

Keeping the Brain in Mind:

How knowing more about neuroscience
can help you become a better therapist

PsyBC 2009

Summary Outline

INTRODUCTION to WORKSHOP

THREE PREVIEW ARTICLES:

1. Why Study Psychoneurology?
2. Individual Psychotherapy as a Right Brain Experience
3. Psychoneurology of Couples' Therapy

WARMING UP: Mindfulness Exercise

PART 1: ANATOMY REVIEW

PART 2: CLINICAL APPLICATIONS IN INDIVIDUAL PSYCHOTHERAPY

4 major Shifts in Paradigm:

- A. First Paradigm Shift: Two Brain rather than One Brain model of Psychotherapy
- B. Second Paradigm Shift: A Major Origins of Psychopathology is Trauma to the early developing Nervous System
- C. Third Paradigm Shift: Affect Regulation as a Goal of All Psychotherapy:

5 Supporting Premises:

- #1: "Presenting Problems" are failure to regulate
 - #2: All psychotherapies promote affect regulation
 - #3: Therapists function as Attachment Figures, as neurobiological regulators of the client
 - #4: once in therapy, if we're doing our job, clients to get triggered into affect Dysregulation
 - #5: You have to activate and regulate to heal
- D. Fourth Paradigm Shift: Importance of the Right, non-verbal hemisphere in Psychotherapy:

PART 3: CLINICAL APPLICATIONS IN COUPLES' WORK

PART 4: EMPATHY AND LOVE IN PSYCHOTHERAPY