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**THEORIES OF AFFECT REGULATION:
A CLINICIAN'S SYNTHESIS**

Daniel Hill, PhD

INTRODUCTION

Lecture 1

Theories of Affect Regulation: A Clinician's Synthesis

The lecture will provide an overview of the areas to be covered in the course and an introduction of key concepts.

Reading:

Allan Schore: *Affect Regulation and Origin of the Self*

Chapter 1 "Introduction" *Affect Regulation and the Origin of the Self*"

Daniel Siegel: *The Developing Mind*

Chapter 1: "Introduction"

Supplemental reading:

Allan Schore: *Affect Regulation and Origin of the Self*

Forward by James Grotstein

"Paradigm Shift: The Right Brain and the Relational Unconscious" (to be distributed)

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THEORY OF MIND

In this section we will study regulation theory's approach to mind as a subsystem of the organism (Brain-Mind-Body). States of Brain-Mind-Body will be explored as the basic clinical unit and will be approached from a variety of points of view.

Lecture 2 States as a Basic Clinic Unit

Lecture 3 Attachment States: State of Mind with Respect to Attachment

Lecture 4 States of Mind: Points of Clinical Interest

Readings:

Daniel Siegel: *The Developing Mind*
Chapters 1, 2, 4, 5, 6

Allan Schore: *Affect Regulation and Origin of the Self*
Chapter 1 "Introduction" *Affect Regulation and the Origin of the Self*"

Jon Allen, Peter Fonagy and Anthony Bateman: *Mentalizing in Clinical Practice*
Chapt. 1 "Introduction"
(Note central concern with "intentional mental states")
Chapter 2: "Mentalizing"

Supplemental reading and video:

Jill Bolte Taylor: Online video

http://blog.ted.com/2008/03/jill_bolte_tayl.php#mor

Note: Although Fonagy and his collaborators are key theorists of regulation theory time does not allow more than brief introductions to their work on mentalization.. The lectures will indicate key issues where Fonagy's approach compares and contrasts with the work of Schore and Siegel.

THEORY OF DEVELOPMENT

In the first three lectures of this section we will focus on the centrality of attachment for theories of affect regulation. The focus is on the clinical application of classic attachment theory leading up to Schore's understanding of attachment as the primary experience-dependent influence on the development of the neurological structures that mediate affect.

In the last three lectures we will focus on the work of Schore's psychobiological understanding of how the capacity to regulate affect is developed in the attachment relationship. This will include his emphasis on the development of the right brain limbic system, its centrality in the processing of socio-emotional information and ultimately in the regulation of the sympathetic and parasympathetic aspects of the autonomic nervous system. We will also look at the centrality of the processing of shame for self-regulation and the development of the implicit self.

Lecture 5 Classic Attachment Theory: Clinical Implications (A)

Lecture 6 Classic Attachment Theory: Clinical Implications (B)

Lecture 7 Modern Attachment Theory and the Implicit Realm

Lecture 8 The Neurobiological Development of the Capacity to Regulate Affect

Lecture 9 The Development of the Capacity to Regulate Affect: Secure Attachment (A)

Lecture 10 The Development of the Capacity to Regulate Affect: Secure Attachment (B)

Readings:

Mary Main: Adult Attachment Interview Protocol (To be distributed)

Daniel Siegel: *The Developing Mind*, Chapter 3 "Attachment"

Morris Eagle and David Wolitzky: "The Perspectives of Attachment Theory and Psychoanalysis: Adult Psychotherapy" (To be distributed)

Susan Johnson:

"Made to Measure: Adapting Emotionally Focused Couples Therapy to Partners Attachment Status" (To be distributed)

Attachment Theory: A Guide for Couple Therapy (to be distributed)

Schore and Schore: "Modern Attachment Theory" (To be distributed)

Allan Schore: The Effects of a Secure Attachment Relationship on Right Brain Development, Affect Regulation, & Infant Mental Health (To be distributed)

