Joint Conference
Healthcare Conferences UK &
The Tavistock and Portman NHS Foundation Trust

Mental Health, Ill Health & Personality Disorder
Psychological Defences & Psychodynamic Interventions

Understanding vulnerability, promoting resilience and delivering effective interventions for complex difficulties

Thursday 23 June 2016 ICO Conference Centre, London

Chair & Speakers include

- **Professor George Vaillant** Psychiatrist and Professor Harvard Medical School & Director of Research Department of Psychiatry Brighton and Women’s Hospital
- **Dr David Bell** Past President The British Psychoanalytic Society Consultant Psychiatrist & Director of Postgraduate Training Tavistock and Portman NHS Foundation Trust
- **Dr Myooran Canagaratnam** Consultant Psychiatrist, Lifespan and LD Team Tavistock and Portman NHS Foundation Trust
- **Dr Julian Stern** Consultant Psychiatrist in Psychotherapy/Deputy Director of Adult and Forensic Services, Adult Complex Needs Service Tavistock and Portman NHS Foundation Trust
- **Dr Jessica Yakeley** Consultant Psychiatrist in Forensic Psychotherapy, Director of Education and Associate Medical Director Tavistock and Portman NHS Foundation Trust

Supporting Organisations:
We are delighted to welcome Professor George Vaillant, internationally renowned Professor of Psychiatry at Harvard Medical School and who was for 32 years the Programme Director of the longitudinal Harvard Study of Adult Development. Professor Vaillant will give the keynote address at this conference, which is aimed at all professionals interested in psychotherapeutic interventions for adults with particular underlying patterns of emotional regulation, expression of distress and interpersonal relating.

Individuals with difficulties in these areas can attract a range of diagnoses. They frequently present to primary care with chronic anxiety, depression and somatising disorders. They can sometimes be given diagnoses of developmental disorders such as Autistic Spectrum Disorders and Attention Deficit Hyperactivity Disorder in adulthood. Where their difficulties are severe, they are often diagnosed with ‘personality disorders’. Drawing on research, clinical practice and theory, this conference will provide a crucial but often poorly understood psychodynamic perspective on individuals presenting with these types of complex chronic mental health issues. By highlighting the links between good mental health, ill health, psychopathology, and personality it will promote a deeper understanding of the elements of effective psychological and social interventions in this population.

“...Any exploration of the links between positive mental health and psychopathology requires an understanding of adaptive coping... Much of what is called mental illness is in fact the manifestation of an individual’s adaptive response to conflict...”
Professor George Vaillant, Professor of Psychiatry at Harvard Medical School

“...Many adults living with a diagnosis of personality disorder suffer lives of rejection, anguish and alienation; and that the consequent societal effects are pervasive, chaotic and expensive. There needs to be a wider understanding of personality disorder as intricately interwoven with mental ill health and complex needs. Reducing mental ill health through reduced self-harm or crises is not enough – getting a life must be part of the goal, which includes better relationships and continuing to progress with their lives...”
Department of Health

Professor Vaillant will be speaking alongside a number of expert clinicians from the Tavistock and Portman NHS Foundation Trust. Through exploring theory, case studies, and clinical research, speakers will integrate developmental, psychiatric and psychodynamic perspectives, drawing on years of accumulated clinical expertise with specialist patient groups.

“...The broad reach of psychoanalysis is not unrelated to its manner of approaching mental disorder, where the dividing line between normality and abnormality is less clear and more complex...psychoanalysis has so much to contribute to the understanding and treatment of mental illness...”
Dr. David Bell, Consultant Psychiatrist at the Tavistock & Portman NHS Foundation Trust

“...Professor Vaillant’s work brilliantly integrates developmental, psychiatric, and psychodynamic perspectives to provide a deeper understanding of mental health and ill health. He presents with startling clarity decades of fascinating research which illustrate the manifestations of psychological defences across an individual’s lifespan. This conference will draw out the lessons from this work in terms of how health professionals and services can support individuals towards more adaptive coping...”
Dr. Myooran Canagaratnam, Consultant Psychiatrist at the Tavistock & Portman NHS Foundation Trust
### 10.00 Chair’s Introduction: Psychological defences and developmental disorders across the Lifespan

