



The Greater Philadelphia Society of Clinical Hypnosis

A Component Section of the American Society of Clinical Hypnosis

MEETING: Sunday, February 7, 2010

Time: 11.00 am to 1.00 pm (*see schedule below*)
2 APA CE Credits for Psychologists

ROXBOROUGH MEMORIAL HOSPITAL (RMH), WOLCOFF AUDITORIUM
5800 Ridge Avenue, Philadelphia, PA (*directions on page 2*)

THE NEURAL BASIS OF THE DYNAMIC UNCONSCIOUS: WHAT CLINICAL POPULATIONS WITH BORDERLINE PERSONALITY DISORDER AND DISSOCIATIVE DISORDERS CAN TEACH US

Presenter: Heather A. Berlin, PhD, MPH

Assistant Professor

Department of Psychiatry, Mount Sinai School of Medicine

Workshop Description

This workshop will explore the relationship between neuroscience and psychoanalytic theories. A great deal of complex cognitive processing occurs at the unconscious level and affects how humans behave, think and feel. But scientists are only beginning to understand how this occurs on the neural level. Understanding the neural basis of consciousness requires an account of the neural mechanisms that underlie both conscious and unconscious thought, and their dynamic interaction. For example, how do conscious impulses, thoughts, or desires become unconscious (e.g. repression) or, conversely, how do unconscious impulses, desires, or motives become conscious (e.g. Freudian slips)?

Research taking advantage of advances in technologies, like functional magnetic resonance imaging, has led to a revival and re-conceptualization of some of the key concepts of psychoanalytic theory, and progress at understanding their neural basis. According to psychoanalytic theory, unconscious dynamic processes defensively remove anxiety-provoking thoughts and impulses from consciousness in response to one's conflicting attitudes. Within this framework, the processes that keep unwanted thoughts from entering consciousness include repression, suppression and dissociation. I will discuss studies from psychology and cognitive neuroscience in both healthy and patient populations (e.g. borderline personality disorder and dissociative disorders) that are beginning to elucidate the neural basis of these phenomena. This will ultimately lead to more effective treatment options for certain psychological disorders and help us better understand our own consciousness.

Learning Objectives

At the conclusion of the workshop, participants will be able to:

1. Describe basic concepts of the unconscious.
2. Understand experimental evidence which is beginning to elucidate the neural basis of impulsive behavior, suppression, repression and dissociation.
3. Describe how understanding the brain mechanism underlying unconscious dynamic processes will lead to more effective treatment options for disorders like borderline personality disorder, impulse control disorders, and dissociative disorders.
4. Begin to translate findings in cognitive neuroscience to clinical interventions for specific patient populations.

Presenter

Dr. Heather A. Berlin is Assistant Professor of Psychiatry at Mount Sinai School of Medicine, where she also completed an NIMH Postdoctoral Fellowship, and conducts research with brain lesion, and impulsive, compulsive, and dissociative disorder patients. She earned her doctorate in Neuropsychology from the University of Oxford, Master of Public Health from Harvard University, Master's in Psychology from the New School for Social Research, and Bachelor of Science from SUNY Stony Brook. Dr. Berlin has conducted clinical research with diverse psychiatric and neurological populations in both the US and UK, she lectures widely, nationally and internationally, and has published her research in many prominent journals. Dr. Berlin was also a Visiting Assistant Professor at Vassar College, and a Visiting Lecturer at the Swiss Federal Institute of Technology (ETH)/University in Zurich, and at the Hebrew University of Jerusalem, teaching courses on the Neurobiology of Consciousness.

Program Schedule:

10.45 a.m – 11.00 a.m	Registration
11.00 a.m. – 12.45 p.m	Presentation
12.45 p.m. – 1.00 p.m.	Q&A, Evaluations

Target Audience: This program will be of interest to health care professionals such as physicians, psychologists, nurse practitioners, nurses, marriage and family therapists, and social workers who are interested in providing effective and responsible hypnosis treatment.

Psychology Continuing Education: Margolis Berman Byrne Health Psychology, P.C. (MBB) is approved by the American Psychological Association to sponsor continuing education for psychologists. MBB maintains responsibility for this program and its content.

Clinical Social Worker, Professional Counselor, Marriage and Family Therapist Continuing Education: As an APA –approved course, the awarded 2 CE credits for full attendance may be submitted to the PA State Board of Social Workers, Professional Counselors, and Marriage and Family Therapists. For questions, call the State Board at 717-783-1389

ASCH Credit: This workshop is not approved for credit by the ASCH.

Credit Certificates: There is no charge for those who wish to obtain ASCH certification or re-certification of CE hours. For those who wish to obtain CE credits, the fee is \$20 for GPSCH members and \$40 for non-members (check payable to GPSCH). There is no advance registration, and you must pay for the CE credits on-site. Upon signing the on-site Registration Form, it is understood that you have read and accepted the Acknowledgement and Release. A Certificate of Attendance will be provided upon completion of the presentation. No credit is awarded for partial attendance.

Special Needs: The Greater Philadelphia Society of Clinical Hypnosis and Margolis Berman Byrne Health Psychology, P.C. are committed to providing access and support to persons with special needs who wish to participate in the programs we sponsor. If you have any questions, or if you require reasonable accommodations for a disability in order to participate fully in this continuing education activity, please call Subha Robinson, GPSCH Administrative Director, in advance at 610-527-3710 or e-mail gpsch@verizon.net

Mark Your Calendars:

Feb 26-28, 2010: Intermediate Hypnosis Workshop at Jefferson Alumni Hall

Wed, March 10, 2010: 7.30-9.30 pm Ed Mackey CRNA, MS, MSN, Ph.D.: Everyday uses of suggestion/hypnosis for outpatient medical procedures.

******* Directions to Roxborough Memorial Hospital *******

From the Main Line / Valley Forge Area: Take the Schuylkill Expressway (1-76) east bound. Exit at the Belmont Exit (Exit 338). Turn left at the bottom of the ramp and cross the Schuylkill River. Go up Green Lane to the top of the hill. At the first traffic light, turn right onto Ridge Avenue. The hospital is just past the third traffic light (about 6 blocks). Turn left past Roxborough onto Jamestown Street. The parking lot is on the right.

From Center City: Take the Schuylkill Expressway (1-76) west to Exit 340 A (Lincoln Drive-Kelly Drive). Stay in the right lane and take the ramp leading to Ridge Avenue West. The hospital is on the right side of Ridge Avenue, five traffic lights after exiting 1-76.

From Northeast Philadelphia: Take Route 1 South to the Ridge Avenue exit. Turn right and follow Ridge Avenue for five traffic lights. The hospital is on the right side of Ridge Avenue after the Walnut Lane intersection.

From North Philadelphia: Take Broad Street to Roosevelt Blvd. and follow the same directions as “From Northeast Philadelphia.”

From Mount Airy: Take Washington Lane to Wayne Avenue. Turn left onto Wayne Avenue. Follow to Walnut Lane. Turn right onto Walnut Lane and drive about three miles (over Wissahickon Avenue and Henry Avenue) to Ridge Avenue. Turn right onto Ridge Avenue. The hospital is one-half block up Ridge Avenue.

Parking is in the hospital parking lot on Jamestown Street, and it costs \$3.00 (paper or coin operated machine, for unlimited duration). Street parking is limited but free. We will meet in the Wolcuff Auditorium, a separate building (pink-red brick) on the hospital campus. It is just a short walk from the parking lot along the service drive.

In the event of inclement weather, call the Roxborough Hospital switchboard at 215-483-9900 to confirm whether this meeting has been postponed or cancelled; we will also send a notice via e-mail.