Allan Schore *Affect Regulation and the Origin of the Self*

Chapt 2:" General Principles of Growth of the Developing Brain" (P. 9-20)

Chapt. 3: "Multidisciplinary Study of Emotional Development" (P. 21-34)

Early Infancy:

Chapter 6: "Visual Experiences and Socio-emotional Development" (P. 71-91)

Chapter 7: "The Practicing Period" (P. 92-98)

Chapter 8: "Psychobiology of Affective Reunions" (P. 99-113)

Chapter 14: The Regulatory Function of Internal Working Models (P. 187-198)

Late Infancy:

Chapter 15 "The Onset of Socialization Procedures and the Emergence of Shame" (P. 199-122)

Supplemental reading:

Arietta Slade: "Better Safe Than Dead: Attachment, Fear, and Psychoanalysis"
(To be distributed)

Peter Fonagy: *Attachment Theory and Psychoanalysis*

Chapter 1: "Introduction to Attachment Theory"

Chapter 2: "Key Findings of Attachment Research"

Jon Allen, Peter Fonagy and Anthony Bateman: *Mentalizing in Clinical Practice*

Chapter 3 "Development?"

THEORY OF PATHOGENESIS

In this section we look at how regulation theory employs a trauma-dissociation model of psychopathology and a attachment trauma (relational trauma) model for it's understanding of the pathogenesis of character disorders as sequelae of attachment trauma. Deficits in the regulatory system as the mechanism of dissociation will also be addressed

Lecture 11 Trauma-Dissociation as the Pathogenic Model

Lecture 12 Personality Disorders: Sequelae of Attachment t/Trauma

Readings:

Allan Schore: *Affect Regulation and the Origin of the Self*
 Chapter 29: "The Neurobiology of Insecure attachment" (P. 373-385)
 Chapt. 30 "Psychiatry and Affect Regulation" (P. 386-414)
 Attachment Trauma and the Developing Right Brain: Origins of Pathological
 Dissociation (to be distributed)

Readings:

Allan Schore: *Affect Regulation and the Origin of the Self*
 Chapter 31: "The Developmental Psychopathology of Personality Disorders"

Karlen Lyons-Ruth
 (2001) The two-person construction of defenses: Disorganized attachment strategies, unintegrated mental states, and hostile/helpless relational processes. *Psychologist/Psychoanalyst*, 21 (1): 40-45.

Supplemental reading:

Allan Scnore "Relational Trauma and the Developing Right Brain: The Neurobiology of Broken Attachment Bonds (To be distributed)

Jon Allen, Peter Fonagy and Anthony Bateman: *Mentalizing in Clinical Practice*
 Chapt. 7 "Treating Attachment Trauma"

Chefetz and Bromberg Talking With "Me" and "Not Me" (Contemporary Psychoanalysis) (to be distributed)

Susan Gill: The Therapist as Psychobiological Regulator: Dissociation, Affect Attunement and Clinical Process (To be distributed)

THEORIES OF THERAPEUTIC ACTION

In this final section of the course we will look primarily at the “bottom up”, procedural theories of therapeutic action that have emerged from the developmental theories of affect regulation. We will focus on the contributions to the understanding of therapeutic actions of Ed Tronick, The Boston Change Process Study Group, and Allan Schore.

The last two lectures will be devoted to exploring how modern attachment theory and infant studies provides the basis for therapeutic actions in the implicit realm, for understanding transference-countertransference transactions, for the enhancement of the capacity to regulate affect, and for the therapeutic modification of the implicit self.

