# DUBROVNIK SUMMER SCHOOL OF PSYCHOTRAUMATOLOGY

## In the shadow of PTSD:

The heterogeinity of responses to psychological trauma in individuals, families and communities across cultures

**May 25th- May 28th 2020**

**George Bonanno . Jaswant Guzder. Zahava Solomon. Boris Drožđek. Rudolf Gregurek.**

CONTACT AND REGISTRATION: B.DROZDEK@HEMISFEER.NL

# Welcome to the 2020 Dubrovnik Summer School of Psychotraumatology!

Dear colleagues,

Although PTSD has been the focus of scientific research for many decades, at the same time the knowledge regarding posttraumatic impacts beyond PTSD has also broadened. This course will focus on the impacts of exposure to traumatic experiences “in the shadow of PTSD”. It aims at helping clinicians to understand the diversity and complexity of the consequences of trauma and tailor more adequate treatment strategies.

First heterogeneous trajectories of long-term adjustment following potentially traumatic events will be elaborated upon. These include chronically elevated symptoms, delayed responses, improvement and the trajectory of stable psychological health or resilience.

Then, influence of psychological trauma on family systems will be discussed in depth through processes related to parenthood, spousal relationships, household conflict and aggression. Simultaneously, cultural frameworks for child and family trauma and multi-modal treatment approaches for assisting children of migrating families to acculturate and adapt after adversity will be addressed.

Finally, the psycho-political effects of war and terror on societies with regards to issues of safety, trust, moral judgment and attitudes towards the "other" group will be explored.

The internationally acknowledged experts will present the state-of-the-art knowledge in the field, both from the clinical and the research perspectives. The program consists of the morning lectures and the afternoon workshops.

# ABOUT THE PRESENTATIONS

**George Bonanno:** Bad things happen. Unfortunately, highly aversive or potentially traumatic events (PTEs) are common across the life span. Yet, despite their ubiquity, these events are still not well understood. One reason is that conventional approaches to trauma have tended to emphasize only extreme reactions, like PTSD, while ignoring other, more diverse outcomes. I will describe my research over the past 25 years that maps heterogeneous patterns or trajectories of adjustment following a range of PTEs, including natural disaster, military combat, terrorism, spinal cord injury, bio-epidemic, bereavement, and cancer surgery. My research has consistently identified a small set of prototypical trajectories, including chronically elevated symptoms, as well as delayed responses and improvement. The most common trajectory, however, almost always observed in a majority of exposed individuals, is one of stable psychological health or resilience. I'll elaborate on the distinctions between these diverse outcome patterns, and review recent findings on their predictors and consequences. I'll focus in particular on predictors of the resilience trajectory.

Location: IUC Dubrovnik, UI don Frana Bulića 4, Dubrovnik, Croatia

# ABOUT THE PRESENTATIONS

**Jaswant Guzder**: My presentation will focus on systemic and cultural frameworks in child and family trauma and multimodal treatment approaches for children of migrating families acculturating and adapting after adversity. The focus will be on developmental influences, narratives, cultural formulation and trauma agendas in working with children and strengthening family systems coping with social obstacles, hybridity, resilience potential and intragenerational resonances. Case examples will draw from diverse cultural communities of voluntary or forced migrants to illustrate clinical challenge, aspects of cultural safety, complexity of hybridity and the therapist's navigation of alliance and joining. The presentation will be embedded in clinical realities including community engagement, advocacy, human rights, complex co-morbidities and generational narratives that offer options and healing possibilities.

Courtyard of IUC Dubrovnik, UI don Frana Bulića 4, Dubrovnik, Croatia

# ABOUT THE PRESENTATIONS

**Zahava Solomon:** My presentations will focus on the immediate and long-term biological, psychological and social effects of exposure to war trauma based **on** 4 decades of prospective longitudinal studies. Specifically, the trajectories of PTSD and its co- morbidity and their effect on social functioning will be presented and discussed. Also, the ripple effects of trauma will be elaborated with regards to spouses of the traumatized. The marital interactions in the shadow of trauma will be described and explained. The concept of secondary traumatization will be critically analyzed. Furthermore, children of trauma survivors are at high risk for psychological disorder and distress. The intergenerational effects of trauma, the implication of parental styles and attributes (e.g.,attachment, differentiation) as shown in recent studies, and the differential roles of fathers and mothers in intergenerational transmission of trauma will be presented. Finally, the psycho-political effects of wars and terror on societies with regards to issues of safety, trust, moral judgment and attitudes towards the "other" group will be explored and discussed .

# ABOUT THE SPEAKERS

**George A. Bonanno (US)** is a Professor of Clinical Psychology, Director of the Loss, Trauma, and Emotion Lab, and Director of the Resilience Center for Veterans and Families at Columbia University's Teachers College, New York. His research interests center the question of how human beings cope with loss, trauma and other forms of extreme adversity, with an emphasis on resilience and the salutary role of flexible regulatory processes. He authored *The Other Side of Sadness: What the New Science of Bereavement Can Tell Us about Life after Loss* (2nd edition, Basic Books), and was recently honored with the James McKeen Cattell award from the Association for Psychological Science "for a lifetime of intellectual achievements in applied psychological research and their impact on a critical problem in society at large."

