome of autism in the first year of life.

Applications: The variables identified in this study form the basis of the “Early Signs of Pre-Autism Screening in Infants” (ESPASI) screening instrument suitable for infants between 5-15 months.

Further insights arising from the possibility of assessment and intervention at the very early stage of life will be presented in the lecture accompanied by video segments.

Keywords: *prodrome of autism, identifying variables, first year of life*

Biography

Dr. Hanna A. Alonim, Ph.D in Mental Health, from Anglia Ruskin University, Cambridge UK, is an expert and researcher on the autism spectrum in infancy, Founder and Head of the Mifne Center for Treatment, Training, and Research, since 1987. The Mifne Center specializes in the treatment of infants up to the age of two, diagnosed on the autism spectrum, from all over Israel and the world. The treatment program encompasses the entire nuclear family.

Dr. Alonim is the founder and Head of the Therapists Training School for Autism in Infancy at Bar Ilan University in Tel Aviv since 2001. She has taught academic seminars at Tel Aviv University, Haifa University, Israel; Basel University, Zurich University Switzerland; The Child Mental Health Center, London; UCLA, USA, Iasi University, Romania, and Children Hospital, Brahmman, Germany.

Since 2005, Dr. Alonim has developed the ESPASI screening scale for the identification of early signs of autism in the first year of life, and established the unit for the detection of autism in infants at the Tel Aviv Sourasky Medical Center. Her research, which she has presented worldwide relates to the issues of early signs of autism; detection and treatment of infants at risk; family factors and family therapy in autism; eating disorders in toddlers with autism. She is a member of the Helsinki Research Committee at the Ziv Medical Center, Israel. Since 2016 Alonim is a committee member of the ICF Core Set for ASD of the WHO organization, Stockholm.

References

Some of her publications include:

"Early Signs of Autism in First Year of Life: Identification of Key Factors Using Artificial Neural Networks". *IMFAR*, US (2014).

"Origin of the Self, and Pathways to Autism". *Journal of Infant, Child and Adolescent Psychotherapy*, 13, 270-279. Routledge, Taylor & Francis Group, LLC (2013).

"Commentary on "The Protest of 6-month-Old Girl". *Journal of Infant, Child and Adolescent Psychotherapy*, 12, 1-8. Routledge, Taylor & Francis Group, LLC. (2013).

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"The Mifne Method", *Journal of Child & Adolescence Mental Health* vol. 16(1,) 39-43. (2004).

*Prof. Dr. Vladimir Trajkovski:
Medical aspects of autism spectrum disorders*

Abstract

Introduction: Medical understanding of autism spectrum disorders (ASD) has changed since it was first described by Leo Kanner. The current medical literature suggest there are many medical underpinnings of autism, and that it cannot solely be a mental, psychiatric or developmental disorder. There is now an understanding that ASD is a neuro-developmental medical condition associated with unique abnormalities in brain development, rather than a mental health or behavioral disorder. The **aim** of this article is to present medical issues of children with autism spectrum disorders which may be identified and treated by general practitioners as a review of current medical papers in the context of author's professional experience.

Findings: Some of the medical abnormalities found to date in ASD include: anxiety disorders, bipolar disorder, gastrointestinal disorders, depression and other psychopathological disorders, ADHD, Fragile X syndrome, intellectual disability, neuroinflammation and immune disorders, nonverbal learning disorder, motor clumsiness, obsessive-compulsive disorder, Tourette syndrome, epilepsy, sensory problems, tuberous sclerosis, oxidative stress, acquired mitochondrial dysfunction and metabolic abnormalities, etc. Our previous study showed that the most prevalent medical condition were acute infectious disease: varicella in 34.5% and measles in 6.5% of the persons with autism. Angina was seen in 33%, 16 patients had allergies. Convulsions as a symptom were represented in 14% of subjects, and 11% had gastrointestinal disorders.

