Speaker Profile

Jonathan Baylin

Ph.D. and coauthor with Dan Hughes, The Neurobiology of Attachment-focused Therapy, Norton 2106
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Dr. Baylin received his doctorate in clinical psychology from Peabody College of Vanderbilt University in 1981. For the past twenty years, while continuing his clinical practice, he has immersed himself in the study of neuroscience and in teaching mental health practitioners about the brain. He has given numerous workshops for mental health professionals on "Putting the Brain in Therapy" and has delivered keynote addresses internationally and nationally at conferences on childhood trauma and attachment.

Several years ago, Dr. Baylin began a collaborative relationship with Daniel Hughes, a leader in the field of attachment-focused therapy. Their first book, "Brain Based Parenting," was released by Norton Press in the spring of 2012 as part of the Norton series on Interpersonal Neurobiology. In August, 2016, their second book, "The Neurobiology of Attachment-focused Therapy," was released by Norton.

Session Topics

Session Topic (Wed.):
Self on the Brain: The Default Mode Network and DDP

The Default Mode Network or DMN is the brain circuit we use to think about ourselves, reflect on our experiences, and integrate new and old information about ourselves to "update" our versions of ourselves, our stories of who we are. The DMN develops with age and experience and is suppressed in its development by early life stress. This developmental suppression of the DMN constrains the ability to create new stories about self and relationships. I will present a model of how DDP could foster the development and the functioning of the DMN to help kids (and adults) change their minds about themselves based on new "enriched" relational experiences.

KidsTLC, in collaboration with the DDP Institute, presents:

The Power of Deep Listening to Heal, Connect and Transform: Insights from DDP and Beyond

Session order tbd