THE SCIENCE OF THE ART
OF PSYCHOTHERAPY
Allan Schore, Ph.D.

In this workshop, Allan Schore will discuss his recently published book, *The Science of the Art of Psychotherapy* (Norton). Using the biopsychosocial perspective of Regulation Theory, a model of the development, psychopathogenesis, and treatment of the implicit self, he will discuss a number of essential clinical phenomena that occur beneath the words of the patient and therapist. Neuroscience, he says, is bringing a paradigm shift to psychotherapy, from conscious cognition to unconscious affect. Neuroscience and neuropsychoanalysis are discovering the relational and neurobiological change mechanisms that lie at the core of psychotherapy, especially in heightened affective moments of treatment. Over the course of the day Schore will offer a number of PowerPoint – audience dialogues; he and the audience will explore how changes in the connectivity of the “emotional” right brain become the invaluable consequences of effective treatment, and how the incorporation of current scientific studies of the right brain into updated clinical models more deeply explains not only why but how psychotherapy works.

Morning: Working in the right brain: A regulation model of clinical expertise for treatment of attachment trauma
Schore will discuss his interpersonal neurobiological model for working with early-forming relational trauma. The paradigm shift alters our view of clinical expertise from one who offers insight-oriented interpretations to make the unconscious conscious to one who optimally processes and regulates the patient's unconsciously communicated bodily-based affective states in order to facilitate development of the unconscious mind itself.

Afternoon: Therapeutic enactments: working in right brain windows of affect tolerance
Relational and neuropsychoanalytic models now posit that enactments, often seen as signs of clinical error, are better seen as eruptions of unconsciously strong overwhelming affect within the therapeutic relationship, emotional windows into deeply traumatized areas. Regulated enactments are a central mechanism of therapeutic action, especially for patients with a history of attachment trauma.

Learning Objectives
This workshop is designed to help you:
1. Describe how regulation theory integrates psychoanalytic concepts of the relational unconscious and interpersonal neurobiology into more complex clinical models of unconscious communication and intersubjectivity.
2. Describe how this regulation model applies to the attachment relationship embedded in the therapeutic alliance, and the interpersonal neurobiology of dissociation, empathy and transference-countertransference interactions.

“Allan Schore is a monumental figure in psychoanalytic and neuropsychoanalytic studies.”
American Psychoanalytic Association

When:
Saturday, May 16th
Registration 8:30am
Workshop 9am-4:30pm

Where:
Hospitality Center
Southern New Hampshire University
2500 North River Road
Manchester, NH

Co-sponsored by:
- NH Chapter of the National Association of Social Workers
- New Hampshire Psychological Association
- Vermont Society of Modern Psychoanalysis
Learning Objectives (continued)
3. Discuss interpersonal neurobiological conceptions of the development of therapeutic expertise.
4. Explain new discoveries about the psychotherapeutic change mechanism of clinical enactments.
5. Explain the re-conceptualizing of repression as pathological dissociation.
6. Describe interpersonal neurobiological change mechanisms in psychotherapy.

About Allan Schore
Allan Schore, Ph.D., is on the clinical faculty of the Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine. In addition to his newest book, he has authored Affect Regulation and the Origin of the Self, Affect Dysregulation and Disorders of the Self and Affect Regulation and the Repair of the Self. He has published papers on developmental neuroscience, psychiatry, psychoanalysis, developmental psychology, attachment theory, trauma studies, behavioral biology, clinical psychology, and clinical social work. He has been in private psychotherapy practice for over four decades.

Directions
From the south: Take I93 to Exit 9N. