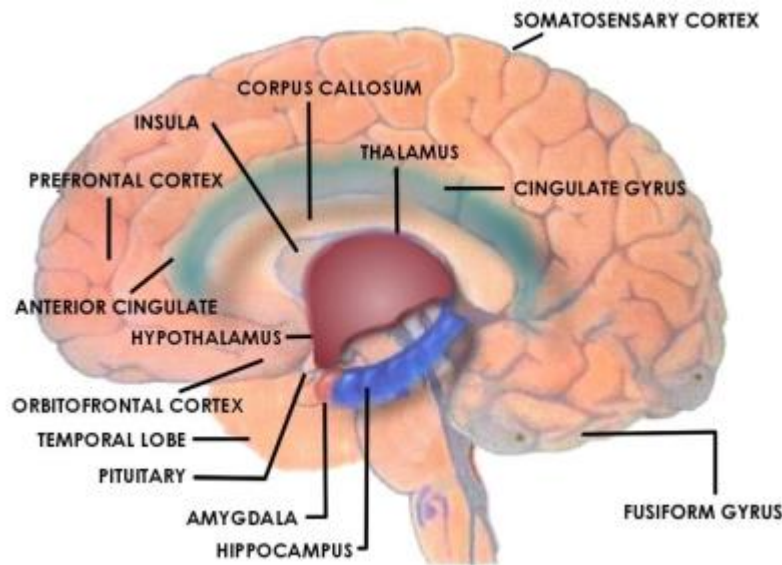


Working Implicitly in Psychotherapy:

What Decades of Neuroscience Study Has Taught Me About Being a Psychotherapist

Francine Lapedes M.F.T.
State CAMFT 2017



Please do not duplicate or distribute this graphic

Outline Working Implicitly in Psychotherapy

POINT 1: ANATOMY REVIEW and HEMISPHERES

POINT 2: INFANTS AS RIGHT BRAIN BEINGS

POINT 3: IMPLICIT AND EXPLICIT MEMORY SYSTEMS

POINT 4: THE CHALLENGE OF REGULATING AFFECT

POINT 5: LIMBIC DOMINANCE AND NON-DECISIONAL CHANGES

POINT 6: IMPLICIT RELATIONAL SCHEME

POINT 7: WORKING "BOTTOM UP" VS. "TOP DOWN"

POINT 8: TOOLS FOR WORKING "BOTTOM UP"

TOOL 1: AFFECTIVE LANGUAGE IN PSYCHOTHERAPY

TOOL 2: STAYING WITH FEELINGS STATES UNTIL THEY PASS

TOOL 3: TEACHING VERTICAL INTEGRATION_I.E. REGULATING AFFECT & BODY

TOOL 4: SELF-NAMING BODY AWARENESS

TOOL 5: DUAL AWARENESS INCREASES SELF-REGULATION

TOOL 6: SHIFTING UNHEALTHY IMPLICIT RELATIONAL SCHEMA

TOOL 7: ATTUNING & BEING WITH OVER TIME