Conclusions: Many of these medical conditions are treatable, often resulting in improved quality of life for the patient. Each case of an autistic child improving after a medical intervention is important for the society. Improving the ability of these patients to lead relatively independent living has a great economic impact.

Keywords: *autism spectrum disorders – medical aspects – medical symptoms – diagnosis – autism treatment – medical issues*

Biography

Prof. Dr. med. Vladimir Trajkovski is full professor in Autism Spectrum Disorders, Human Genetics, Physiology and Functional Anatomy, and Medical Aspects of Disability at the University of St. Cyril and Methodius, where he works within the Institute of Special Education and Rehabilitation. He is the president of Macedonian Scientific Society for Autism. He is on the list of DAN doctors. He teaches on undergraduate and postgraduate courses within the University and supervises PhD and MA students in the Republic of Macedonia. He has published widely on autism spectrum disorders and he is editor-in-chief of Journal of Special Education and Rehabilitation since November 2008. He participated in more than eighty seminars, congresses, symposia and conferences at home and abroad. He actively participates in the preparation and execution of fifteen professional and scientific national and international projects. He is author of over 90 papers in domestic and foreign periodicals of which ten are in journals with impact factor. His most important works is worth mentioning: "Manual of Human Genetics" (2003), monograph "Autism" (2004), textbooks "Human genetics" (2005), "Medical Basis of Disability (2008)" Physiology and Functional Anatomy (2009) and "Autism and Pervasive Developmental Disorders (2011)."

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LECTURE about REATTACH FOR AUTISM

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*Drs. Jan Taal:
Coping cancer and chronic illness through
imagery and artistic impression*

Abstract

For most people, cancer means a totally unexpected confrontation with their own mortality, leading them towards a most intimate meeting with themselves. There is no prescription which indicates how to handle this process which is so often shrouded in uncertainty. The use of imagery and artistic expression to access and enhance inner strength and resilience can be of great help. Expressing emotions and needs in any kind of artistic form - drawing, painting, sculpting, modelling, writing, singing, playing, movement and dance - facilitate resilience, may bring balance and a strengthened sense of autonomy and meaning, as well as a reduction in feelings of anxiety, stress, pain and depression. The many studies on the placebo effect also show that expectations –imagining ‘this pill helps’ - can alleviate and relieve physical symptoms. Humans possess an innate self-reinforcing capacity. Within neuropsychology the discovery of mirror-neurons has confirmed this central role played by the imagination. That which we imagine, paint, model or sing is represented and activated in our brain and this builds up new capabilities and behaviour. But in this kind of therapeutic work there are pitfalls and important points to take care of. In the lecture illustrations and examples of the different themes and approaches are presented, as well as the ‘Imagery Toolbox’, containing a great variety of imagery exercises and artistic material, especially developed to promote in a simple manner the mobilisation of the self-strengthening potential, in order to make it easily accessible for utilisation in the mainstream of psycho-oncology care.

Keywords: *Imagery – visualization – art – resilience – Imagery Toolbox –toolbox – cancer- chronic illness*

Biography

Jan Taal Drs (1949) is health care psychologist BIG NIP NVPO VvTP since 1980 and trainer-director of the School for Imagery in Amsterdam. Ever since his first therapeutic experience with imagery in 1978 imagery has been his passion. His extensive clinical experience has showed Jan that the image as psychic energy is the key in treatment and personal development. Besides his teaching and

therapeutic work Jan has been very active in the promoting of imagery and artistic expression in the field of psycho-oncology. In the attempt to make these easily accessible for those confronted with cancer or other chronic illness he developed the 'Imagery Toolbox' in order to make it easily accessible for utilisation in the mainstream of psychological care. Jan works and lives in Amsterdam and teaches in several countries in Europe, America and Asia.

Previous work

Presented the work on many conferences. Keynote speaker in Canada, Italy, USA, Sweden, France, Pakistan, The Netherlands.

