

Eia Asen

Le Professeur Eia Asen est un psychiatre et psychothérapeute systémicien de renom, installé en Grande Bretagne depuis les années 70. Il travaille actuellement avec Peter Fonagy au sein du **Centre Anna Freud** de Londres où il est co-responsable des services d'évaluation des traitements spécialisés. Ayant abordé de nombreux types de thérapies familiales dans sa carrière, son point de vue intégratif l'a amené à s'intéresser aux thérapies basées sur la mentalisation pour les enfants et la famille.



Prof. Dr. Karl Michael 'Eia' Asen, M.D., FRCPSYCH, works part-time as a consultant child, adolescent and adult psychiatrist part-time at the Anna Freud National Centre for Children and Families in London. He also holds the position of Visiting Professor at University College London. He is a well known expert witness for public and private law cases and carries out parenting assessments and related work on behalf of the Anna Freud National Centre for Children and Families. Eia Asen is also a senior systemic psychotherapist who teaches in many different countries. His special expertise includes family therapy, couple therapy and multi-family therapy. His areas of interest are: child and adolescent mental health; child abuse and neglect; family violence; depression; mentalization-based treatments. Qualifications

Education

Read medicine at the Free University Berlin; also spent 6 months each at the universities of Heidelberg and Innsbruck (1965-1971)
MA course in Social Psychology, London School of Economics (1973-1974)

Further Qualifications

Medical State Exam, Free University Berlin (1971)
Doctorate in Medicine (Dr.med.), Free University Berlin (1972)
Member of Royal College of Psychiatrists (1978)

Elected Fellow of Royal College of Psychiatrists (FRCPsych)
(2001)

Additional Training Experiences

Psychoanalysis and Psychotherapy
(1974-1979)
Family therapy
(1976-1981)
Hypnotherapy for children
(1987-1989)
EMDR
(2002-2003)
CBT for children
(2003-2004)

Recent Activities

Consultant Child, Adolescent and Adult Psychiatrist (5 sessions)
Anna Freud Centre, London
(2013 -)
Visiting Professor
University College London
(2009 -)

Recent Appointments

Consultant Psychiatrist and Clinical Director
Marlborough Family Service
(1979 - 2013)
Consultant Psychiatrist in Psychotherapy
Maudsley Hospital
(1989 - 2002)
Senior Lecturer / Tutor
Institute of Psychiatry
(1989 - 2002)
Consultant Psychiatrist and Head of Parenting Assessment Team, Mother and Baby Unit
Bethlem Royal Hospital
(1997 - 2002)

Other Appointments

Leading Review of the Clinical Services of the Medical Foundation for the Care of Victims of
Torture, London.
(2007-2009)
Consultation to Department of Health on Expert Witnesses.
(2005)
Consultation to DfES on Excluded and Marginalised Children.
(2004-2008)
Consultation to the Treasury on high cost, high risk families.
(2006)
Specialist adviser on Perinatal NICE guidelines.
(2006)
Peer reviewer for the Cochrane Collaboration.
(2006)

Producer of integrated (VHS, CD-ROM and manual) training package *Family Therapy Basics*.
(2006)

Chair - Development of National Occupational Standards on Systemic Therapies, *Skills for Health and Department of Health*.
(2008- 2009)

Member of Development Group of Systemic Competencies, *Skills for Health and Department of Health*.
(2008-2010)

CYP-IAPT – Member of SFT consultation group, *Department of Health*.
(2012-2014)

I regularly carry out peer reviews for the *Journal of Family Therapy*, *Journal of Child Psychology and Child Psychiatry*, *Clinical Child Psychology and Psychiatry*, *Human Systems*, *International Journal of Mood Disorders* and *American Journal of Orthopsychiatry*. I regularly review book proposals for publishers (Routledge, Taylor Francis, Karnac, Oxford University Press). I am member of the Editorial Advisory Boards of *Human Systems Journal* and *Familiendynamik*. I am also on the Board of several international systemic training institutions.

Teaching Experience

Medical student teaching at Middlesex Hospital and UCH.
(1979-1989)

Teacher and examiner at Institute of Family Therapy, London.
(1982-2002)

Course organiser and co-leader of Family Work for General Practitioners at British Postgraduate Medical Federation.
(1982-1992)

Teacher and examiner of University College Family Therapy Diploma Course.
(1986-1989)

Joint course organiser and trainer for postgraduate psychiatry trainees.
(1995-2008)

Organiser of training courses in multi-family therapy in London.
(2007-present)

Each year I am invited to give workshops, seminars, lectures, key note addresses in the United Kingdom and internationally. This has included presentation in Denmark, Sweden, Norway, Finland, Netherlands, Ireland, Germany, Belgium, France, Hungary, Poland, Bulgaria, Italy, Switzerland, Slovenia, Spain, Luxembourg, Austria, USA, New Zealand, China and Japan.

