

Biographical details for the films

See 25th Anniversary Conference Brochure

An additional person replacing Arietta Slade on the programme Par of the dialogue about Parent and Infant Work

Mary Target

Mary Target is a psychoanalyst and clinical psychologist, Professor of Psychoanalysis at UCL, and Director of the MSc in Theoretical Psychoanalytic Studies.

Mary teaches and supervises UCL students on three Masters programmes, and the PhD, DClinPsy and DPsych degree programmes. She is primary supervisor to six PhD students, and has supervised 20 completed PhDs. Her current PhD students are carrying out research on: the subjective meaning of anorexia nervosa to children and families who are chronic sufferers; the experience of parents of severely depressed adolescents; a Q-Sort measure of child-parent attachment; children's experience of death and divorce; the measurement of risk in the parent-infant relationship; and psychoanalytic theories and clinical attitudes to homosexuality. Her own research focuses on social and emotional development and attachment, personality functioning in adulthood, the process and outcome of psychotherapies for children, adults and couples, and qualitative research on the experience of illness. She is a Principal Investigator on seven current research grants. 30% of her teaching and research work is based at the Anna Freud Centre, London, where she was Professional Director from 2003 to 2013. She teaches seminar series on clinical writing, personality disorders and psychoanalytic research to candidates in training at the Institute of Psychoanalysis.

Mary holds an associate clinical professorship at Yale University (New Haven, CT), and is a member of the science faculty at the University of Turin. She has been honoured by Visiting Professorships at the University of Rome and in 2015 at the University of Vienna. She has active international academic collaborations with colleagues at Yale University, New Haven, and the Université Laval, Quebec. She jointly leads training courses with Prof Alessandra Lemma and Prof Peter Fonagy in Dynamic Interpersonal Therapy, and supervises several practitioners in this approach. She also runs trainings in Reflective Function coding, the Child Attachment Interview, and Mentalization-Based Treatment for Families.

As a committed clinician for thirty-five years, Mary has training and experience in cognitive behaviour therapy and family therapy as well as in psychoanalytic approaches, and has developed and evaluated short and medium-term therapeutic modalities most relevant within public mental health services. Since 1997 she has also maintained a half-time adult psychoanalytic practice.