Two of the latest articles:

Taal, J. (2016). Coping with cancer through imagery and artistic expression. <https://www.imaginatie.nl/wp-content/uploads/2016/04/Coping-with-cancer-through-imagery-and-artistic-expression.-J.Taal-12.11.2015-150dpi.pdf>. In publication. Translation of the article in Tijdschrift Positieve Psychologie. nr. 2. april. 72-80.

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More on: <https://www.imaginatie.nl/faculty/jan-taal/>

*Dr. Cor Hoffer:
Cultuursensitief werken: naar een betere
therapeutische relatie*

Abstract

Een belangrijk aspect van de werking van therapieën is de therapeutische relatie. Wil een therapie aanslaan, dan zullen cliënt en therapeut elkaars ideeën en doelen moeten begrijpen en onderschrijven. Dat is niet altijd gemakkelijk. Zeker als de culturele en/of levensbeschouwelijke achtergronden van cliënt en therapeut verschillen bestaat het risico dat er misverstanden en miscommunicatie ontstaan. Dit kan leiden tot frustraties bij zowel cliënt als therapeut en voortijdige beëindiging van de therapie.

Mede door de immigratie in de laatste vijftig jaar is de samenstelling van de Nederlandse en Belgische bevolking cultureel en levensbeschouwelijk heel divers geworden. Het gevolg is dat zorg- en welzijnsprofessionals steeds vaker te maken krijgen met cliënten en hun naasten, die andere culturele en levensbeschouwelijke achtergronden hebben dan zichzelf. Dat heeft dus ook consequenties voor de communicatie en de therapeutische relatie.

Het doel van deze lezing is tweeledig. Ten eerste zal met de toehoorders worden besproken welke invloed cultuur en levensbeschouwing hebben op hun werk. Ten tweede worden tips gegeven hoe zorgprofessionals daar in de praktijk mee om kunnen gaan. In dit verband worden het Culturele Interview en het Cultural Formulation Interview geïntroduceerd. Dit zijn praktische methodieken om in contact te komen met cliënten met een andere culturele en levensbeschouwelijke achtergrond. Inzet van dergelijke methodieken draagt bij aan de ontwikkeling van een adequate therapeutische relatie en daarmee aan de werking van therapieën, zoals Reattach.

Keywords: *cultuursensitief werken, therapeutische relatie, therapietrouw werking therapie*

Biography

Cor Hoffer is cultureel antropoloog en socioloog. Nadat hij zo'n twaalf jaar als onderzoeker heeft gewerkt en vervolgens is gepromoveerd aan de Universiteit Leiden is hij in de GGZ gaan werken. Van 2002 tot 2014 werkte Cor bij GGZ-organisatie Parnassia Groep. Voor de PG verrichtte hij sociaal wetenschappelijk

onderzoek en verzorgde hij trainingen op het gebied van cultuursensitief werken. Thans werkt Cor als zelfstandige. Hij verzorgt lezingen en trainingen voor onder meer: het RINO Amsterdam, de huisartsenopleiding van het EMC en het SGB0 (opleiding bedrijfs- en verzekeringsartsen) in Nijmegen.

Zie voor verdere informatie: www.corhoffer.nl

Publicaties

Psychische ziekten en problemen onder allochtone Nederlanders: beleving en hulpzoekgedrag. Assen: Van Gorcum. (2009)

‘De relevantie van de alledaagse leefwereld voor de GGZ: een reflectie op de rol van de antropoloog.’, in: Beijers, H. & R. van Dijk (red.), *Kralen zonder ketting. Een verkenning van het antropologisch perspectief in de psychiatrie*, 77-83.

Vertelt u mij eens iets meer... Cultuursensitief werken in gezondheidszorg en welzijnswerk. Amsterdam: SWP (2016).

