

Learning Objectives

The attendee will have the opportunity to:

1. Understand how affect regulation theory is derived from developmental psychology and research in neuroscience, infant development, attachment and trauma.
2. Identify how to apply the principles of affect regulation theory to clinical practice.
3. Consider the importance of one's own affect regulation as a psychotherapist in responding optimally in the clinical situation.

Planning Committee:
Daniel Perlitz, MBBS, FRCPC,
Director of IASP
Helene Brodziak, MBBS, FRCPC,
Director of IASP

Conference Schedule

- 8:15 Registration
- 9:00 Welcome and Introduction
- 9:15 – 10:30 Presentation Part 1
- 10:30 – 10:50 Coffee Break
- 10:50 – 12:00 Presentation Part 2
(*questions taken throughout both parts of the presentation*)
- 12:00 – 1:15 Lunch (included)
- 1:15 – 3:00 – A case presentation centred on the therapeutic process by Christina Connell, Dipl. TCPP, RP, followed by a discussion with Daniel Hill.
- 3:00 - 3:30 Questions and Discussion
- 3:30 Closing Remarks

The Institute for the Advancement of Self Psychology

IASP is a community for ongoing education and support for clinical psychotherapists in the tradition of relational self-psychology. We focus on human development and therapeutic process based on the empathic understanding of each person as it is manifested within the intersubjective context of the therapeutic relationship.

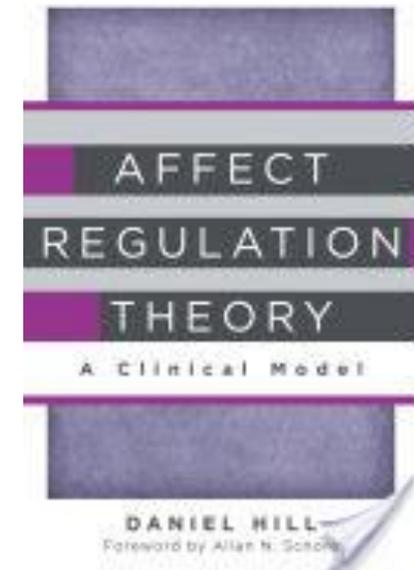
For ongoing education and support we offer the following programs: Monthly Study Group, Quarterly Clinical Dialogues, Annual Conference, Peer Supervision Groups, Educational Seminars, Social Events.

For further information please contact IASP at kathy@iasptoronto.com.

Visit our website at: www.iasptoronto.com

Affect Regulation:

The Heart of Psychotherapy



presented by:

Daniel Hill, PhD

**Saturday, April 13, 2019
9:00am – 3:30pm**

**George Ignatieff Theatre
15 Devonshire Place
Toronto, ON M5S 1H8**

Conference Program

Affect Regulation Theory: the Broad Strokes

This will be a two-part presentation of regulation theory's clinical model; its theory of bodymind, theory of optimal development, theory of pathogenesis and theory of therapeutic actions. Clinical examples will be used throughout to illustrate the concepts being presented. Questions will be taken during the presentations.

Part 1: The Clinical Realm of Hyper- and Hypo-arousal

Dr. Hill will illustrate the theories of optimal and pathogenic development for affect regulation therapy. The emphasis will be on early attachment trauma in the aetiology of narcissistic and borderline personality disorders.

Part 2: Being Dysregulated and the Implicit Therapeutic Relationship

Dr. Hill will present regulation theory's ideas of the bodymind and therapeutic actions. We will see that when we are dysregulated consciousness is altered; we become automated, and more immersed in or detached from experience. Dr. Hill will also discuss treatment aimed at increasing the capacity to regulate affect through therapeutic action mediated by the implicit relationship. As well Dr. Hill identifies the importance of the emotional flexibility and robustness of the therapist as central to the establishment of a growth-facilitating therapeutic environment.

He links the therapist's emotional engagement and affect regulation with successful outcomes in psychotherapy.

About the Speaker



Daniel Hill, PhD, is a psychoanalyst, educator and a leading proponent of the affect regulation model. He has written articles on topics ranging from the erotic transference to religious fundamentalism and most recently *Affect Regulation Theory: a Clinical Model*. He is currently writing about the relationship between affect, consciousness and self.

He is in private practice in NYC and is on the faculties of the National Institute of the Psychotherapies and the New York University Postdoctoral Program in Psychoanalysis and Psychotherapy.

Christina Connell, Dipl. TCPP, RP, is a post-academic candidate in IASP's 4-year psychoanalytic psychotherapy training program, and is a graduate, faculty member and supervisor at the Canadian Institute for Child and Adolescent Psychoanalytic Psychotherapy. She works with children, adolescents and adults in private practice.

Registration

ONLINE REGISTRATION is available through our website at: www.iasptoronto.com.

To register by mail, mail in the completed registration form and a cheque (made payable to IASP) to:

c/o IASP Conference Committee
131 Oshawa Blvd. North
Oshawa, Ontario L1G 5S6

email. kathy@iasptoronto.com

Registration Information

Name _____

Address _____

Phone _____

Email _____

Professional Affiliation/Degree _____

Registration Fees:	Until March 23, 2019	After March 23, 2019
Registrant	\$170	\$190
IASP Member	\$150	\$170
Student	\$120	\$140

REFUND POLICY: 75% of the registration fee will be refunded if notice of withdrawal is received in writing from registrant on or before March 23, 2019. 50% of the registration fee will be refunded if notice of withdrawal is received in writing from registrant on or before April 6, 2019. No refunds thereafter.

Continental Breakfast and Lunch are included