

## SPEAKERS

- Matthew Appleton, Bristol, United Kingdom
- Jörg Bock, Magdeburg, Germany
- Katrin Boger, Aalen, Germany
- Anna Buchheim, Innsbruck, Austria
- Mary Coughlin, Boston, USA
- Ruth Feldman, Herzliya, Israel
- Mauri Fries, Leipzig, Germany
- Antonia Maria Jockenhöfer, Essen, Germany
- Peter A. Levine, Lyons, Colorado, USA
- Jenni Meyer, Bristol, United Kingdom
- Friedrich Porz, Augsburg, Germany
- Markus Wilken, Essen, Germany
- Nikolaus von Hofacker, München, Germany



## ORGANISER

Akademie Ottenstein

## SCIENTIFIC PRESIDENTS

Dr. Mauri Fries, Dr. Friedrich Porz, Dr. Markus Wilken

## REGISTRATION FEE

**Early bird fee**

**until 31/12/2022 afterwards**

### PRESENCE

Workshops 3 hrs on 04/05/2023 each 125 € 140 €  
Workshops 6 hrs on 03/ and 04/05/2023 each 250 € 280 €

2-day ticket congress 05/ and 06/05/2023 490 € 520 €  
including lunch and refreshments during breaks!

### LIVESTREAM

2-day ticket congress 05/ and 06/05/2023 390 € 420 €  
Day ticket congress Friday, 05/05/2023 220 € 250 €  
Day ticket congress Saturday, 06/05/2023 170 € 200 €  
40 % discount on livestream for trainees/students

## VENUE

WESTHOUSE

Alfred-Nobel-Strasse 5-7, 86156 Augsburg  
Tram line 2 direction Augsburg West  
P+R ( approx. 20 min) to the stop „Stenglinstraße“.

## EDUCATION POINTS

- for psychotherapists have been applied for at the Chamber of Psychotherapists in Bavaria
- for physicians have been applied for at the Bavarian Medical Association
- 12 continuing education points for therapists in the field of Remedies framework recommendation according to §125 Para. 1 SGB V
- training hours for midwives according to the HebBO Niedersachsen can be applied
- Individual CERPs can be applied for at the IBLCE in the context of the recertification: 5 hours **L**actation, 6.5 hours **R**elated

## ACCOMMODATION + ARRIVAL

Accommodation recommendations and a description of how to get there can be found at [www.fruehes-trauma-2023.de](http://www.fruehes-trauma-2023.de)



## REGISTRATION

[www.fruehes-trauma-2023.de](http://www.fruehes-trauma-2023.de)

We manage the conference without sponsorships and industry exhibition!

## FURTHER INFORMATION

[www.fruehes-trauma-2023.de](http://www.fruehes-trauma-2023.de)



Akademie Ottenstein  
Kantor-Rose-Str. 9  
31868 Ottenstein  
GERMANY  
Tel: +49 5286-1292  
[info@akademie-ottenstein.de](mailto:info@akademie-ottenstein.de)



# International Congress Early Childhood Trauma

see – understand – help



3<sup>rd</sup> to 6<sup>th</sup> May 2023  
in Augsburg

for therapists, physicians and all those who work with  
children between 0 and 6 years

**HYBRIDFORMAT**  
with presence or  
online participation

[www.fruehes-trauma-2023.de](http://www.fruehes-trauma-2023.de)

Dear Colleagues,

Current research and practical experience show more and more clearly that babies and young children are particularly vulnerable to traumatic experiences. The younger the children are, the more dramatic the effects can be later in life. This applies in particular to intensive care experiences, longer stays in hospital and the resulting separation from parents. Experiences of abuse and neglect also leave serious traces in the development of children into adulthood.

In order to be able to act in a professional way in early childhood, intensive research and the development of age-appropriate treatment concepts are needed. In this conference, current international research results will be presented. In addition, we want to present and discuss existing treatment approaches in the medical, psycho-therapeutic and socio-pedagogical fields of work. The focus is on the first year of life.

To offer you a flexible and attractive congress experience, we will organise the congress hybrid: in presence in Augsburg and the main congress on 5<sup>th</sup> and 6<sup>th</sup> May 2023 via livestream. Lectures of the plenary congress will be translated simultaneous German – English.