The European Union has provided three grants to disseminate my team's innovative work in other European countries: Comenius (2002-2005) for educational failure and family work, and Daphne (2006 and 2010) for multi-family work and family violence

List of Publications

1972/1973 Publication of parts of M.D. thesis in various German medical and educational journals

1979/1980 Regular columnist and specialist writer for *Doctor*, *Hospital Doctor* and *On Call*
Asen et al. (1982) 'A Day Unit for Families'. *British Journal of Family Therapy*. 4: 345-358

Asen, E. (1985) 'Illness and the Family'. *Proc.Roy.Soc.Med.*, Suppl.8 Vol.78: 21-25

Asen, E. (1986) Book: 'Psychiatry for Beginners'. Unwin Paperback (various foreign editions subsequently)

Asen, E. (1986) 'Family Therapy in Child Guidance'. Newsletter Child Guidance Trust. March 1986

Asen, E. & Tomson, P. (1987) 'Can General Practitioners be Taught Family Therapy Methods? A contribution to the Debate'. *Family Systems Medicine*, Vol.5, No.1

Asen (1988) 'The Marlborough Family Day Unit'. *Bull.Roy.Coll. of Psych.* Vol.12, No.3

Asen & Graham, P (1988): 'The Nature of Emotional and Behavioural Problems'. In: Smith, J. & Bryans, T. (eds): 'The Assessment (Statementing) of Children with Behavioural and Emotional Problems: A Multidisciplinary Course'. NFER-Nelson

Asen et al. (1989) 'A Systems Approach to Child Abuse: Management and Treatment Issues'. *Child Abuse and Neglect*, Vol.13, 45-57

Asen (1989) 'Family Therapy'. In Stainton Rogers,W., Hevey,D. & Ash,E.(eds): 'Child Abuse and Neglect - Facing the Challenge'. Batsford - The Open University.

Asen (1990) 'Paradox in Paediatrics' *ArchPaed.* Vol.65, No.6,600-601

Asen, Berkowitz,R.,Cooklin,A.,Leff,J.,Loader,P., Piper,R. & Rein,L. (1991): 'Family Therapy Outcome Research: A Trial for Families, Therapists and Researchers'. *Family Process* 30:3-20

Asen (1991) 'Erfahrungen mit der Tagesklinischen Familientherapie in London'. In: Versorgungskonzepte in der Kinder- und Jugendpsychiatrie: Defizite und Möglichkeiten. Stadt Essen

Jenkins,H. & Asen (1992): 'Family Therapy without the Family: A Framework for Systemic Practice'. *Journal of Family Therapy* 14: 1-14

Graham,H., Senior,R., Lazarus,M., Mayer,R. & Asen (1992): 'Family Therapy in General Practice: Views of Referrers and Clients'. *Brit.Journ.Gen.Pract.* 42,25-28

Asen & Tomson, P. (1992) Book: *Family Solutions in Family Practice*. Quay Publ., Lanc.

Asen (1992) 'Tagesklinik für ganze Familien'. *TW Neurologie Psychiatrie* 6, 492-499

Asen (1992) 'Responding to Child Abuse: Family Therapy'. In: Stainton Rogers,W., Hevey, D., Roche,J. & Ash,E. (eds): 'Child Abuse and Neglect - Facing the Challenge' Batsford - The Open University (2nd edition)

Asen (1995) Book: *Family Therapy for Everyone*. BBC Publ., London

H.Schuff & Asen (1996): 'The disturbed parent and the disturbed family'. In: Goepfert,M., Webster,J. & Seeman,M.V. (eds): 'Disturbed and Mentally Ill Parents and their Children'. Cambridge University Press

Asen (1996) *Advances in family and couples Therapy*. In: Edwards,G. & Dare,C.(eds): *Psychotherapy, Psychological Treatments and the Addiction*. Cambridge University Press

Asen (1996) 'Helping the families of children with behaviour problems'. In: Varma,V.(ed.): *Management of Children with Problems Today*. Ashgate Publ.

