

Biography / CV

Maria Zaccagnio

Director of Center of EMDR Therapy for Eating Disorders in Milan. PhD in Clinical Psychology, licensed Psychologist and Psychotherapist, Accredited EMDR Europe Consultant and Facilitator.

She has done Post-Doctoral program in Clinical Psychology at the University of Turin, where she is Honorary Fellowship in Clinical Psychology. Dr. Zaccagnino is the Senior Researcher of the group guided by prof. Antonella Carassa at the University of Lugano (Switzerland) that won the Swiss National Foundation Research Grant for two project: "Intersubjective experience and mental representations of interpersonal relationship: a longitudinal study on mother-child interaction", and "A Study On Attachment Relationships And Quality Of Caregiving on Children In Foster Care" that is ongoing. She also collaborates with various Centers for Training in Cognitive Psychotherapy of northern Italy for the teaching of Developmental Psychology. Dr. Zaccagnino has collaborated also with the University College of London (prof. M. Target), the University of Manchester (prof. J. Green) and the University of Austin, Texas (prof. D. Jacobvitz).

Dr. Zaccagnino research topics mainly concern the study of the dynamics of family relationships, in particular mother-child interactions, eating disorders and dissociation in the light of Attachment Theory. She also participates in research projects concerning the cognitive and emotional development in early life. She followed specific training and obtained reliability of a series of measures aimed at evaluating the relational dynamics in adulthood and in childhood (e.g. Adult Attachment Interview, Manchester Child Attachment Story Task, Reflective Functioning on AAI and PDI, Caregiving Interview, Parent Development Interview...).

Abstract title

EMDR AND EATING DISORDERS: THE EMDR THERAPY PROTOCOL FOR THE MANAGEMENT OF DYSFUNCTIONAL EATING BEHAVIORS IN ANOREXIA NERVOSA

Zaccagnino M.¹, Cussino M.¹, Callerame C.¹EMDR Center for Eating Disorders;

Address: Via Pergolesi 14, 20124, Milan (Italy),

Zaccagnino M.'s details (speaker):

e-mail address: mariazaccagnino@hotmail.com;

Full postal address: Via Monteverdi 18, 20131, Milan;

Phone number: +0039 3477669924.

Background and aims: during the presentation an innovative EMDR protocol of intervention for Anorexia Nervosa (AN) will be described. Particular attention will be addressed to specific parts of the protocol in order to explain some of the essential notions regarding dynamics involved in eating disorder pathology, such as attachment relationships and dissociation of personality. In fact, in the context of attachment relationships it is possible to identify *relational traumas* that can contribute to the development of maladaptive affect regulation strategies, which in turn may represent risk factors for the development of future psychopathology. Within the context of the dynamics that characterize anorexia nervosa, the *control part* plays an extremely significant role not only in relation to food (and thus the need to control food intake), but also in relation to all the aspects that characterize the daily life of the subject. This presentation, moreover, will provide specific guidelines related to working protocol with AN in the acute phase (hospitalization) and some techniques, such as the dissociative table at mealtime, to deal with specific needs of this clinical population. The Anorexia Nervosa protocol will be illustrated through the explanation of clinical cases and videos.

- To learn how relational traumas have a determinant role in the onset and maintenance of ED.
- To learn to identify and work with different parts of patient's personality
- To learn how to conceptualize a clinical case in the light of the specific dynamics of eating disorders