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Bijdragen aan congressen en workshops

Workshop *Cultuursensitief werken in de kinder- en jeugdpsychiatrie: een kwestie van kennis, attitude en vaardigheden* voor kinder- en jeugdpsychiaters i.o. bij de Bascule in Amsterdam op 17 februari 2017.

Workshop ‘*Cultuursensitieve communicatie: naar een betere werkrelatie*’ op het 3e Congres (Psycho)Trauma in Amsterdam, georganiseerd door Logacom op 14 maart 2017.

Lezing ‘*Cultuursensitief communiceren bij zorgen om het welzijn van kinderen: “Neem niet aan maar vraag!”*’ op de Landelijke Studiedag ‘*Communiceren over (vermoedens van) Kindermishandeling*’ georganiseerd door SaHa Communicatie op 31 maart 2017 in Soesterberg.

Workshop ‘*Cultuursensitief werken in de huisartsenpraktijk: sociaalwetenschappelijk kader*’ voor 3e jaars AIO’s huisartsengeneeskunde van het Erasmus MC in Rotterdam op 4 mei 2017.

Interactieve lezing ‘*Cultuursensitief werken in de zorg: het Culturele Interview als leidraad*’ t.b.v. de ‘*Masterclass effectieve gesprekstechnieken voor de verpleegkundigepraktijk*’ op 10 mei 2017, georganiseerd in Ede door CongressenMetZorg.

Interactieve lezing ***‘Cultuursensitief werken in gezondheidszorg en welzijnswerk: een kwestie van kennis, houding en vaardigheden’*** op een studiemiddag over beleid en praktijk van cultuursensitief werken in zorg- en welzijnsorganisaties. Georganiseerd door de Driestroom in Nijmegen op 18 mei 2017.

Workshop ***‘Cultuursensitief werken in de huisartsenpraktijk: sociaalwetenschappelijk kader’*** voor 3e jaars AIO’s huisartsengeneeskunde van het Erasmus MC in Rotterdam op 1 juni 2017.

Lezing ***‘Het verhaal van de cliënt: een cultuursensitieve benadering’*** op het ***‘Symposium De mens en zijn verhaal: de levensgeschiedenis in tijden van protocollering en haast’***, georganiseerd door Lemion op 9 juni 2017 in Amsterdam.

*Esen Uygun:
Prenatal and early attachment in the context of
sexual assault and intergenerational trauma*

Abstract

In this paper I will focus on prenatal, after birth attachment and how sexual assault may further impact on attachment injuries and how to work with these clients. From the beginning, the foetus and mother biologically negotiate the allocation of the mother's bodily resources as the mother's body becomes a key source of nourishment for the foetus.

It is known that trauma changes the chemical distribution in the body. Traumatic stress is associated with increased cortisol, norepinephrine and decreased oxytocin. (Costello, 2013). During pregnancy traumatised mother's physiology i.e too much secretion of cortisol, will be shared with a foetus, which will have implications for a growing baby. Before the birth the foetus begins to gain knowledge about his/her mother's emotional state and social environment

Newborn babies are attuned to their mothers; consequently they can differentiate their mother's emotional state through the mother's voice, and movements, which is mastered during the prenatal period. Keeping in mind that traumatised mothers may not be fully present to the foetus and/or newborn babies, which will influence their child's attachment style. Perry, Pollard, Blakley, Baker & Vigilante (1995) affirmed that life experiences in early childhood organizes the brain system.

Children who have been exposed trauma may be more vulnerable to sexual assault and trauma. When a person is exposed to sexual assault trauma early in life this may impact further and add more layers i.e. dissociation disorders and complexities to their attachment style, which usually makes therapeutic work more challenging and long term.

Keywords: *Prenatal, after birth attachment, transgenerational trauma and sexual assault.*

Biography

Esen has been working in the field of trauma last 19 years. Esen trained as Social Worker and Clinical Family Therapist. She has extensive experience in the assessment and treatment of complex clients. Esen is currently works at her private

practice at the S-N Counselling Services and the Western Region Centre Against Sexual Assault. She has facilitated training sessions and groups in the areas of childhood sexual assault, and trauma. Esen has an eclectic approach to providing counselling and support, however she has strong interest in EMDR Somatic experiencing, attachment, relational work.

