

Introduction

The aim of this course is to explore how breakthroughs in neuroscience have deepened our understanding of emotion as a body-state. These lectures will use science to nourish an integrative model of psychotherapy. Changes in both fields are part of a paradigm shift which is enabling an increasingly rigorous holistic perspective. What this means for psychotherapy is that feeling, thinking and acting need to be recognised as embodied processes. The clinical implications of this will be a central focus of the course.

Embodiment and Emotion will introduce the work of key pioneers in neuroscience who are re-locating metapsychology, including Schore, Damasio, Panksepp and Solms. We will explore the role of areas of the brain which have recently come under the spotlight: the orbitofrontal cortex, the cingulate, and the amygdala. It is clearly recognised now that mind is not a thing (a brain) but a process. The embodied brain is the dynamic structure through which this process operates.

The course will focus on four profoundly interrelated therapeutic issues: affect regulation, attachment, trauma and the body. I want to review how we work with these issues within the framework of transference-countertransference. My emphasis will be on drawing from a variety of traditions - object-relational, Jungian, systemic, and humanistic – and their ways of addressing the body. I will introduce interventions which directly address body states and look at how they operate within a clinical context.

Roz Carroll, Course Tutor

Roz Carroll M.A. Cantab, A.Ch.P, A.H.B.M.T.

Roz Carroll is a body psychotherapist and a Member of the Society for Neuro-psychoanalysis. She is a trainer and supervisor at the Chiron Centre for Body Psychotherapy. She has specialised in integrating concepts from neuroscience, psychoanalysis and body psychotherapy and has lectured and run short courses in a wide range of clinical training contexts. Recent publications include chapters in *Advances in Body Psychotherapy*, ed. T Staunton, and *Revolutionary Connections: a new relationship between neuroscience and psychotherapy*, ed. Corrigan & Wilkinson. For articles, lectures and other information visit www.thinkbody.co.uk



Programme

Term 1

1. The Principles of Process

What basis do we have for 'trusting the process'? Process thinking informs both psychotherapy and contemporary neuroscience. I explore the different effects of directive and interpretative interventions, catharsis and holding. How do these approaches relate to the emerging understanding of how the brain works?

23rd September 2003

2. Attachment Theory

Attachment theory elucidates how and why relationship is fundamental to emotional and cognitive development. Neuroscience extends this model with a structural understanding of its dynamics. I will explore how we can work with these embodied states and stages of infant development in adult psychotherapy.

21st October 2003

3. Affect and Intersubjectivity

Affective neuroscience has elaborated a variety of new propositions and distinctions about feelings, from a refinement of drive theory to an emphasis on intersubjectivity, to an insistence on the centrality of the body. These powerful new models both challenge psychotherapeutic preconceptions and support the emphasis on spontaneity and authenticity.

18th November 2003

4. Affect Regulation

We will look at different styles of supporting affect regulation, including regulation via the other (therapist/mother as container), co-regulation, self-regulation (internalisation), and group regulation.

16 December 2003

Term 2

5. Trauma

Neuroscientific mapping of acute brain/body reactions to high levels of stress has deepened understanding of health, developmental pathology and the effects of trauma in adulthood. New focussed and specialised interventions for working with trauma have emerged as a result.

13th January 2004

6. The Ego and the Unconscious

A review of the conflicting neuroscientific perspectives on this fundamental distinction of metapsychology. An exciting debate is taking place. How might the arguments in this debate effect the way that we think about our clients and the work of psychotherapy?

10th February 2004

7. The Body

The body is the ground reference for psychological process. This evening looks at how relationship functions positively to support embodiment, and the detrimental effects on the body of chronic stress and dysfunctional relationships. We will consider the range of options for and implications of working directly with the body.

9th March 2004

TERM 3

8. Integration

What do we mean by 'integration'? Can therapy support 'integration' between the left-right hemisphere; cortex, subcortex and brain stem the and autonomic and central nervous systems?

A consideration of therapeutic means and ends: bottom up, top down, right-left, inside out etc, etc.

