



# Introduction

In this workshop Dr Allan Schore will discuss the change mechanism of psychotherapy from the perspective of new regulation theory, a model of the development, psychopathogenesis, and treatment of the implicit self. Referring to his upcoming volume, *The Science of the Art of Psychotherapy* and his most recent work on Affect Regulation Therapy (ACT), neuropsychanalysis, traumatology, and affective neuroscience, he will discuss the relational and neurobiological change mechanisms that lie at the core of affectively-charged clinical enactments. He will cite recent interdisciplinary studies and updated clinical models which indicate that the current ongoing paradigm shift allows for a deeper understanding of how regulated enactments are a central mechanism of therapeutic action, especially for patients with a history of attachment trauma, whether they be infants, children, or adults.

Over the course of the day he will offer a number of PowerPoint-illustrated audience dialogues which suggest that changes in the connectivity of right brain is an outcome of effective treatment. He will explain how the incorporation of current scientific studies of the right brain into updated clinical models allows for a deeper understanding of not only why, but how psychotherapy works.

## Dr Allan Schore

Dr Allan Schore is considered by many to be the foremost pioneer of neuropsychanalysis and we are privileged to be hosting his presentation in Dublin. His work has transformed the cultural and scientific context of psychotherapy, enabling practitioners to greatly deepen their understanding of the processes with which we work. Dr Schore is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, University of California at Los Angeles David Geffen School of Medicine. He is author of the seminal volume *Affect Regulation and the Origin of the Self* and two recent books, *Affect Dysregulation and Disorders of the Self* and *Affect Regulation and the Repair of the Self*. His groundbreaking contributions have impacted the fields of psychotherapy, psychoanalysis, affective neuroscience, neuropsychiatry, developmental psychopathology, trauma theory, and infant mental health. He is on the editorial staff and reviewer of 22 journals, is involved in psychiatric neuroimaging research, lectures internationally to a variety of clinical and scientific audiences, and has practiced psychotherapy for four decades. His latest book *The Science of the Art of Psychotherapy* will be available in Jan 2012.

# Programme

## 10.00 The Paradigm Shift: deepening our understanding of the affective and neurobiological dynamics of clinical enactments

Recent relational and neuropsychanalytic models posit that enactments are eruptions of unconsciously strong overwhelming affect within the therapeutic relationship and not technical mistakes, and that they represent a way of reaching deeply into traumatized areas. The current paradigm shift from cognition to emotion, from conscious to unconscious processes, and from left to right brain allows for a deeper understanding of how regulated enactments are a central mechanism of therapeutic action, especially for patients with a history of attachment trauma.

## 11.30 Coffee

## 12.00 Enactments: working in right brain windows of affect tolerance

Within an interpersonal neurobiological perspective, enactments are re-expressions of right brain dysregulation associated with the re-experiencing of attachment trauma, yet they also allow therapeutic access into encountering unconscious, dissociated painful affects that are blocked from consciousness. Although the most stressful context of the treatment, these right brain-to-right brain communications occur within the regulatory boundaries of the patient's windows of affect tolerance and can now potentially be subjectively experienced and interactively regulated (rather than interpreted) and thereby integrated into the right brain implicit self.

## 13.00 Lunch

## 14.00 Psychotherapeutic Change: regulated enactments, corrective emotional experiences and the expansion of the right brain implicit self

The affective dynamics occurring within clinical enactments offer important possibilities for not only grasping the patient's inner world as it intersects with the therapist's own, but also for nonlinear change in internal psychic systems that unconsciously process emotional communications and regulate stressful emotional states. Regulated enactments facilitate top-down and bottom-up integration of right cortical and subcortical systems and thereby an expansion of tolerance of both negative and positive affect tolerance of the right lateralized "emotional brain."

## 15.30 Tea

## 16.00 Concluding discussion

## 17.0 End