For a rethink and a change in the training culture of medical and therapeutical professions, we run the conference without sponsorship and industry exhibition!

Meet you soon in Augsburg/Bavaria.

A warm welcome to our congress!

Dr. Mauri Fries,  
Marina Meger,  
Dr. Friedrich Porz,  
Dr. Markus Wilken



Visit our congress website [www.fruehes-trauma-2023.de](http://www.fruehes-trauma-2023.de) for more information and abstracts.

## WORKSHOPS WEDNESDAY, 03/05/2023

### In presence

- W1** 10:00-18:00 **I.B.T.® Introductory Workshop - Trauma Counseling with Infants and Toddlers**  
Katrin Boger
- W2** 10:00-18:00 **Self-Care and Self-Regulation in Emotionally Demanding Job Situations**  
Mauri Fries
- W3** 10:00-18:00 **Birth from the Baby's Perspective - Introductory Workshop**  
Matthew Appleton, Jenni Meyer
- W4** 10:00-18:00 **Trauma and Feeding Tube Dependency**  
Antonia Maria Jockenhöfer / Markus Wilken

## WORKSHOPS THURSDAY, 04/05/2023

### In presence

- W6** 10:00-18:00 **Disorganized Attachment: Attachment Trauma and Potential Consequences**  
Anna Buchheim
- W7** 10:00-18:00 **On Being a Trauma Informed Professional**  
Mary Coughlin
- W8** 10:00-13:30 **How can I Support My Foster Child if I don't know his or her Life Events?**  
tbd.
- W9** 14:30-18:00 **Adverse Early Life Events and the Programming of Brain Development in the Context of Vulnerability and Resilience**  
Jörg Bock

Subject to change!

## PROGRAMME FRIDAY, 05/05/2023

Simultaneous translation (German - English)

- 09:00-09:15 **Opening ceremony / Chair**  
Friedrich Porz, Mauri Fries, Markus Wilken
- 09:15-10:00 **Neurobiological and Epigenetic Correlates of Childhood Adversity: A Transgenerational Perspective**  
Jörg Bock
- 10:00-10:45 **Development and Consequences of Early Neglect and How to Deal With it in Everyday Life**  
Katrin Boger
- 10:45-11:15 *Coffee break*
- 11:15-12:45 **Risk and Resilient Trajectories in War-Exposed Children from Early Childhood to Adulthood; Synchrony, Brain, Genes, and Microbiome**  
Ruth Feldman
- 12:45-13:00 **Discussion**
- 13:00-14:00 *Lunch and physical activity break*
- 14:00-14:45 **How Babies Express Traumatic Birth Experiences**  
Matthew Appleton
- 14:45-15:30 **Suffering in Silence: Hidden Traumas of the NICU**  
Mary Coughlin
- 15:30-16:00 *Coffee break*
- 16:00-16:45 **Affective Reanimation: Treatment of Trauma in Preterm and High-Risk Infants**  
Markus Wilken
- 16:45-17:30 **Traumatic Relationship Experiences - How Interactive Repair can Succeed**  
Nikolaus von Hofacker

Subject to change!

## PROGRAMME SATURDAY, 06/05/2023

Simultaneous translation (German - English)

- 09:00-09:45 **Chair**  
Mauri Fries, Friedrich Porz, Markus Wilken
- 09:00-09:45 **Early Affect Regulation and Trauma Intervention**  
Matthew Appleton
- 09:45-10:30 **Disorganized Attachment: Attachment Trauma and Potential Consequences**  
Anna Buchheim
- 10:30-11:00 *Coffee break*
- 11:00-11:45 **What is Love? Trauma Informed Care in the NICU**  
Mary Coughlin
- 11:45-12:30 **I.B.T.® Integrative Attachment-Oriented Trauma Therapy**  
Katrin Boger
- 12:30-13:30 *Lunch and physical activity break*
- 13:30-14:15 **Navigating in the Autonomic Nervous System to Avoid Secondary Traumatization**  
Mauri Fries
- 14:15-15:15 **Early Childhood Trauma**  
Peter A. Levine
- 15:15 **Take home message / safe journey**



Subject to change!