18th May 2004

9. On the Border Between Chaos and Order

Chaos represents "a lifting of constraint on information processing" (Schore). The brain evolves in stages of organisation-disorganisation and re-organisation. So, in therapy, pleasure, curiosity, humour, sexuality, illness, confusion, intensity of feeling, etc, are opportunities for re-organisation.

8th June 2004

10. Transference-Countertransference

Transference and countertransference, like all psychological phenomena, are immediately reflected in the neurological and bodily patterns and processes between the therapist and client. We can look at them in terms of resonance, entrainment, and charge (conflict) in the therapeutic relationship.

6th July 2004

Confer presents

Embodiment and emotion

A new relationship between
neuroscience and psychotherapy

2nd run



A programme of ten seminars 2003-2004

*"A great synthesis of theory, as well as practical
application of the advances in neuropsychanalysis.*

Truly creative." Allan Schore

Booking Form

Please read the booking conditions before completing this form

Name _____

Address _____

Telephone Number _____

Email _____

Current Occupation _____

Clinical Orientation _____

I would like to register for the following events:

- All 10 evenings or
 A selection of 5 (please tick)

The Principles of Process	23	September	<input type="checkbox"/>
Attachment Theory	21	October	<input type="checkbox"/>
Affect and Intersubjectivity	18	November	<input type="checkbox"/>
Affect Regulation	16	December	<input type="checkbox"/>
Trauma	13	January	<input type="checkbox"/>
The Ego and the Unconscious	10	February	<input type="checkbox"/>
The Body	9	March	<input type="checkbox"/>
Integration	18	May	<input type="checkbox"/>
On the Border Between Chaos and Order	8	June	<input type="checkbox"/>
Transference-Countertransference	6	July	<input type="checkbox"/>

I enclose a cheque for £ made payable to Confer

Please deduct £ from card number

Master Card Visa Switch

Expiry date ____/____/____ Issue number _____ (Switch only)

Cardholder's signature

Date ____/____/____

Please return to:

**Confer, 36a Mildmay Road,
London N1 4NG**

Information

Venue The Royal College of
General Practitioners
14 Princes Gate, Hyde Park,
London SW7

Dates 23rd September 2003 – 7 July 2004

Times 7.30-9.30pm

Registration 7.00-7.30pm

Fees All 10 lectures £170
Any 5 lectures £100

Deposit £50 on booking
**The balance must be sent by
1st September 2003 to secure
your place**

Drop in Ticket Single lecture £25
A single ticket can be bought
on the night subject to availability

Transport Free parking in South Carriage Drive
(opposite the College)
Tube: Knightsbridge (5 minutes walk)

To Book Complete the attached booking form
and return with payment to:
**Confer, 36a Mildmay Road,
London N1 4NG**

Cancellation Cancellation: 50% refunds will be
given if requested in writing before
10th September 2003.

We regret that refunds cannot be
given once the series has begun in
any circumstances.

Your place is for your own use only

**Further
Information** Call Roz Carroll on 020 8205 2253 or
Email: thinkbody@lineone.net
Web www.thinkbody.co.uk or
Confer on 020 7254 2323

Reading List www.thinkbody.co.uk

**Course
Devised and
written by** Roz Carroll

**Director of
Confer** Jane Ryan



Seminar Format

Each evening will be structured as a lecture, with some brief exercises to integrate material, and time for discussion.

Last Year's Course

Last year's series was attended by a group of about 70 participants, including psychotherapists from humanistic, integrative, arts and psychoanalytic backgrounds, psychiatrists, clinical psychologists and counsellors.

Their Comments

"I liked Roz's combination of lucidity, articulate delivery...warmth...and openness in answering questions"

"Stimulating, informative and inspiring series...emotionally and educationally satisfying....Absolutely fascinating to make such clear connections between mind and body"

"The course certainly enhanced my understanding and opened a new window of knowledge"

Future Webcasting

Seminars will become available as webcasts via www.allaboutpsychotherapy.com - a site with multiple resources, including access to other Confer lectures, interviews with significant psychotherapists and CPD packages – which is due to be launched in Spring 2003.