Asen (1996) 'Family therapy with ageing families' in: Jacoby & Oppenheimer,C.(eds.): *Psychiatry in the Elderly*, 2nd edition, Oxford University Press

Asen (1997) 'Troubles of relationships' in:Varma,V.(ed.): *Troubles of Children and Adolescents*. J.Kingsley,London

Asen (1997) 'Managing manic depressive disorders: what relatives and friends can do to help'. In: Varma,V.(ed.): *Managing Manic Depressive Disorders*. J.Kingsley, London

Asen (1997) 'From Milan to Milan: true tales about the structural Milan approach' *Human Systems*, vol.8,1 pp39-42

Asen (1997) 'Getting into family systems medicine', *Context* No.34

Asen (1998) 'On the brink: managing suicidal teenagers'. In: Sutcliffe,P., Tufnell,G. & Cornish,U.(eds.): *Death and the Family: Systemic Approaches to Therapeutic Work*. Macmillan, London

Verneals, S & Asen (1998): 'Depression and Expressed Emotion'. In: Steketee,G.S.(ed.): *Applications of Expressed Emotion Research to Clinical Practice*. In *Session: Psychotherapy in Practice*. J.Wiley & Sons, New York

Hegemann, Asen & Tomson (1999) Book: 'Familienmedizin'. Schattauer Verlag. Stuttgart - New York

Asen & Jones (1999): *Couple therapy and depression*. *Context*, Vol 41, pp22-23

Asen (1999) *The limits of technique in family therapy*. In King,L.(ed.): *Committed uncertainty in psychotherapy*. Whurr Publ. London

- Jones, E. & Asen, E. (2000) Book: Systemic couple therapy and depression. Karnac, London & New York
- Leff, J. et al, incl Asen (2000) 'The London Depression Intervention Trial: An RCT of antidepressants versus couple therapy in the treatment and maintenance of depressed people with a partner: clinical outcome and costs.' *British Journal of Psychiatry* 177, 95 - 100
- Asen (2000) 'Working with families where there is parenting breakdown'. In: Reder, P., McClure, M. & Jolley, A. (eds.): *Family Matters*. Routledge, London
- Asen, E (2000) 'Creating contexts for change' *Systemisk Forum* 13,2
- Asen, E (2000) 'Familienbegutachtung und –therapie bei schwerer körperlicher und seelischer Kindesmisshandlung. Kindesmisshandlung und –vernachlässigung 3: 95-105
- Scholz, M. & Asen, E. (2001): 'Multiple family therapy with eating disordered adolescents: concepts and preliminary results'. *European Eating Disorders Review* 9: 33 - 42
- Asen, Dawson & McHugh (2001) Book: 'Multiple Family Therapy — the Marlborough model and its wider applications'. Karnac, New York and London
- Asen (2001) Familienbegutachtung und —therapie bei schwerer körperlicher und seelischer Kindesmisshandlung. Kindesmisshandlung und —vernachlässigung 3: 95- 105
- Asen (2001) L'evoluzione della terapia multifamiliare. *Connessioni* 9: 135 — 142
- Scholz, M., Asen, E. Gantchev, K., Schell, B. and Süß, U. (2002): Familientages-klinik in der Kinderpsychiatrie. Das Dresdner Modell — Konzept und erste Erfahrungen. *Psychiatrische Praxis*
- Asen (2002): Multiple family therapy: an overview. *Journal of Family Therapy* 24: 3 - 16
- Asen (2002): Working with ageing families. In: Jacoby, R. & Oppenheimer, C. (eds.) *Psychiatry in the Elderly*. Oxford University Press
- Asen (2002): Outcome research in family therapy. *Advances in Psychiatric Treatment* 8: 230 -238
- Asen (2002) Intensive interventions in multi-problem families. In: *ACPP Occasional Papers Series*, pp 25 - 37
- Asen (2002) Integrative therapy from a systemic perspective. In: Holmes, J. & Bateman, A. (eds.): *Integrative Psychotherapy*. Oxford University Press
- Asen (2002) The difficult patient — a systemic approach. In: Holmes, J. & Elder, A. (eds): *New Developments in General Practice*. Oxford University Press
- Asen, Dawson and McHugh (2002): La famiglia in classe. In: Andolfi, M. & Manicardi, P.F. (eds.): *Adolescenti tra scuola e famiglia*. Raffaello Cortina Editore, Milano
- Selig, D, Schell, B., Scholz, M. & Asen, E. (2002): Systemische Ressourcenarbeit mit Familien im ergotherapeutischen Kontext der Kinder- und Jugendpsychiatrie. *Ergotherapie & Rehabilitation* 41: 7 - 13
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- Asen, E. (ed.) (2003) Marlborough Family Therapy Basics. An integrated video, CD- ROM and manualised teaching package. Marlborough Family Service, London
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- Asen (2003) Families and Experts in Court: Promoting Change or Collusion? *Context* 66: 8- 9
- Asen, E and Schuff, H (2003): Disturbed parents and disturbed families: assessment and treatment issues. In: Goepfert, M., Webster, J. & Seeman, M.V. (eds): 'Disturbed and Mentally Ill Parents and their Children'. Cambridge University Press
- Asen, E., Tomson, D., Young, V. & Tomson, P. (2004) Book: '10 minutes for the family: systemic practice in primary care.' Routledge: London
- Asen (2004) Collaborating in promiscuous swamps – the systemic practitioner as context chameleon? *Journal of Family Therapy* 26: 280-285