References

Casa (Centre Against Sexual Assault) forum 2010 EMDR

EMDRA interest group 2014 Supporting clients with complex trauma presentation

Australian Psychological Society (APS) 2015, 2016, 2017 Various training topics i.e. EMDR and complex trauma, Dissociation & complex trauma, The application of EMDR in clinical Practice using an attachment Lens

Casa Forum 2014 Dissociation and Complex Trauma

Casa Work group training 2016 “An introduction to the application of EMDR in the context of sexual assault and complex trauma

*Corry Heesterbeek:
ReAttach for paramedics: from somatic
approach to psychosomatic interventions?*

Abstract

The last decade psychologists discovered a more holistic approach of patients and started to use body-oriented psychotherapy. Through ReAttach paramedics invited the psychologist into their treatment room and combined a somatic approach with the multimodal intervention of ReAttach. Although the elements of the social cognitive training and systemic approach are quite a challenge for paramedics, the stimulation of sensory integration processing and motor imagery directly appeal to the paramedic profession. First steps have been taken into neuro-rehabilitation, physical therapy, occupational therapy, speech therapy, creative therapy and dietetics and the results are promising.

Keywords: *paramedics, neurorehabilitation, physical therapy, occupational therapy, speech therapy creative therapy, dietetics*

Biography

For 30 years Corry, being a physical therapist specialized in neurorehabilitation and oncology, has been working together with various (para)medical, psychological and social professionals. It has always been her dream not only to work together but even to integrate the various therapeutic interventions to a complete treatment for the person that is asking for support.

Experiencing people as a complete human being in relationship to their (social) environment, Corry is convinced of the need to collaborate and to increase the resemblances between the different professions, starting from a strong specific expertise.

In 2016 Corry started to integrate ReAttach within neurorehabilitation and physical therapy and she introduced ReAttach within her (para)medical en social network. As an instructor of ReAttach Basic Skills for Adults Corry is very enthusiast to teach several professionals this fantastic intervention.

References

Presentation “ReAttach and Paramedical Care”

Presentation “ReAttach and Oncology”

Presentation “ReAttach and Lifestyle Support

Presentation “ReAttach and Top Sport”

Presentation “ReAttach as a multimodal intervention – the first step to integration of paramedical care?”

*Dr. Eleanor Avinor & Joanne Silman:
Treating PTSD with KEG cards*

Abstract

This workshop integrates individual and group work via KEG Cards (Keys to Emotional Growth) involving working with Traumas in order to help create a more positive community by helping the individual:

1. Become aware of his/her early traumas, inner needs & emotions (feelings)
2. Become aware of his/her cognitions related to Traumas & to create redeisions (thoughts & statements)
3. Become aware of his/her reactions & behaviours and be able to change them (behaviours)

The aim of this workshop is to give the participants the opportunity to use KEG cards to narrate the story of a traumatic event in such a way that the discussion will help them reduce the SUDs (Subjective Unit of Distress) connected to the Trauma and to experience a better understanding of the Trauma and its effects. The participants will be able to use KEG cards effectively with their own clients and their Traumas. KEG Cards help the individual be in touch with his/her subconscious and unconscious needs & desires, and help bring his/her needs to the forefront. In this workshop participants will look at deep unconscious needs that are the result of Traumas that could pull people together or apart. These needs are the result of their results of early and late Traumas. The participant will be able to effectively use KEG Cards & Techniques from the workshop in his/her professional counselling work.

