

Biography / CV

Dr. Marylene Cloitre is the Associate Director of Research of the National Center for PTSD Dissemination and Training Division at the Palo Alto VA Health Care Services, California, USA. She is also Clinical Professor (Affiliate) of the Stanford University Department of Psychiatry and Behavioral Sciences. Her research and clinical work for the past 30 years has focused on the long-term effects of childhood trauma on social and emotional functioning. Her current research is dedicated to the development of effective, patient-tailored, flexibly-delivered mental health programs. She is past-president of the *International Society for Traumatic Stress Studies* and was a member of the World Health Organization (WHO) ICD-11 working group on trauma-spectrum disorders.

Keynote Address

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Abstract title**SOCIAL BONDS AND EMOTION REGULATION: CRITICAL RESOURCES FOR TRAUMA RECOVERY**

This keynote focuses on the important role that social bonds have in mitigating the effects of traumatic exposures. The presentation explores the essential role of attachment processes in early life as the foundation and framework for understanding the functions of social bonds in community life to support survival, increase mastery and provide dynamic and continuously occurring emotion regulation of members of the community. These functions are particularly evident during times of traumatic stress and the presentation will provide several examples. Implications for treatment are discussed highlighting the need for expanding the conceptualization of interventions for post-traumatic stress disorder (PTSD) beyond fear conditioning paradigms (reducing fear) to include a resource depletion and recovery model (increasing resources). A flexible multimodal team-based treatment approach which acknowledges the need to both decrease psychopathology and increase resources in traumatized patient populations will be proposed where treatment needs are identified and prioritized in a collaborative fashion by therapist and patient. Examples of successful implementation of multimodal models in fields such as child mental health and primary care will be presented. A potential benefit of such models is that they promote tailored and hopefully more effective treatments for PTSD, Complex PTSD and other heterogenous mental and physical health problems that are so commonly found in traumatized populations.

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