

## **How does the DMM challenge the way we think about therapeutic change?**

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Raphael Lopez de Soto works in private practice as an Adult, Child and Family Psychotherapist. He specialises in working with those who have experienced significant trauma and as a Forensic Psychotherapist conducts highly specialised assessments and psychotherapy for children, adolescents and families who are at risk of harm and for those who may harm their children. This work also includes the provision of services as a specialist expert witness through Absolute Forensic Assessment. Mr de Soto draws upon his extensive post graduate training and his specialist experience in pre and post adoption to offer training and clinical supervision to other practitioners. In addition he teaches in the University of Roehampton's MSc Attachment Studies program. Through his role as the Director of the Commission on Child Sexual Abuse for the Mindful Policy Group, Mr de Soto is also endeavouring to make a contribution at a policy level to improve the policy and legal framework affecting children and families in the UK. His work is informed by the DMM and is underpinned by an approach that seeks to make use of the dialogical and co-creative relationship between practitioner and client, who it is assumed are both moved to change and to protect themselves from change.

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This creative action experiential workshop will provide a space to explore how the DMM and other research from related disciplines such as interpersonal neurobiology, social anthropology, social psychology, dialogical phenomenology and developmental studies challenge the way we understand and facilitate therapeutic change. How do our clinical philosophies sit with current research in the DMM, especially as many clinical philosophies have their own mythologies that perpetuate beliefs about interpersonal relationships and how therapeutic change occurs? The aim of this workshop is to explore and develop ways to bridge the gap between the DMM theoretical framework and its application to therapeutic change.

### Objectives

1. How does knowledge of the DMM impact the way you work?
2. What do we need to do more or less of in the consultation room?
3. What clinical frameworks does the DMM challenge?
4. How do we get some sense of coherence in how to integrate the DMM into practice?
5. How does working with the DMM challenge our own self-protective functioning?