Keywords : *KEG Cards (Keys to Emotional Growth), Trauma, PTSD, SUDs (Subjective Unit of Distress), VOC (Validity of Concept), Size of pictures, narrative therapy, redecision therapy, positioning of pictures, boundaries, extension of boundaries, Original art work for therapy, projections, Art therapy, transactional analysis (TA).*

We can each one of us work at our own happiness, success and burnout prevention: If we work at developing our internal parts such as emotional parts and cognitive parts and do not focus on the external parts, we become winners. It is so true that if we work at self-actualization together with activities that have significance for us, we will achieve happiness and satisfaction in life, no matter what life brings to us.

Biography

Dr. Eleanor Avinor (PhD, MSc, MA), psychotherapist in hospital in the psychiatric unit and in a private clinic. Working with individuals, families, couples and groups using CBT, NLP, Gestalt therapy, redecision therapy, energy psychology, guided imagery and short term focused therapy. Developed KEG Cards (Keys to Emotional Growth) as an additional therapy and counselling tool.

Joanne Silman (M.E, B.Sc.) studied ME in System Engineering, BSc in computer science & studied life & management coaching. Joanne participated in developing KEG Cards (Keys to Emotional Growth) as an additional therapy and counselling tool.

References

Avinor, E. & Silman, J. (2013). A Case Study of Alzheimer Patient: brain plasticity & functioning preservation of lifeline via KEG cards (keys to emotional growth) In *Proceedings of the Jerusalem International Conference on Neuroplasticity & Cognitive Flexibility*, pages 83-88.

<http://www.medimond.com/ebook/Q602.pdf>

Casstevens, w. et al. (2013). Group Work with KEG cards: keys to emotional growth. In *Group Work: An International Conversation Highlighting Diversity in Practice* by Gregory J. Tully, Jean Bacon and Georgianna Dolan-Reilly pp. 133-143.

EABCT 2015 Jerusalem, CBT: a road to Hope & Compassion for people in conflict. Workshop on CBT, Conflict Resolution and KEG Cards (Keys to Emotional Growth) Eleanor Avinor, Joanne Silman

2015 EAP Greece june - Gender Identity via KEG CARDS

SerbiaMay 2015 – Creating a better community. Helping the individual, couple & family make ReDecisions & adaptive changes to achieve Emotional Growth via KEG cards (Keys to Emotional Growth)

2015 feb NYU - KEG - Theory and Applications

EAC 2014 conference in Malta, European Association for Counselling; KEG Cards opens the window on Emotional Growth

Using KEG Cards (Keys to *Emotional Growth*) in Counselling to create a life-long learner

<http://eac.eu.com/events-2/conferences/malta-conference-workshops/emotional-growth/>

World Congress of Psychiatry, Madrid, 2014

Changing Dysfunctional Beliefs to Functional Beliefs: An Integrative Positive Approach Two Case Studies: implementing TA (transactional analysis), Redecision therapy, CBT and KEG Therapy Card Interventions

Two day seminar course conducted by: Dr.Eleanor Avinor (PhD, MSc, MA). Joanne Silman (M.E, B.Sc.) November 2014 KEG Cards- Keys To Emotional Growth Seminar - Hand in Hand Malta

2014 World TA conference in San Francisco - TA NOW

Workshop conducted by: Dr.Eleanor Avinor (PhD, MSc, MA). Joanne Silman (M.E, B.Sc.)

SEPI 2014 - Society for the Exploration of Psychotherapy Integration. Montreal, Canada, April 10-13, 2014 Psychotherapy Integration in the Trenches: How Psychotherapy Integration is Put into Practice. An Integrative Therapy Model Interweaving CBT (Cognitive Behavior Therapy), Transactional Analysis, Redecision Therapy, Gestalt and KEG therapy cards (Keys to Emotional Growth); Eleanor Avinor, Bnai Zion Hospital; Joanne Silman, KEG Cards

10th International Conference on Practice Teaching and Field Education in Health and Social Work - Connections

