



UNRESOLVED-DISORGANIZED ATTACHMENT,
PSYCHOPATHOLOGY, AND THE ADOLESCENT BRAIN

Marie-José van Hoof

With permission from the particular author respectively musician and filmmaker:

iTune digital version: Self Comes to Mind (Antonio Damasio – scientific text/inspiration; Bruce Adolphe – composer; Yo Yo Ma/Mark Kosower – cello; John Ferrari and Ayano Kataoka, percussion)

<http://www.npr.org/templates/story/story.php?storyId=103713700>

Performance BWV 1009 The Loft, Amsterdam, by Reinier Wink on a Viennese baroque cello (1795) on loan from the Van Hoof family, see All of Bach, <http://allofbach.com/nl/bwv/bwv-1009/>, also ‘verhaal’ and ‘achtergrondvideo’.

Film ‘Downpour Resurfacing’ by Frances Nkara with Robert Hall – Dutch translation by Language Institute Leiden University funded by iMindU. To be shown in cinema ‘het Kijkhuis’ in Leiden during the ‘Week against Child abuse and neglect’ which also marks 30 years of the Convention on the Rights of the Child with a preceding introduction by the filmmaker and ‘het lekenpraatje’, the popular summary of this thesis, at the Rijksmuseum Boerhaave, Leiden on November 21 and 24, 2019 at 9.30-11.00 a.m. as part of the AMOR & PSYCHE project. Vimeo link <http://www.vimeo.com/ondemand/downpourresurfacingNL>, active from November 25th 2019.

To Sjef and Netty van Hoof-Peters
May their memory be for a blessing

Their dedication to life and family,
their entrepreneurship and letting me discover the world,
their creativity in eliciting talents,
and their trust in a good outcome
allowed this PhD thesis
to develop against all odds

(NON-VERBAL) EPILOGUE

Trilogy of art, music and film supporting the science of attachment, trauma and emotion regulation

The colophon of this short addendum mentions a painting, musicians and pieces of music, and a film that each deal with aspects of the topic of this study from a different perspective that touches the senses. It is highly recommended that you experience all three yourself before, during or after having read this thesis. In that way, the text can be incorporated by both left and right hemisphere, providing a more profound and integrated perspective than your left frontal cortex could provide on its own.

Also, this trilogy represents people who have influenced the author of this thesis in one way or another. The first, Manolo Ruiz Pipó was an extraordinary uncle, whose visits were unforgettable and whose paintings have accompanied the author since she was very young, watching over her from the walls of her home. The second, Antonio Damasio, has written famous books like *"Descartes' Error: Emotion, Reason and the Human Brain"*, *"Looking for Spinoza: Joy, Sorrow, and the Feeling Brain"*, *"Self Comes to Mind: Constructing the Conscious Brain"*, *"The strange order of things: Life, feeling and the making of cultures"*. These books and his somatic marker theory have inspired and directed research for this thesis since early on. The music piece *"Self Comes To Mind"* is an auditory reflection hereof. Professor Damasio was awarded an honorary doctorate at Leiden University in 2010 which the author had the honor to attend. The author of this thesis met the third person of the trilogy, Frances Nkara, as a participant attending the Adult Attachment Interview Institute at Berkeley University, USA in January 2015. Her film *"Downpour Resurfacing"*, which Frances made as an undergraduate years ago, summarized all that had been said about trauma and attachment during the two-week course in an extraordinary, sensitive way. As valorization of the topic of this thesis the film *"Downpour Resurfacing"* was subtitled in Dutch. It will be shown at the cinema *"Het Kijkhuis"* in Leiden.

Reinier Wink I would like to mention as the young talent that brings the baroque cello of my mother in memoriam alive again in an incredible way.

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“Eat the elephant by pieces – but first throw him off” has been the mantra that kept me going during the last six years, when there was a Huge Pink Elephant living in our house which had a hard time leaving. Well, I personally made sure the elephant is back in the bush where it belongs by walking the Africa Trail of the Wilderness Leadership Transformation Program of the Natural Leadership Foundation in Umfuluzi, South Africa. I thank my facilitators, guides and travel companions for sharing their inner journey. My Elephant happily joined a 26-elephant herd that crossed the river, when we were just told it would take another few weeks for the females and their offspring to show up in that spot. As a result, this thesis is lying in front of you unwrinkled.

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