- Asen, E. & Schmidt, U. (2005) Joint Editors of Special Issue of Journal of Family Therapy, Vol 27, 2 (pp 101 – 182)
- Schmidt, U. & Asen, E. (2005): Does multi-family day treatment hit the spot that other treatments cannot reach? Journal of Family Therapy 27: 101 – 103
- Asen (2005) Von Multi-Institutionen-Familien zur Selbsthilfe. ZTSB 23: 166 - 171
- Asen, E. & Schuff, H. (2006): Psychosis and multiple family group therapy. *Journal of Family Therapy* 28: 58-72
- Asen, E. (2006): Kinder und Erwachsene in der Multifamilientherapie. PiD 7: 49 – 52
- Asen, E. (2006) Systemic approaches - critique and scope. In: Timimi, S. & Begum, M. (eds.) *Critical Voices in Child and Adolescent Mental Health* (pp 147 – 162) Free Association Books, London
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- Asen, E. & Bevington, D. (2007): Barefoot practitioners: a proposal for a manualized, home-based Adolescent in Crisis Intervention Project. In: Baruch, G., Fonagy, P. & Robins, D. (eds): *Reaching the Hard to Reach*. J Wiley, Chichester
- Asen, E. (2007): Multi-contextual multiple family therapy. In: Mayes, L., Fonagy, P. & Target, M. (eds): *Developmental Science and Psychoanalysis*. Karnac, London
- Asen, E. (2007): 'Therapeutic assessments': assessing the ability to change. In: Thorpe, C. & Trowell, J. (eds.): *Re-rooted Lives: Interdisciplinary Work with the Family Justice System*. Jordan Publ., Bristol
- Asen, E. (2007): Therapies, treatment and medication: other talking treatments. In: Persaud, R. (ed): *The Mind – a User's Guide*. Bantam Press, London.
- Asen, E. (2007): Changing 'multi-problem families' – developing a multi-contextual multi-family approach. In: *Festschrift Walter Lorenz. Social Work & Society*, Vol 5
- Asen, E. (2007): Beispiele zur interkulturellen Therapie. *Wege zum Menschen*, Vol 59, 332-341
- Asen, E. & Bianchi, S. (2007) DAPHNE report: The European multi-family approach. www.multifamilyassessment.net
- Asen, E. (2008): Systemic interventions with older adults and their families. In: Jacoby, R., Oppenheimer, C., Dening, T. & Thomas, A.: *Oxford Textbook of Old Age Psychiatry*. Oxford University Press, Oxford
- Asen, E. (2008): Book: *So gelingt Familie – Hilfen für den alltäglichen Wahnsinn*. Carl-Auer, Heidelberg
- Asen, E. & Scholz, M. (2008): Multi-Familientherapie in unterschiedlichen Kontexten. *Prax. Kinderpsychol. Kinderpsychiatrie* 57: 362 – 380
- Asen, E. & Scholz, M. (2009) Book: *Praxis der Multifamilientherapie*. Carl-Auer, Heidelberg
- Asen, E. (2009): Systemic Interventions for Depression. In: *Depression in Childhood and Adolescence*, ACAMH Occasional Papers 28: 79 - 86
- Asen, E. (2009) Interkulturelle Entwicklung des Systemischen Feldes. Vergleiche zwischen England und Deutschland. *Zeitschrift für Systemische Therapie und Beratung* 27: 74 - 79
- Asen, E. (2009): Multifamilientherapie. *Familiendynamik* 34: 2-9
- Asen, E. (2010): Mentalization-Based Family Therapy. *Paedagogisk Psykologisk Tidsskrift* 47: 49 - 54
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- Asen, E. & Scholz, M. (2010) Book: *Multi-Family Therapy: Concepts and Techniques*. Routledge, London
- Asen, E. (2010) Entrenched parental positions post-separation- do they amount to a mental health disorder and how can they be treated? In: Thorpe, M & Faggionato, M. (eds.) *Mental Health and Family Law*. Jordan Publ., Bristol
- Asen, E. (2010): Psychotherapieintegration in der Praxis: ambulante Dienste. *Psychotherapie im Dialog* 11: 54 - 57

