



# Brain Mapping



How do developments in our understanding of neuropsychology lead us to improved psychotherapy practice?

## A conference

Friday (evening) 26 November  
and Saturday 27 November 2010

LONDON



Approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development (CPD).

# Introduction

In the past decade psychotherapists have been making extraordinary discoveries about the biological basis of psychological structures and emotional patterns. In response, a new and highly creative intellectual project has emerged in our field: to connect the insights of neuroscience and psychotherapy and to try to reconcile psychotherapeutic and neuropsychological understandings of the mind.

This enormous task has fore-grounded the work of pioneering researchers and theorists in both disciplines, but where do new insights lead us in terms of psychotherapy practice? Is this experiment of connecting the two fields an academic pursuit, an empowering substantiation of psychotherapy, or does it actually provide practitioners with meaningful information that guides us in the direction of more effective work? If so, what?

At this conference we bring together speakers who integrate neuropsychology into their clinical approach to explore this precise question: How exactly does neuropsychology make us better practitioners? Their brief is to explain how neuropsychology informs their clinical work, why they have undertaken the task of bringing together two disciplines, and the strengths and limitations of this approach.

# Programme

## Friday 26 November 2010

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| 6.00 | Registration   |
| 7.00 | <b>Dr Daniel Glaser</b><br>Introductory Address: What are the scientific foundations for the discipline of neuro-psychology? |
| 8.15 | <b>Dr Ruth Lanius</b><br>Why brain imaging can transform psychotherapeutic practice  |
| 9.30 | End of evening   |

## Saturday 27 November 2010

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| 9.30  | <b>Dr Nuri Gene-Cos</b><br>Utilising neurobiology to inform effective work with trauma patients                     |
| 10.45 | Coffee  |
| 11.15 | <b>Dr Ruth Lanius</b><br>What neuroscience teaches us about working with integrative and dissociative processes     |
| 12.30 | Lunch break   |
| 13.30 | <b>Dr Jean Knox</b><br>What neuroscience teaches us about the importance of relationship and relatedness in therapy |
| 14.30 | <b>Dr Liz Hall</b><br>Teaching the patient about their own neurobiology – a therapeutic intervention                |
| 15.30 | <b>Dr Daniel Siegel (by video link)</b><br>How neuropsychology informs my practice as a psychotherapist             |
| 17.0  | End   |

# Speakers

## Dr Daniel Glaser

Daniel Glaser is an imaging neuroscientist and Senior Research Fellow at the Institute of Cognitive Neuroscience, University College London. He uses fMRI (functional magnetic resonance imaging) to examine human brain function. He is currently Head of Special Project in Public Engagement at the Wellcome Trust. He was the first Scientist in Residence at the ICA, and is a founder member of the International Neuro-Psychoanalysis Society. He has made numerous appearances on national and local radio and has featured in articles in daily newspapers and on the Internet. He chairs the ICA's Cafe Scientifique which is the London branch of a national series providing a new way for scientists to interact with a general public.

## Dr Liz Hall

Liz Hall has been a clinical psychologist since 1974 and a psychotherapist since 1983. She worked in the mental health services of the NHS in Scotland before moving into private practice in Lincoln in 1995. Liz has over thirty years' experience of working with clients presenting complex trauma and dissociative states. She co-authored the book *Surviving Child Sexual Abuse* (with Siobhan Lloyd, 1989, updated 1993). She now works in private practice with similar clients and has a busy forensic practice providing expert reports for the family courts.

## Dr Ruth Lanius

Dr Ruth Lanius is an Associate Professor in the Department of Psychiatry at the University of Western Ontario, where she established and directs the Traumatic Stress Service, specialising in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related comorbid disorders. Her research interests focus on studying the neural correlates of PTSD using neuroimaging and treatment outcome.

## Dr Jean Knox

Dr Jean Knox is a psychiatrist and Jungian analyst in private practice in Oxford. She is a Training Analyst of the Society of Analytical Psychology, a Senior Member of the British Association of Psychotherapists, Consultant Editor of the *Journal of Analytical Psychology* and Honorary Senior Lecturer at the University of Kent. She has written and taught extensively on the relevance of attachment theory and developmental neuroscience to Jungian theory and practice. Her book *Archetype, Attachment, Analysis: Jungian Psychology and the Emergent Mind* was published by Brunner- Routledge in 2003.

# Speakers cont...

## Dr Nuri Gene-Cos

Nuri Gene-Cos is a Consultant Psychiatrist and trauma therapist at the Traumatic Stress Service, The Maudsley Hospital, London, where she specialises in neuropsychiatry and individual therapy work for people with stress disorders (including Post Traumatic Stress Disorder). She has a special interest in developmental trauma, violence, accident and war and works with victims who have brain injuries as well as psychological conditions. Her doctoral research focused on the psychophysiology in anxiety disorders and she has published several papers in relation to neuropsychiatric issues, bilingualism in relation to psychiatric symptomatology and PTSD. She is currently one of the two lead clinicians for the implementation of the PTSD NICE (National Institute of Clinical Excellence) guidelines in SLAM (South London and Maudsley).

## Dr Dan Siegel

Dan Siegel is currently a clinical professor of psychiatry at the UCLA School of Medicine where he is also on the faculty of the Center for Culture, Brain, and Development and the Co-Director of the Mindful Awareness Research Center at UCLA. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association and recipient of several other honorary fellowships. Dr. Siegel is also the Executive Director of the Mindsight Institute, an educational organization that focuses on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes. His psychotherapy practice includes children, adolescents, adults, couples, and families.

Dr. Siegel has published extensively for the professional audience. He is the co-editor of a handbook of psychiatry and the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: Toward a Neurobiology of Interpersonal Experience* (Guilford, 1999). This book introduces the idea of interpersonal neurobiology and has been of interest to and utilized by a number of organizations, including the U.S. Department of Justice, The Vatican's Pontifical Council for the Family, Microsoft and Google, early intervention programs and a range of clinical and research departments worldwide. He has been invited to lecture for the King of Thailand, Pope John Paul II, and His Holiness the Dalai Lama.