Lecture 13 Expanded States of Consciousness and Rupture-Repair Sequences

Lecture 14 The Treatment of the Capacity to Regulate Affect

Lecture 15 Regulation and Dysregulation in the Split-Second World of the Therapeutic Relationship

Readings:

Allan Schore: *Affect Regulation and; the Origin of the Self*

Chapt 33 "Psychotherapy of Developmental Disorders: Affect Regulation and the Development of the Self"

Allan Schore: *Affect Regulation and the Repair of the Self*

Chapt. 3 “Clinical Implications of a Psychoneurobiological Model of Projective Identification”

Ed Tronick (and the Boston Change Process Study Group):

The Neurobehavioral and Social-Emotional Development of Infants and Children
“Introduction” (P 1-20)

Chapter 29 “Dyadically Expanded States of Conscious and the Process of Therapeutic Change” (P 402-411)

Chapter 30 ”Implicit Relational Knowing: Its Role in Development and Psychoanalytic Treatment

Chapter 31 “Non-Interpretative Mechanisms Psychoanalytic Psychotherapy: The “Something More” Than Interpretation

Supplemental reading for therapeutic action:

Mentalizing in Clinical Practice: Jon Allen, Peter Fonagy and Anthony Bateman
 Chapt. 5 "The Art of Mentalizing"
 Chapt. 6 "Mentalizing Interventions"
 Chapt. 7 "Treating Attachment Trauma"

Daniel Siegel: "Reflections on the Mindful Brain "Overview of *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*" (to be distributed)

Allan Schore: *The Right Brain Implicit Self Lies at the Core of Psychoanalysis* (To be distributed)

Beatrice Beebe: "A Procedural Theory of Therapeutic Action: Commentary on the Symposium "Interventions the Effect Change in Psychotherapy" (To be Distributed)

The Boston Change Process Study Group: "Explicating the Implicit: the Local Level and the Microprocess of Change in the Analytic Situation" (To be distributed)

Psychotherapy for Borderline Personality Disorder Anthony Bateman and Peter Fonagy

Trauma and the Body: A Sensorimotor Approach to Psychotherapy: Pat Ogden

The Transforming Power of Affect : A Model for Accelerated Change: Diana Fosha

Ed Tronick:

The Neurobehavioral and Social-Emotional Development of Infants and Children
 Chapters 34, 35

General supplemental reading:**Interpersonal Neurobiology**

The Healing Power of Emotion: Affective Neuroscience, Development &

Clinical Practice Eds: Diana Fisha, Daniel Siegel, Marion Solomon

Affect Dysregulation and Disorders of the Self: Allan Schore

Affect Regulation and the Repair of the Self: Allan Schore

Mentalization:

Mentalizing in Clinical Practice: Anthony Bateman

Psychotherapy for Borderline Personality Disorder: Bateman, A. and Fonagy, P.

Affect Regulation, Mentalization, and the Development of the Self: Fonagy, P.,

Gergely, G., Jurist, E. and Target, M.

Attachment Theory:

Handbook of Attachment: Cassidy, J. and Shaver, P.

Attachment in Adulthood: Mikulincer, M. and Shaver, P.

Affective Neurobiology:

Descartes Error: Damasio, A.

Looking for Spinoza: Damasio, A.

The Feeling of What Happens: Damasio, A.

Trauma – Dissociation:

Healing Trauma: Attachment, Mind, Body, and the Brain: Solomon, M, and Siegel, D.

Dissociation and Dissociative Disorders: Dell, P., and O’Neill, J.A.

Dissociation: Howell, E.

Standing in the Spaces: Bromberg, P.

Awakening the Dreamer: Bromberg, P.

Trauma and the Body: Ogden, P.

The Trauma Spectrum: Scaer, T.

Infant Development and Adult Treatment

Infant Research and Adult Treatment: Co-Constructing Interactions: Beatrice Beebe and Frank Lachmann

The Implicit Realm

The Present Moment: Stern, Daniel

Unformulated Experience: Stern, Donnel

Clinical Application of Classic Attachment:

Attachment, Intimacy, Autonomy: Holmes, J.

Attachment in Psychotherapy: Wallin, D.

Connections: The Practice of Emotionally Focused Therapy: Johnson, S.

Metatheory

*A Dynamic Systems Approach to the Development of Cognition and Action:
Thelan, E. and Smith, L.*

Consilience: Wilson, E.O.