**Jaswant Guzder (Canada)** is a McGill Professor of Psychiatry, former Head of Child Psychiatry, Director of Childhood DisordersDay Hospital and founding co-director and current senior clinician for Cultural Consultation at Jewish General in Montreal. She is active in teaching and child global health activities in Asia and Jamaica. She has recent publications on cultural psychiatry, child and refugee mental health, art and healing, including a recent collaborative book 'Ibridazione : politiche delle cure e delle culture' as an art residency project with Museo Laboratorio Della Mente in Rome.

**Zahava Solomon (Israel)** is a Professor at the Bob Shapell School of Social Work at the Tel Aviv University and the head of the Multidisciplinary Center of Excellence for Mass Trauma Research. Her research focuses on traumatic stress with particular emphasis on the psychosocial sequelae of combat stress reactions, war captivity, terror and the Holocaust. She has authored two books, and published over 360 articles in leading journals, and more than 70 book chapters. Prof Solomon has earned numerous Israeli and international awards including the Laufer Award for Outstanding Scientific Achievement in the field of PTSD by the International Society of Traumatic Stress Studies (1997), and The Hans Christen Anderson Award (2016 ). In 2009, Prof. Solomon was awarded the Prize of Israel for research in Social Work.

# ABOUT THE SCHOOL DIRECTORS

**Boris Drožđek, MD, PhD** (The Netherlands) is a psychiatrist, psychotherapist and owner at De Hemisfeer, private practice for psychotrauma, intercultural psychiatry and psychotherapy in Den Bosch. He has over 25 years of experience in assisting survivors of war and political violence worldwide., and has worked and teached in many post-conflict areas. He co-edited three books (Broken Spirits (2004), Voices of Trauma (2007) and An Uncertain Safety (2018)), and has published over 50 scientific articles in international journals and book chapters. He was a Board member of NtVP, and Executive Committee member of IRCT. Currently, he is a board member of ISHHR.

**Rudolf Gregurek, MD, PhD** (Croatia) is a full Professor of Psychological Medicine and Psychiatry at the School of Medicine, University of Zagreb. Previously, he was head of the Clinic for Psychological Medicine, Clinical Hospital Centre Zagreb, and head of the Desk for Psychiatry and Psychological Medicine, University of Zagreb Medical School. He is a supervisor in individual psychoanalytic psychotherapy, group analysis, and in dynamic family, marital and partner therapy. Since 2016. he is a member of the EQAR (European Quallity Assurance Register for Higher Education). He published more than 750 articles and book chapters, and authored two books.

## ABOUT THE SCHOOL'S HISTORY

The Dubrovnik Summer School of Psychotraumatology started in 1995, at the end of the Croatian war of independence. From 2003, it is organized by the current school directors as a biannual international event aiming at spreading the state-of-the-art knowledge in psychotraumatology, intercultural psychiatry, and other complementary fields. Throughout the years, many eminent experts have taken part in the faculty, including Yael Danieli, Richard Mollica, Robert Pynoos, Lars Wisaeth, Vamik Volkan, Dina Wardi, John Wilson, John Krystal, Matthew Friedman, Paula Schnurr, Jacob Lindy, Ilany Kogan, Brandon Hamber, Nimisha Patel, Cecile Rousseau, Laurence Kirmayer, Renos Papadopoulos and Kenneth Miller. A myriad of fruitful professional collaborations as well as many friendships have started during this event, making it a unique place to meet colleagues from all over the world and learn from the top international experts in a relaxed and friendly atmosphere of the beautiful Renaissance city.

# REGISTRATION & SCHOOL FEE

In order to register for the summerschool, please mail the information below to: b.drozdek@hemisfeer.nl

| | |
|---|---|
| Title | |
| First Name | |
| Last Name | |
| Institution | |
| Student | ☐ Yes ☐ No |
| Address | |
| City | |
| Country | |
| Phone | |
| E-mail | |

## SCHOOL FEE

- **€ 395** (students + low income countries)
- **€ 495** (high income countries)

Payable by bank transfer to:

**Stichting Trauma Tigers**
Koningsweg 49, Den Bosch, The Netherlands

**Bank Account:**
ABN AMRO bank, Den Bosch, The Netherlands
IBAN: NL88ABNA0629917655 BIC ABNANL2A

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# ADDITIONAL INFORMATION

## Latest registration date

Registration will be definitive upon reception of the payment receipt (no later than March 31st 2020).
The fee covers participation in the School program and the Welcome party.

## Number of participants

The School can accommodate a maximum of 50 participants and registration will be closed when this number is reached.

## Credits

Croatian attendees obtain 15 credits from Croatian Medical Chamber.
International attendees obtain 3 ECTS credits.

**"Your assumptions are your windows on the world. Scrub them off every once in a while, or the light won't come in."** *- Isaac Asimov*

With kind regards,

Dr. Boris Drožđek, The Netherlands
Prof. dr. Rudolf Gregurek, Croatia
**School Directors**