- Asen, E. & Fonagy, P. (2010): Mentalisierungs-basierte Familientherapie. *Psychotherapie im Dialog* 11: 239-243
- Asen, E. (2010): Der Partner als Assistent in der Therapie depressiver Patienten. *Kerbe* 3: 19-20
- Stratton, P., Reibstein, J., Lask, J., Singh, R. & Asen, E. (2011) Competences and occupational standards for systemic family and couples therapy. *Journal of Family Therapy* 33: 123 – 143
- Asen, E. (2011): Systemische Arbeit mit 'Gewaltfamilien': wenn Familien sich gegenseitig helfen. In: U.Borst & A. Lanfranchi (ed.) *Liebe und Gewalt in nahen Beziehungen*. Carl-Auer Verlag, Heidelberg
- Asen, E., Bianchi, S. and Glienke, S. (2011): MFT-V - Working with Abusive and Violent High Risk Families. DVD e-manual and training package. www.multifamilyassessment.net
- Asen, E. & Fonagy, P. (2012) Mentalization-based Therapeutic Interventions for Families. *Journal of Family Therapy* 34: 347-370
- Asen, E. & Fonagy, P. (2012) Mentalization-based Family Therapy. In: A. Bateman & P. Fonagy (eds.) *Handbook of Mentalizing in Mental Health Practice* (pp.107 - 128). American Psychiatric Publ., Washington and London
- Leff, J., Asen, E. and Schwarzenbach, F. (2012) Depression, couple therapy, research and government policy. In: Balfour, A., Morgan, M. & Vincent, C. (eds.) *How Couple Relationships Shape our World*. Karnac, London
- Keaveny, E., Midgley, N., Asen, E., Bevington, D., Fearon, P., Fonagy, P., Jennings-Hobbs, R. and Wood, S. (2012) Minding the family mind: the development and initial evaluation of mentalization-based treatment for families. In: Midgley, N. and Vrouva, I. (eds.) *Minding the Child*. Routledge, Hove and New York
- Asen, E. (2012 in print) Dancing with Minuchin. *Human Systems*
- Bracken, P., Thomas, P., Timimi, S., Asen, E. et al (2012) Psychiatry beyond the current paradigm. *British Journal of Psychiatry* 201, 430–434
- Asen, E. (2013) Migrating between self and others – mentalization-based therapy with families. In: Varchevker, A. & McGinley, E. (eds.): *Enduring Migration through the Life Cycle*. Karnac, London
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- Asen, E. (2013) Was bedeutet Depression aus systemischer Sicht? Depressives Verhalten als interaktionelles Phänomen. *Psychotherapie im Dialog* 3: 30- 33
- Bracken, P., Thomas, P., Timimi, S., Asen, E. et al (2013): Una psichiatria al di la dell' attuale paradigma. *Psicoterapia e Scienze Umane* XLVII,1: 9-22
- Asen, E. & Fonagy, P. (2014) Mentalisierungs-basierte therapeutische Interventionen für Familien. *Familiendynamik* 39: 234-249
- Asen, E. & Fonagy, P. (2014): Interventi basata sulla mentalizzazione in terapia familiare. *Terapia Familiare* 35: 5-39
- Asen, E. (2014): Neue Familien – Neue Dilemmata? Lernprozess für Familientherapeuten. In: Zwack, J. & Nicolai, E. (ed.): *Systemische Streifzüge* (pp.138-151) Vandenhoeck & Ruprecht, Goettingen
- Asen, E. (2014): Multifamilientherapie. In: Levold, T. Wirsching, M. (eds) *Systemische Therapie und Beratung – das grosse Lehrbuch* (p.197-202), Carl-Auer Verlag, Heidelberg
- Asen, E., Tomson, D., Young, V. & Tomson, P. (2015): *Dieci Minuti per la Famiglia. Interventi Sistemici in Medicina di Base*. Raffaello Cortina Editore, Milano.
- Adolf, C., Asen, E., Früchtel, F. & Stratmann, K. (2016): Multifamilientherapie – um mit anderen Familien Erziehungsfragen zu beantworten. In: Früchtel, F., Strassner, M. & Schwarzloos, C. (eds.): *Relationale Sozialarbeit*. (S. 222-237). Beltz Juventa, Weinheim und Basel.
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