

IASA's 10-Year Celebration

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DMM Integrative Treatment.

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Plenary Talk

The current conceptualization of the basic principles of DMM Integrative Treatment is:

1. ESTABLISH a personal relationship with each family member;
2. ASSESS TO FORMULATE how the family protects itself from its critical danger;
3. CRITICAL CAUSE of CHANGE: the most efficient therapeutic actions to re-activate family members' self-organizing abilities;
4. TRANSITIONAL ATTACHMENT FIGURE: therapist's protective and comforting function
5. SOMATIC AROUSAL: regulate to reach moderate levels, compatible with exploration;
6. REPAIR PROTECTIVE STRATEGIES: fit to current and past contexts;
7. COMPLETE LEARNING from past dangers by pruning excess information & accessing omitted information;
8. EXPAND the array of protective strategies available to family members.
9. WORK sequentially and recursively.
10. REFLECT on possible future challenges, highlighting the PROCESS OF ADAPTATION.

The presentation will also consider some of the growing edges of the topic, especially: a) degrees of precision and uses of the Family Functional Formulation, b) trauma as signal of need for completion of learning from past dangers; c) process of adaptation as changing both patients and therapists.