Learning Objectives

Upon completion of this course, participants will be able to:

- Evaluate attachment theory and apply appropriate treatment therapies.
- Recognize healthy and unhealthy types of attachment.
- Analyze biological and neuroscience developments in attachment field and their relevance to your practice.
- Discuss types of psychotherapy that utilize attachment principles.
- Apply attachment theory to psychotherapy work.

Course Description

Dear Colleague,

Attachment theory, which highlights early inter-personal interactions, has had significant impact on the understanding of mental health and illness. There is abundant evidence that individuals who lack secure attachment are at higher risk of developing a mental disorder, and many hypothesize that the lack of secure attachment may be the primary cause of a variety of disorders, especially personality disorders. These early relationships and attachment styles can affect relationships throughout life. Psychotherapy can employ attachment theories in the process of healing.

The field of attachment theory has evolved from principles of psychoanalysis, cognitive behavioral therapies, evolutionary biology, psychiatry, and neurosciences. Unfortunately, many clinicians fail to recognize attachment issues in practice and just assume the patient is “difficult” or “resistant.” Recent advances in both the neuroscience and psychological understanding of attachment are transforming the ways to utilize attachment theory to more effectively help people.

McLean Hospital is delighted to offer this conference in order to bring you the latest information in the field and you develop strategies that will lead to better ways to diagnose and treat your patients. Two optional workshops focus on evidence-based treatments: Mentalization Based Treatment and DBT for PTSD. These intensive and interactive workshops led by renowned innovators of these specialty treatments will be limited in size in order to allow for active participation between faculty and participants, and will allow clinicians to add new skill sets to their practice.

Sincerely,

Peter Fonagy, OBE, FMedSci, FBA, PhD

Who Should Attend

- Attorneys
- Psychiatrists
- Psychologists
- Social Workers
- Nurses
- Nurse Practitioners
- Physicians
- Other Mental Health Professionals
- Professionals who apply attachment theory to psychotherapy
- Individuals who utilize attachment theory to more effectively help people

Course Directors

- Lois H. Choi-Kain, MD, MEd
- Peter Fonagy, OBE, FMedSci, FBA, PhD
- Anthony W. Bateman, MA, FRCPsych
- Christopher M. Palmer, MD

Faculty

- Anthony W. Bateman, MA, FRCPsych
- Martin Bohus, MD
- Ewe G. Gabbard, MD
- Lois H. Choi-Kain, MD, MEd
- Peter Fonagy, OBE, FMedSci, FBA, PhD
- Glen D. Gabbard, MD
- Roger Lee, MD
- Patrick Luyten, PhD
- Shelby McMain, PhD
- Jacques C. Menon, PhD
- Christopher M. Palmer, MD
- Kerry J. Ness, MD, PhD
- Christiaan Schmahl, MD
- Richard S. Schwartz, MD
- Carla Sharp, MD
- Steven J. Suomi, PhD
- Brandon Unruh, MD

Course Description

Attachment, Relationships, and Psychotherapy

September 13-14, 2019

Post-Conference Workshops • September 15-17, 2019

Boston Marriott Cambridge Hotel, Cambridge, MA

Attachment, Relationships, and Psychotherapy

September 13-14, 2019

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Boston Marriott Cambridge Hotel, Cambridge, MA

https://cmeregistration.hms.harvard.edu/Attachment2019

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Registration Information

Do not make non-refundable travel arrangements until you receive an email confirming your registration.

Registration:

- Check ( payable to Harvard Medical School, P.O. Box 417476, Boston, MA 02241-7476, Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration an email confirmation from the HMS-DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information including registration confirmation, evaluation and certificate.
- Email registration: ceprograms@hms.harvard.edu
- Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration an email confirmation from the HMS-DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information including registration confirmation, evaluation and certificate.
- Inquiries by phone 617-877-8383, Mon., Fri. 9 am to 5 pm EST) or by email at: eceprograms@hms.harvard.edu

Accommodations/Travel

To reserve a room, use this website:

https://tinyurl.com/AttachRooms2019

Please reserve your room early to ensure your conference accommodations.