Glasgow, April 7th - 8th 2014. Building the bridge to motivated practice-based learning via an integrative positive learning model using KEG Coaching and Therapy cards (Keys to Emotional Growth) Eleanor Avinor, Psychotherapist in hospital and retired University Teacher, Bnai Zion Hospital and University of Haifa and Joanne Silman; ME; CEO, KEG Cards (Keys to Emotional Growth)

7th The European Association for Integrative Psychotherapy, October 11-13, 2013 and The Institute for Integrative Psychotherapy and Counselling, Ljubljana

Neural Plasticity and Cognitive Modifiability Jerusalem, June 2-5 , 2013 A case study of Alzheimer patient and KEG Cards: Brain Plasticity and Functioning - preservation of lifeline via KEG Cards

http://wordpress.p257901.webspaceconfig.de/wp-content/uploads/2015/03/Entswitchen-Jerusalem_Int_Conf_Neural_Plasticity.pdf

Seminar in Greece 2013 - Trauma and KEG Cards

Arina de Groot-Lakerveld: *Stigma: een onzichtbaar leed*

Abstract

Als ambassadeur van Samen Sterk zonder Stigma deel ik met u een persoonlijke verhaal over wat stigma op psychische aandoeningen teweeg brengt in de maatschappij. Door stigma bespreekbaar te maken gaan er zachtjes aan deuren van mogelijkheden open voor mensen die al te lange tijd door hun ziekte onzichtbaar zijn. Hierdoor kan de stap naar openheid steeds makkelijker genomen gaan worden. Dit doen wij door gastcolleges bij hogescholen, de GGZ, overheidsinstanties te verzorgen en te spreken en aanwezig te zijn op seminars en congressen.

Keywords: *Systeem bij verslaving – afhankelijkheid (co-dependency) comorbiditeit bij verslaving o.a. autisme, borderline, bipolair*

Samen Sterk zonder Stigma

Samen Sterk zonder Stigma is een initiatief van Landelijk Platform GGZ, Fonds Psychische Gezondheid, GGZ Nederland, de Nederlandse Vereniging voor Psychiatrie. <https://www.samensterkzonderstigma.nl/>

Biografie

Arina de Groot-Lakerveld is naast ambassadeur van Samen Sterk zonder Stigma ook Ambassadeur en Master in de HOP methodiek. HOP staat voor Honest, Open en Proud. Deze methode is in Amerika ontwikkeld door bijzonder hoogleraar Patrick Corrigan, een van de grondleggers van de hedendaagse stigma bestrijding in de Verenigde Staten. De methodiek is evidence based.

Zij startte als counselor haar eigen bedrijf !K-Fullness: een bedrijf wat erop gericht is om interactief het stigma op verslaving bespreekbaar te maken om naasten de stap naar openheid te bieden.

Expertise

Netwerkseminars Naasten, stigma en verslavingsproblematiek, familie counselor GGZ, ondersteuningsworkshops (landelijk) voor naasten. Ontwikkelaar spel + APP voor afhankelijkheid. www.ik-fullness.nl

Ellen Schoone: *Correlating ReAttach and Constellations*

Abstract

ReAttach is a systemic intervention focusing on the dynamics of interpersonal relationships. Families, organizations and top sports teams consist of a system of interpersonal relations. The dynamics and patterns in these systems significantly affect the behaviour, actions and emotions of the people involved.

Constellations can be used to detect triggers and projections in a system, which offers insight in maladaptive patterns and relational problems. The detection of these inflammatory objects and looking at the role of significant others has been proven to be quite helpful in preparing a ReAttach session.

Zipper®Case is a constellations toolbox that we use in organizations and top sport systems for this purpose. ReAttach and Zipper®Case are very compatible. So open zip and empower!

Keywords *Systemic work; Constellations; Coaching in organizations; Top sport*

Biography

My name is Ellen Schoone from Teamwork Nederland. I am a System Therapist and co-owner of a Medical Center. Together with my compagnon Jaafar Zouthane we guide people in organizations and topsport. Teamwork Netherlands is an organization that applies interventions within companies to improve the working environment. In addition, we train coaches and therapists to be effective in a broad spectrum of companies.

