

**Patrick Luyten** is Associate Professor at the Faculty of Psychology and Educational Sciences, KU Leuven (University of Leuven), Belgium, Reader at the Research Department of Clinical, Educational and Health Psychology, UCL (University College London), UK, and Assistant Professor, Adjunct at the Yale Child Study Center, New Haven, Connecticut, USA. His main research interests are disorders in the affective spectrum (i.e., depression and stress- and pain-related disorders) and personality disorders.

### **Early Life and Educational Background**

Luyten was born on January 12, 1973 in Leuven, Belgium. He gained his BA in psychology from the University in Leuven in 1993 and his MA in psychology from the University in Leuven in 1996. He was awarded his PhD in clinical psychology from the University of Leuven in 2002. He has also trained as a psychodynamic psychotherapist.

### **Professional Career**

Luyten is Director of the PhD in Psychoanalysis programme and Course Director of the PhD in Evidence-Based Child and Adolescent Mental Health programme at UCL. He is a member of the Research Advisory Board and the Conceptual and Empirical Research Committee of the International Psychoanalytical Association. He also heads a treatment service for patients with depression and functional somatic disorders at PraxisP, the treatment centre of the Faculty of Psychology and Educational Sciences, KU Leuven, Belgium.

He serves on the editorial board of *Psychotherapy: Theory, Research, Practice, Training*; *Psychoanalytic Psychotherapy*; *Personality Disorders: Theory, Research, and Treatment*; *Bulletin of the Menninger Clinic*; *Journal of Social and Clinical Psychology*; *Journal of Personality Assessment*; and *Current Medical Research and Opinion*. He has published over

150 scientific papers and 60 chapters, co-authored or edited several books, and has been the recipient of in excess of 30 grants. In 2009, he received the Psychoanalytic Research Exceptional Contributions Award from the International Psychoanalytical Association.

### **Research Interests**

Luyten is involved in both basic and interventional research in the areas of affective spectrum disorders and personality disorders. His basic research focuses on the roles of personality, attachment and social cognition or *mentalizing* – the capacity to understand oneself and others in terms of mental states – in these disorders from a developmental psychopathology perspective. His research spans multiple levels of analysis in these areas, ranging from the behavioral to the neurobiological and genetic.

In particular, he is interested in translating knowledge about the mechanisms involved in the causation of psychopathology to the development of new psychotherapeutic treatments, evaluation of the (cost)-effectiveness of these new interventions, and their dissemination to and implementation in routine clinical care.

Since 2010, Luyten's research has focused on the development of interventions based on an integrative evolutionary perspective rooted in the capacity for epistemic trust and *salutogenesis* – the capacity to derive benefit from the social environment. In this context, he is involved in efforts to develop a range of interventions, from selective indicated interventions for specific at-risk groups to population-based preventive interventions. As an example, he has conducted a randomized controlled trial involving almost 8,000 community individuals, aimed at improving wellbeing, and he has been involved in the evaluation of the (cost-)effectiveness of several school-based interventions aimed at improving wellbeing and

resilience among young people. He has also been involved in clinical trials of psychotherapy for depression and of mentalization-based treatments for people with borderline personality disorder and for looked-after and adopted children based on salutogenic principles.

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