

Examining the Neural Substrate in Psychotherapy

Andrei Novac, MD, FAPA

Clinical Professor of Psychiatry

Director Traumatic Stress Program

University of California, Irvine

Hope: Seeing the End of the Tunnel

- I. Ability to distance: a) maintain perspective
b) dissociate
- II. Create temporary transcendence
- III. Maintain meaning of life and context :
Meaningful narrative of life
(organized by speech centers and
association areas, e.g., ant cingulate)
= produces autobiographical memory
by: speech therapy, music, EMDR, etc

Some of the Neuro-cognitive Processes in Psychotherapy

- I Representation of emotional dimensions
- II Discrimination of attention network for new constructs
- III Learning personal limits of aversion
- IV The workings of self knowledge
- V Transference
- VI Change in Psychotherapy- complex learning
- VII Consolidating change
- VIII Processing of psychological pain- verbal and non-verbal

For additional information regarding
this subject, please contact Dr. Novac
at anovacmd@gmail.com