*Wendi Winnelinckx:
ReAttach and Self Compassion: working with
High Sensitive Persons*

Abstract

ReAttach and Compassion Focused therapy have a few things in common. Both interventions could be placed within positive psychology. Both methods are not-judging and include making contact in a friendly manner. I have a special interest in regulating arousal with High Sensitive Clients. I will present some case studies, reflections and findings that could be helpful in future research on ReAttach

Keywords: *High Sensitivity, Attachment Problems, Rejection Sensitivity Fear, Shame*

Biography

I give lectures, workshops and trainings about High Sensitivity and Self Compassion Since 7 years I am working with High Sensitive Clients, my supervisor is Prof. Dr. Elke Van Hoof. I am a certificated mindfulness and Self Compassion trainer and HSP Professional and in December I will be HSP Master

I am a Creative therapist and almost finished education as Integrative therapist and a ReAttach practitioner

Authenticity is the intention of my life and work

In my work with clients my focus lies on High Sensitivity, Giftedness and LGBT

I study Psychology and I'm doing Research for a PhD in the future

References

De weg van zelfcompassie, van kwetsbaarheid naar veerkracht. Dr. David Dewulf
Zelfcompassie voor kids – Oefeningen. Dr. David Dewulf
Eerste hulp bij Stress en Burn-out, Prof. Dr. Elke Van Hoof

Translations:

For Dr. Tara Brach, PhD 2 audio programs about Mindfulness & Self Compassion (co-writer)

Work of Paul Gilbert about Compassion Focused Therapy for the next book of Dr. David Dewulf: Zelfcompassie en het ontwaakte hart – trainershandleiding

*Ineke van Staalduinen:
Children with autism recover resilience*

Abstract

Children with autism often get hurt by negative remarks. Especially very sensitive children may suffer deeply from the impact of negative comments. This seems to have a huge influence on the resilience of the child. It is important to let children with autism find a solution for the overwhelming influence of somebody else's behaviour. Your Own Colour aims, while focusing on social skills, getting to a point where this immense influence of others no longer exists. When this can be realized children can express themselves easier.

During the Your Own Colour intervention children express themselves through words, play and images. They are also invited to replay their actual situations in which they feel uncertain or hurt. With a combination of several techniques resilient reactions can be stimulated and practised. Several situations can be approached. How compatible are Your Own Color and ReAttach ? Do these methods reinforce each other? We are exploring complementary use of both interventions. While imagining the activation of pro-active coping styles with ReAttach, Your Own Color complementary might be used to practise or restore social skills. Let's exchange ideas about this.

Keywords: *resilience, autism, social skills*

Biography

Ineke van Staalduinen is an Educational Technologists and regression therapist who has created a new intervention to improve resilience: "Your Own Colour".

She works from a private practice for sensitive and autistic children. Her expertise lies in resilience and restoring social skills in the children and adults who have difficulties at standing up for themselves.

Eigenlijk paste ik deze manier van werken toe bij het gevoelige kind. Door een toeval is een kind met autisme in de praktijk gekomen en heeft de Eigen Kleur sessies ondergaan. Het is mooi om te zien en te horen hoe de manier van werken invloed heeft. Deze manier van werken kan een aanvullende manier zijn om te helpen om tot een beter zelfgevoel en zijn in de wereld te komen. Het kan andere werkers op dit gebied positief beïnvloeden en via hen zorgen voor een authentieker en stabiel gevoel in de mens met autisme of hooggevoeligheid.

Registratie van deelname

Professionals hebben de mogelijkheid om zich voor 1 of 2 congresdagen in te schrijven. Zij ontvangen een certificaat van deelname op basis van aanwezigheid, passend bij het aantal dagen congresbezoek.