To contact Harvard Medical School, please call 800-228-9290 or 617-494-6600.

Accommodation reservations are NOT included in the conference fee and are subject to availability.

Accommodation reservations must be made for the following dates:

September 13-14, 2019

The Boston Marriott Cambridge Hotel has a limited block of rooms available at a discounted price of $335/night + taxes for single/double occupancy.

Please reserve your room early at a discounted price of $335/night + taxes for single/double occupancy.

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### Saturday, September 14, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 - 8:00 AM</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>8:00 - 9:00 AM</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>9:00 - 10:00 AM</td>
<td>Neuroscientific Perspectives on Narcissism and Its Discontents</td>
</tr>
<tr>
<td>10:00 - 11:00 AM</td>
<td>Afternoon Speakers: Steven J. Suomi, PhD</td>
</tr>
<tr>
<td>11:00 - 12:00 PM</td>
<td>Afternoon Speakers: Carla Sharp, MD</td>
</tr>
<tr>
<td>12:00 - 1:30 PM</td>
<td>Afternoon Speakers: Richard S. Schwartz, MD and Jacqueline Olds, MD</td>
</tr>
<tr>
<td>1:30 - 2:30 PM</td>
<td>Afternoon Speakers: Patrick Luyten, PhD</td>
</tr>
<tr>
<td>2:30 - 3:30 PM</td>
<td>Afternoon Speakers: Peter Fonagy, OBE, FMedSci, FBA, PhD</td>
</tr>
<tr>
<td>3:30 - 4:30 PM</td>
<td>Afternoon Speakers: Anthony W. Bateman, MA, FRCPsych; Lois W. Choi-Kain, MD, MEd</td>
</tr>
<tr>
<td>4:30 - 5:30 PM</td>
<td>Afternoon Speakers: Eve Caligor, MD</td>
</tr>
<tr>
<td>5:30 - 6:30 PM</td>
<td>Afternoon Speakers: Christian Schmahl, MD and Shelly McMain, MD</td>
</tr>
</tbody>
</table>

### Sunday, September 15, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 9:00 AM</td>
<td>Registration &amp; Continental Breakfast</td>
</tr>
<tr>
<td>9:00 - 10:00 AM</td>
<td>Dialectical Behavior Therapy for Posttraumatic Stress Disorder (DBT-PTSD)</td>
</tr>
<tr>
<td>10:00 - 11:00 AM</td>
<td>DBT-PTSD for Borderline Personality Disorder (DBT-BPD)</td>
</tr>
<tr>
<td>11:00 - 12:00 PM</td>
<td>DBT for the Future: DBT-PTSD for PTSD and Borderline Personality Disorder (DBT-BPD)</td>
</tr>
<tr>
<td>12:00 - 1:30 PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30 - 2:30 PM</td>
<td>DBT-PTSD for Borderline Personality Disorder (DBT-BPD)</td>
</tr>
<tr>
<td>2:30 - 3:30 PM</td>
<td>DBT for the Future: DBT-PTSD for PTSD and Borderline Personality Disorder (DBT-BPD)</td>
</tr>
<tr>
<td>3:30 - 4:30 PM</td>
<td>DBT for the Future: DBT-PTSD for PTSD and Borderline Personality Disorder (DBT-BPD)</td>
</tr>
<tr>
<td>4:30 - 5:30 PM</td>
<td>DBT for the Future: DBT-PTSD for PTSD and Borderline Personality Disorder (DBT-BPD)</td>
</tr>
</tbody>
</table>

### DBT-PTSD for Borderline Personality Disorder (DBT-BPD)

- **Instructors:**
  - Marcus Bateman, MA, FRCPsych; Lois W. Choi-Kain, MD, MEd

### DBT-PTSD for Borderline Personality Disorder (DBT-BPD)

- **Instructors:**
  - Marcus Bateman, MA, FRCPsych; Lois W. Choi-Kain, MD, MEd

### DBT for the Future: DBT-PTSD for PTSD and Borderline Personality Disorder (DBT-BPD)

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