



Keeping Love Alive:

*Desire, Monogamy and the
Neurobiology of Intimate Attachments*

**Saturday & Sunday
November 8 & 9, 2008**

9 am – 5 pm on the UC Irvine campus (14 CEU's)



The 4th Anatomy of Intimacy Conference

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*Desire, Monogamy and the
Neurobiology of Intimate Attachments*

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9 am – 5 pm on the UC Irvine campus (14 CEU's)

Invited Faculty:

Helen Fisher, Ph.D., Susan Johnson, Ed.D.,
C. Sue Carter, Ph.D., Steve Porges, Ph.D., Ellyn Bader, Ph.D.,
Stan Tatkin, Psy.D., Phillip Shaver, Ph.D.

Sponsored by the

Foundation for the Contemporary Family,
UCI Department of Psychiatry and Human Behavior
in Collaboration with Lifespan Learning Institute

Conference Directors

Judith Zucker Anderson, Ph.D.
Marion F. Solomon, Ph.D.

www.regonline.com/anatomyofintimacy



Keeping Love Alive:

Desire, Monogamy and the Neurobiology of Intimate Attachments

The blissful state of desire that propels us to bond, inevitably wanes over time. We need to know what ingredients are necessary for a relationship to thrive over the long haul. People look to their intimate partner seeking a secure attachment, but in their hurt from perceived injury, often the yearning for connection ends in fights or withdrawal from each other. Therapists enter the picture when the negative cycle gets stuck and partners are desperate to rekindle lost love. The basic question for clinicians is how to best help couples who are having difficulty making and maintaining connections. What new information has 21st century research in psychology, anthropology and neuroscience discovered that can facilitate the process of relationship development and repair?

This conference provides an in-depth view of love, romance and adult attachment. We will explore modern relationships through the interdisciplinary perspective of attachment theory, affective neuroscience and interpersonal neurobiology. From this vantage point, presenters will share their convergent and divergent views on what helps people create connections, what to do if the bonds of love are frayed and what makes relationships thrive over time.

Videotape vignettes of actual couples therapy sessions will illuminate the clinical application of different treatment models with an attachment framework, guided by the new insights gained from neuroscience. We will define important fundamental shifts from earlier therapeutic paradigms and offer specific, effective interventions that can aid couples in sustaining intimacy over time.

LEARN ABOUT:

- *Clinical applications of new insights gained from neuroscience*
- *Effective interventions that can aid couples to rekindle and maintain early bonds*
- *Biological theory of why you fall in love with one person rather than another*
- *How psychotherapy can potentially alter one's attachment style*
- *Fascinating data from 40,000 subjects from the Internet dating site, chemistry.com*

The Faculty

ELLYN BADER, PH.D.

An internationally recognized expert in couples therapy training, Dr. Bader is Co-Director of The Couples Institute in Menlo Park, California. Formerly a clinical faculty member at Stanford University, Department of Psychiatry, for the past twenty years she has conducted professional training programs in couples therapy in the U.S., Europe, South America and Australia. Dr. Bader is the author of *In Quest of the Mythical Mate: A Developmental Approach to Diagnosis and Treatment in Couples Therapy*. Her latest book, *Tell Me No Lies*, helps couples recognize the essential ingredients in flourishing marriages. Website: www.couplesinstitute.com/

C. SUE CARTER, PH.D.

Sue Carter is currently Professor of Psychiatry and Co-Director of the Brain Body Center at the University of Illinois at Chicago. She has edited four volumes dealing with the neurobiology of sexual and social behaviors, the most recent of which is *Attachment and Bonding: A New Synthesis*. Dr. Carter was recipient of a Research Scientist Award from the National Institute of Mental Health, and currently directs two NIH RO1 grants aimed at discovering neuroendocrine mechanisms through which social behavior regulates the nervous system. Dr. Carter is past president of the International Behavioral Neuroscience Society. Website: www.psych.uic.edu/faculty/Carter.htm

HELEN FISHER, PH.D.

A Research Professor and member of the Center for Human Evolutionary Studies in the Department of Anthropology, Rutgers University, Dr. Fisher has conducted extensive research on the evolution and future of human sex, love, and marriage and gender differences in the brain and behavior. She has written four books: *Why We Love: The Nature and Chemistry of Romantic Love*; *The First Sex: The Natural Talents of Women and How They Are Changing the World*; *Anatomy of Love: The Natural History of Monogamy, Adultery and Divorce*; *The Sex Contract: The Evolution of Human Behavior*. Dr. Fisher is currently Chief Scientific Advisor to Chemistry.com where she has collaborated in the development of their Chemistry Profile™ personality assessment and matching system. Using data on patterns of romantic attraction and marriage found on this Internet dating/relationship site, she is writing her fifth book, on why you fall in love with one person rather than another. Website: www.helenfisher.com/

SUSAN JOHNSON, ED.D.