**Dr Myooran Canagaratnam**  
Consultant Psychiatrist, Lifespan ASD and LD Team  
Tavistock and Portman NHS Foundation Trust  
- Psychological defences across the lifespan  
- Current psychodynamic and psychiatric perspectives on developmental conditions  
- Psychological interventions for individuals with developmental conditions

### 10.30 Mental health and ill health in Primary Care: psychodynamic perspectives on mind-body links

**Dr Julian Stern**  
Consultant Psychiatrist in Psychotherapy/Deputy Director of Adult and Forensic Services; Service Lead, Adult Complex Needs Services  
Tavistock and Portman NHS Foundation Trust  
- Psychological defences and links between mind and bodily symptoms  
- Applying psychodynamic thinking to the primary care context  
- How psychotherapy can help patients with Medically Unexplained Symptoms

### 11.15 Question and answers, followed by coffee

### 11.45 EXTENDED KEYNOTE ADDRESS  
**Mental Health, Ill Health and Personality**  
**The Role of Maladaptive & Adaptive Defence Mechanisms**

**Professor George Vaillant**  
Psychiatrist and Professor  
Harvard Medical School  
& Director of Research for the Department of Psychiatry, Brigham and Women’s Hospital  
In this extended keynote session, Professor Vaillant will discuss how psychological defences can be both adaptive and maladaptive, and how they can be classified according to a hierarchically from the psychotic through to the immature, neurotic and mature. He will draw on accumulated quantitative and qualitative data from decades of longitudinal research including the Harvard Study of Adult Development, which has been running in various forms for the last 78 years. He will present case histories to bring to life the manifestations of defensive styles throughout an individual’s adult development. Professor Vaillant will draw out various implications of his work, which carries a message of hope - in his own words “People really can change, and people really can grow. Childhood is neither destiny nor doom”  
Professor George Vaillant  
Psychiatrist and Professor  
Harvard Medical School  
& Director of Research for the Department of Psychiatry, Brigham and Women’s Hospital

### 13.00 Question and answers, followed by lunch

### 14.00 Psychiatric and psychodynamic conceptualisations of mental health, illness and personality disorder

**Dr David Bell**  
Past President The British Psychoanalytic Society  
Consultant Psychiatrist & Director of Postgraduate Training  
Tavistock and Portman NHS Foundation Trust  
- Examining concepts of mental health and illness  
- Psychodynamic perspectives on Borderline Personality Disorder  
- Psychotherapeutic interventions for individuals with complex personality difficulties

### 14.45 Antisocial Personality Disorder (ASPD): Using mentalisation-based approaches

**Dr Jessica Yakeley**  
Consultant Psychiatrist in Forensic Psychotherapy  
Director of Medical Education and Associate Medical Director  
Tavistock and Portman NHS Foundation Trust  
- ASPD: Diagnostic considerations  
- Understanding ASPD in terms of attachment and psychological defences  
- Psychotherapeutic interventions for ASPD including Mentalisation Based Therapy

### 15.30 Question and answers, followed by tea

### 16.00 Understanding Happiness and Positive Mental Health in Adulthood & Later Life

**Professor George Vaillant**  
Psychiatrist and Professor  
Harvard Medical School  
& Director of Research for the Department of Psychiatry, Brigham and Women’s Hospital  
In this session, Professor Vaillant will discuss the determinants of good mental health and happiness in later life, drawing on the latest data from the Harvard Study of Adult Development, illustrated by case studies. Professor Vaillant will also offer personal reflections on his long and distinguished career as a clinician, researcher, writer and teacher.
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The PDF will be sent out after the conference, please fill in the "Your Details" section above for delivery, and the "Payment" section.

Where did you hear about this conference?

Venue
ICO Conference Centre, 22 Berners Street, London, W1T 3DD. A map of the venue will be sent with confirmation of your booking.
(The ICO stands for International Coffee Organisation)

Date
Thursday 23 June 2016

Conference Fee
£350 + VAT (£430.00) for NHS, Social care, private healthcare organisations and universities.
£200 + VAT (£240.00) Early Bird Rate for NHS, Social care, private healthcare organisations and universities booking before 30th April 2016
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