

Thursday, December 5—Pat Ogden



“Attachment and the Body: The Theory and Practice of Sensorimotor Psychotherapy with Adolescents and Young Adults”

This workshop addresses the effects of trauma and attachment dynamics upon the developing brain and body and explores how the disruption of the instinctive assessment of safety and danger (evoking fight, flight, freeze, and feigned death responses) can lead to problems that often bring children, adolescents and families to therapy. Body-based, mindfulness interventions that directly address movement patterns, gestures, stance, postures, prosody, and other non-verbal cues, and the interplay of beliefs, emotions and the body will be explained and clarified.

Pat Ogden, PhD, is a pioneer in somatic psychology and the founder/director of the Sensorimotor Psychotherapy® Institute, an internationally recognized school specializing in somatic-cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. She is co-founder of the Hakomi Institute, a clinician, consultant, international lecturer and trainer, and first author of *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*. Her second book, written with Janina Fisher, is a practical guide to integrate Sensorimotor Psychotherapy® interventions into the treatment of trauma and attachment issues, and will be published in winter, 2013. She is currently working on a third book, *Sensorimotor Psychotherapy® for Children and Adolescents*, with Bonnie Goldstein.

NFI VT,
along with
The Vermont Adoption Consortium,
and
Burlington College
are

Pleased to Present:

**THE 3RD ANNUAL
SYMPOSIUM ON ADOLESCENCE**

Featuring:

**Thursday, December 5th:
Pat Ogden, PhD.**

**Friday, December 6th:
Dan Hughes, PhD. and
John Baylin, PhD.**

**8:30am-4:00pm
Main Street Landing, Burlington**



NFI Vermont, Inc.

Friday December 6—
Dan Hughes and Jon Baylin

“Making Good Connections: The Social Brain and Attachment-focused Therapy”

In this workshop, Dr. Hughes and Dr. Baylin will present their latest model integrating the neuroscience of family relationships and attachment-based treatment. They will explain key aspects of the fast emerging knowledge of the neural underpinnings of familial bonds, including the effects of early life adversity on children's capacity for trust and empathy. They will describe their concepts of Blocked Trust and Blocked Care as a new paradigm for understanding how parent-child relationships can fall into patterns of mutual defensiveness.



Dan Hughes, Ph.D. is a clinical psychologist and author who has specialized in the treatment of children who have experienced abuse and neglect and demonstrate ongoing problems related to attachment and trauma. This treatment, occurring in a family setting, has expanded to become a general model of family treatment. He has spoken at conferences throughout the US, Europe, Canada, and Australia for the past 15 years. He is engaged in extensive training of therapists, along with ongoing consultation to various agencies and professionals. Dan is the author of *Building the Bonds of Attachment*, *Attachment-Focused Parenting*, *Attachment-Focused Family Therapy Workbook*.

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Jonathan Baylin, PhD, co-author of *Brain Based Parenting* with Daniel Hughes, PhD is a clinical psychologist interested in parent-child relationships. Jon works to deepen his understanding of how children learn to trust/mistrust adults and how parents can help children learn to feel safe and secure in their care. Jon developed a brain-based model of parent-child relationships that focuses both on the parent's challenge of sustaining loving feelings and the child's challenge of making the shift from deep mistrust to trust. Jon believes that the more deeply we understand the neurodynamics of attachment and parenting, the more effective we can be at helping families build strong bonds.

Conference Details



Registration: 8:30 am

Lectures Begin: 9:00 am

Lectures End: 4:00 pm

The Conference will be held at the Main Street Landing. Please visit their website for address and directions.

www.mainstreetlanding.com

Parking is available on the street and in lots at the Hilton Parking Garage on Battery Street (\$10/day) and Courtyard Marriot and Hotel Vermont on Cherry Street (\$8/day).



NFI VT is a non-profit mental health agency offering a statewide network of community based treatment and educational services to children and their families.

NFI VT also provides trainings and conferences to the local community, with the goal of improving services to children and their families.

CEU's are available for social workers, psychologists, and mental health counselors.

Registration Form

Registration Fee:

Day 1\$129

Day 2\$129

Both Days\$239

Space is very limited, so register early!

Total Enclosed: \$ _____

Name: _____

Address: _____

Phone #: _____

Email: _____

Please send registration to:

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