Dr. Johnson is an internationally acclaimed clinician and researcher in couples therapy as well as Professor of Psychology and Psychiatry at Ottawa University and Director of the Ottawa Couple and Family Institute. She is one of the originators of Emotionally Focused Couples Therapy (EFT), now one of the best validated couples interventions in North America. She has written many journal articles and books about EFT: *The Practice of Emotionally Focused Couple Therapy*, *Attachment Processes in Couples and Family Therapy* and recently, *Emotionally Focused Couple Therapy with Trauma Survivors*. All are excellent contributions to the field. Her new book, *Hold Me Tight*, makes EFT accessible to the lay public. Website: www.eft.ca

STEPHEN PORGES, PH.D.

Dr. Porges is a behavioral neuroscientist who studies the relation between nervous system and behavior. His Polyvagal Theory led to the discovery of an integrated neural system that regulates social engagement behaviors. Dr. Porges applies his research to social interaction and communication. He is a Professor of Psychiatry and Biomedical Engineering and the Director of the Brain-Body Center in the Department of Psychiatry in the College of Medicine, University of Illinois at Chicago. Website: www.psych.uic.edu/bbc/

PHILLIP R. SHAVER, PH.D.

A Distinguished Professor of Psychology at the University of California, Davis, Dr. Shaver is associate editor of *Attachment and Human Development* and a member of the editorial boards of several other journals. His books include *Attachment in Adulthood*, *Measures of Personality and Social Psychological Attitudes* and *Handbook of Attachment: Theory, Research, and Clinical Applications*. He has also published more than 175 articles and book chapters. Dr. Shaver's research focuses on emotions, close relationships, and personality development, viewed from the perspective of attachment theory. He has made notable contributions to the literature on human emotions, close relationships, and the psychology of religion. In 2002, he received a Distinguished Career Award from the International Association for Relationship Research, and in 2006 he was elected President of that organization. Website: www.psychology.ucdavis.edu/faculty/Shaver/

STAN TATKIN, PSY.D., MFT

Dr. Tatkin is an assistant clinical professor at UCLA's David Geffen School of Medicine. He is a contributing editor to *A Reader's Guide to Intersubjective Neurobiology*, and is the co-author of an upcoming book entitled *The Loving-Warring Brain: How Romance Starts and Ends*. He has developed a unique approach to couples therapy using attachment theory, neuroscience and principles of arousal and affect regulation. His model integrates principles of early mother-infant attachment with adult romantic relationships. He has become a popular presenter, teaching therapists his innovative approach. Website: www.ahealthymind.org/csg

Saturday, November 8, 2008 Schedule

INTRODUCTION

Judith Zucker Anderson, Ph.D.

The Love Code

C. Sue Carter, Ph.D. and Steve Porges, Ph.D.

C. SUE CARTER, Ph.D.: *The neurobiology of social bonds: Insights into love and monogamy*

This talk will use data from humans and other socially monogamous species to help us understand both the causes and consequences of what humans call "love." Hormones, such as oxytocin and vasopressin, have been shown to be essential for the formation of social bonds. Oxytocin also has the capacity to reduce fear, block pain, and increase trust. We will explore the implications of this in terms of adult love relationships.

STEVE PORGES, Ph.D.: *Connections between face and heart: The neural mechanisms of a social engagement system.*

Our nervous system evolved to evaluate risk in the environment and to rapidly detect safety, danger, and life threatening behavior in others. Intimacy can only occur when defensive systems are dampened and the social engagement system is activated. This talk will discuss features of the social engagement system, how it involves neural pathways regulating the heart, facial expression, vocal intonation, and the extraction of human voice to determine safety in adult connections.

Differentiation:

The Route to Intimacy and Vitality

ELLYN BADER, Ph.D. Partners frequently demand intimacy, while refusing to be intimate themselves. Despite their expressed desire for change, many couples get trapped in repetitive negative cycles. Their defensive interactions dominate the relationship and lead to rheumatic interactions, affairs, and other relationship ruptures. Learn how to use differentiation to breathe the new life into combative and emotionally distant relationships. Videos will be shown.

The Loving/Warring Brain:

How the Mind and Body Reacts to Intimacy

STAN TATKIN, Psy.D. Is our brain built for love or war, connection or self-preservation? The attachment drive for a secure base involved neurobiological systems that determine such things as proximity seeking and contact maintenance. Couples enter therapy due to repeated periods of mutual dysregulation whereby attachment injuries become reactivated. In order to best utilize attachment theory, the psychotherapist must incorporate a working knowledge of the neurobiological processes that underlie all primary attachment relationships. Videos will be shown.

FACULTY PANEL DISCUSSION: *Moderated by Drs. Judith Anderson and Marion Solomon*

Sunday, November 9, 2008 Schedule

INTRODUCTION

Marion Solomon, Ph.D.

Who You Love & How You Love

Helen Fisher, Ph.D.

Dr. Fisher will examine the biological and behavioral interactions between 3 primary brain systems for mating and reproduction: the sex drive, romantic love and attachment. Data from her brain studies (fMRI) of romantic love and rejection in love shed light on the underpinnings of love at first sight, abandonment rage, and romantic addictions. Her newest research, using data from two million members of the Internet dating site Chemistry.com, is developing a theory for why men and women fall in love with one person rather than another.

