

Babies remember: Addressing the impact of stress and trauma on early attachment.

Alicia F. Lieberman, Ph.D.

Description: Clinicians and the public often believe that infants and young children are cognitively immature and immune to the effects of stressful or traumatic events. On the contrary, there is empirical evidence that adversity in the first years of life can have long-term repercussions on biological processes as well as social, emotional, and cognitive development. This talk will provide highlights of what is currently known about the impact of early stress and trauma on development, and describe child-parent psychotherapy (CPP) as a relationship-based, culturally informed treatment with empirical evidence of efficacy in reducing symptoms and restoring a healthy trajectory to traumatized young children and their mothers.

Biosketch for Alicia F. Lieberman, Ph.D.

Alicia F. Lieberman, Ph.D. is Irving B. Harris Professor Endowed Chair, Professor and Vice Chair for Academic Affairs at the UCSF Department of Psychiatry and director of the Child Trauma Research Program at San Francisco General Hospital. She is president of the board of directors of Zero to Three: The National Center for Infants, Toddlers and Families. She is the author of *The Emotional Life of the Toddler* and senior author of *Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment*, *Losing a Parent to Death in the Early Years: Treating Traumatic Bereavement in Infancy and Early Childhood* and *Don't Hit my Mommy: A Manual for Child-Parent Psychotherapy with Young Witnesses of Family Violence*. She is also the author of numerous articles and chapters. Her major interests include infant mental health, early trauma, and closing the service gap for minority and underserved young children and their families. She lectures extensively and is a consultant to government agencies and private foundations nationally and abroad. As a trilingual, tricultural Jewish Latina, she has a special interest in cultural issues involving early childhood trauma and mental health.