

**Relational
Psychotherapy
XVI**

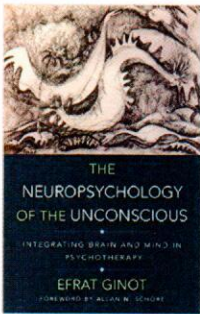
**Neuropsychology and the Unconscious:
Integrating Brain and Mind in Psychotherapy**

Instructor: Lawrence E. Hedges, Ph.D., Psy.D., ABPP

First Wednesdays 10:30-12:00

8-month Advanced Reading and Discussion Seminar—October 2017 through May 2018

Tuition for the year (12 hours of continuing education credit) is \$375 to be paid in 3 installments of \$125. **Early Bird fee of \$325 due by September 1, 2017**



Text: Ginot, E. (2015). *The Neuropsychology of the Unconscious: Integrating Brain and Mind in Psychotherapy*. New York: W. W. Norton & Company. (Norton Series on Interpersonal Neurobiology).

Course Description:

More than one hundred years after Freud began publishing some of his seminal theories, the concept of the unconscious still occupies a central position in many theoretical frameworks and clinical approaches. When trying to understand clients' internal and interpersonal struggles it is almost inconceivable not to look for unconscious motivation, conflicts, and relational patterns. Clinicians also consider it a breakthrough to recognize how our own unconscious patterns have interacted with those of our clients.

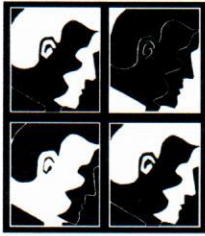
Although clinicians use concepts such as the unconscious and dissociation, in actuality many do not take into account the newly emerging neuropsychological attributes of nonconscious processes. As a result, assumptions and lack of clarity overtake information that can become central in our clinical work. This revolutionary course presents a new model of the unconscious, one that is continuing to emerge from the integration of neuropsychological research with clinical experience.

Drawing from clinical observations of specific therapeutic cases, affect theory, research into cognitive neuroscience and neuropsychological findings, the course will present an expanded picture of nonconscious processes. The model moves from a focus on dissociated affects, behaviors, memories, and the fantasies that are unconsciously created, to viewing unconscious as giving expression to whole patterns of feeling, thinking and behaving, patterns that are so integrated and entrenched as to make them our personality traits.

Topics to be covered include: the centrality of subcortical regions, automaticity, repetition, and biased memory systems; role of the amygdala and its sensitivity to fears in shaping and coloring unconscious self-systems; self-narratives; therapeutic enactments; therapeutic resistance; defensive systems and narcissism; therapeutic approaches designed to utilize some of the new understandings regarding unconscious processes and their interaction with higher level conscious ones embedded in the prefrontal cortex.

Larry Hedges, Ph.D., Psy.D., ABPP., began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychoanalysts and psychotherapists individually and in groups on their most difficult cases. He was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst. Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 19 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Grady award. During the 1909 centennial celebrations of The International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational track during the first century of psychoanalysis. In 2015 Dr. Hedges was distinguished by being awarded honorary membership in the American Psychoanalytic Association for his many contributions to psychoanalysis through the years.





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Learning Objectives: At the completion of the course participants will be able:

- To state why repressive and dissociate notions of the unconscious are inadequate.
- To name the brain parts that are responsible for unconscious motivation.
- To explain the ways in which the right brain is prior to and regulates the left brain.
- To give a neuropsychological explanation of affect dysregulation and enactments.
- To describe the neurological function of repetition and resistance.

Reading Assignments

Session 1:

Date: October 2017

Chapter 1

Foreword by Allen N. Schore, Ph.D
“My Unconscious Made Me Do It”

Session 2:

Date: November 2017

Chapters 2 & 3

The Lasting Power of Anxiety
The Unknowable in Action

Session 3:

Date: December 2017

Chapter 4

Therapeutic Enactments

Session 4:

Date: January 2018

Chapter 5

Aspects of Affective Dysregulation

Session 5:

Date: February 2018

Chapter 6

Repetition and Resistance

Session 6:

Date: March 2018

Chapter 7

Injury, Defense, and Narcissistic Personality Structure

Session 7:

Date: April 2018

Chapter 8

Implicit and Explicit Therapeutic Processes

Session 8:

Date: May 2018

Chapters 9, 10 & Conclusion

Intergenerational Enactment of Trauma

Intersubjectivity and Unconscious Self-Systems

The Listening Perspectives Study Center is approved to provide Continuing Education Credits for Psychologists, Marriage and Family Therapists, Social Workers, and Nurses. The exact number of credits awarded is equal to the number of contact hours for each event and is specified on the Syllabus.

The Listening Perspective Study Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Listening Perspectives Study Center maintains responsibility for the program and its content.

The California Board of Behavior Science recognizes Continuing Education Credits awarded by providers approved by the American Psychological Association to Marriage & Family Therapists and Licensed Clinical Social Workers

California Board of Registered Nursing Provider Number: CEP12038