Romantic Love, Caregiving and Sex

Implications of Attachment Research for Couple Therapy

PHILLIP SHAVER, Ph.D. This large body of research will be elegantly explained, showing how attachment security and particular forms of insecurity reverberate throughout a person's subjective experiences, social and sexual relationships, and characteristic coping strategies, with effects on relationship quality and mental health. Data on the positive effects of "earned" attachment security achieved therapeutically will be discussed.

Hold Me Tight:

Strengthening the Bonds of Love

SUSAN JOHNSON, Ed.D. Dr. Johnson will define how romantic love is the natural arena for personal health, resilience, and growth, and how we can consciously use emotion to transform relationships. She will outline four relationship-enhancing conversations oriented to enhance your relationship: recognizing demon dialogues, finding raw spots, reaching and engaging or the "hold me tight" conversation, and forgiving injuries. She will sum up the attachment-theory perspective on love and provide a number of specific suggestions for facilitating a lifetime love bond. Videos will be shown.

FACULTY PANEL DISCUSSION: *Moderated by Drs. Judith Anderson and Marion Solomon*

Conference Directors

JUDITH ZUCKER ANDERSON, Ph.D. Dr. Anderson is the director of the UCI Family Therapy Training Program and Assistant Clinical Professor, Department of Psychiatry & Human Behavior, UCI. A clinical psychologist and well-known couples and family therapy teacher, she is recognized as an expert on divorce, remarriage and blended families. She is also the Founder and President of the Foundation for the Contemporary Family, a nonprofit foundation whose mission is to support innovative clinical training, research and education in couples and family therapy. www.drjudithanderson.com

MARION F. SOLOMON, Ph.D. Dr. Solomon is the Co-Founder and Director of Clinical Training at the Lifespan Learning Institute. She is also senior extension faculty, UCLA Department of Humanities, Sciences and Social Sciences. She is the author of *Narcissism and Intimacy; Lean on Me: The Power of Positive Dependency in Intimate Relationships*; and co-editor of *Countertransference in Couples Therapy and Healing Trauma*. www.lifespanlearn.org

Logistics & Lodging

LOCATION

The conference will be held at the newly remodeled Crystal Cove Auditorium at the Student Center at the University of California, Irvine, located at Pereira Drive & W. Peltason Drive.

CRYSTAL COVE AUDITORIUM, UCI STUDENT CENTER

Pereira Drive & W. Peltason Drive

University of California, Irvine, Irvine, CA 92617

For more information about the venue and its amenities, please visit www.studentcenter.uci.edu/information/index.php
Campus maps are available at www.uci.edu/campusmaps.shtml

PARKING

There is plenty of nearby parking available at the Student Center Parking Structure, located at the corner of Pelatson and Pereira. Parking fees are \$7 per day. For more information, please visit www.parking.uci.edu/wayfinding/structures

LUNCH

Light refreshments will be available throughout the day. Lunch, however, is on your own. There is a food court conveniently located at the Student Center (www.studentcenter.uci.edu/dining/index.php).

LODGING

There are a number of hotels convenient to UCI and John Wayne/Orange County Airport, should you need accommodations. Transportation to and from the Anatomy of Intimacy Conference is on your own (for Parking Information, please visit the Logistics tab). Below are some suggestions for your convenience.

EMBASSY SUITES
IRVINE-ORANGE COUNTY AIRPORT
949-553-8332

RESIDENCE INN IRVINE JOHN WAYNE
AIRPORT
ORANGE COUNTY
949-261-2020

COURTYARD IRVINE JOHN WAYNE
AIRPORT ORANGE COUNTY
949-757-1200

Continuing Education

APA/MCEP

The Foundation for the Contemporary Family (FFCF) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. FFCF maintains responsibility for this program and its content. Courses approved by an APA-approved sponsor are accepted for MCEP credit by the Board of Psychology in California. Psychologists attending this seminar will receive an MCEP Credit Reporting Form to submit to the MCEP Accrediting Agency.

BOARD OF BEHAVIORAL SCIENCES

The UCI Family Therapy Training Program is approved by the California Board of Behavioral Sciences to provide continuing education for MFTs and LCSWs (BBS #3322)

NBCC

The Lifespan Learning Institute is an approved provider for the National Board of Certified Counselors (#SP264).

CMA

The Lifespan Learning Institute is a CMA-accredited provider. Physicians attending this conference may report Category I credit toward the California Medical Association's Certificate in Continuing Medical Education and the American medical Association's Physicians Recognition Award.

Registration & Fees 2008

The Anatomy of Intimacy REGISTRATION FORM
NEW OPTION Register quickly and securely online at: www.regonline.com/AnatomyofIntimacy

First Name: _____ Middle Initial: _____ Last Name: _____ Apt./Ste. #: _____
Professional License Number: _____ Degree: _____
Street Address: _____ City: _____ State: _____ Zip: _____
Phone: _____ E-mail: _____
I would like to register for:
 Early Enrollment : \$295 (Must be postmarked no later than October 3, 2008) Regular Enrollment : \$325
I would like to pay by: Check VISA MC Security Code: _____
Credit Card: MC VISA Security Code: _____
Signature: _____ Today's Date: _____
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