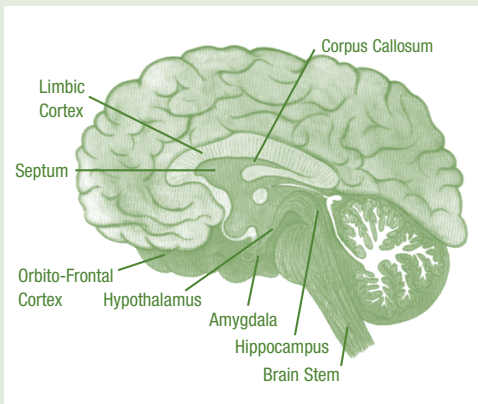
Course Manual

The seminar is accompanied by a manual with over 100 pages of summary material, diagrams, notes for further reading, and bullet points highlighting issues for therapeutic practice. This will be presented in a ring-bound folder, with course handouts making up inserts to complete the full text. Free to participants who sign up for the whole series.

Extracts from the Manual

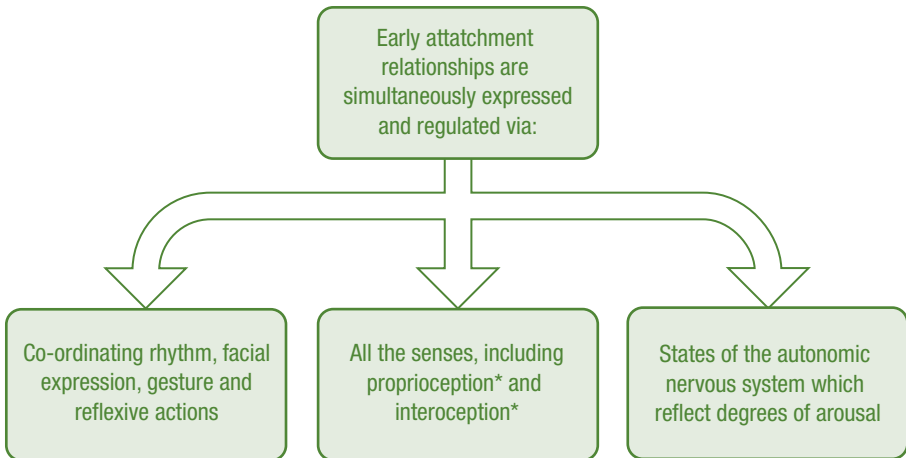
Affect is a bodily phenomena: areas of the brain concerned with affect coincide with structures that regulate and represent body state. (Damasio)

- Emotional expression is mediated by the autonomic nervous system via the hypothalamus.
- At birth, stimuli are given immediate good/bad valence by the amygdala, which triggers an autonomic response. Linked to taste and smell.
- At around 3 months, social communication stimulates the cingulate (limbic cortex) linked with primary intersubjectivity, shared pleasure, and desire to talk. This is a major input centre for information from the body, involved with movement, vocalisation and attention.
- The orbito-frontal cortex, executive centre of the right brain, develops interconnections with the autonomic nervous system in a critical phase between 10 and 18 months. The attachment relationship is internalised in the micro detail of this structure, which supports emotional regulation, the capacity to pause, and to manage stress.



Affect is both biologically and socially determined:

- Primary emotions are hard-wired and initially sub-cortically regulated but also, like more complex secondary emotions, elaborated through experience, especially social contact creating memories/associations as complex internalisations on every level of body-brain organisation.
- "Affect is intersubjective – it motivates & regulates the other. It is fundamentally dialogic... it happens between people". (Trevarthen)



Communication is not a separate activity, but a whole body act of adjustment and attunement to the other on all these levels.

* **proprioception** – felt awareness of muscular patterns and position of the body in space

* **interoception** – visceral information

Application to Psychotherapy

Empathy in the therapist is the capacity to see/feel the other. It requires cross-modal perception, especially visual-proprioceptive, which means being able to link what you observe with what you feel.

The therapist needs to be aware of their own dysregulation and its implications. Face to face work involves powerful visual triggers, which make the therapist vulnerable to an increase in the symptoms of countertransference.

Defences (in both client and therapist) are organised around regulation of the autonomic nervous system. Either person can actively reduce the level of stimulation - consciously or unconsciously - by, for example, avoiding eye contact or by contracting certain muscles, thus dampening affect.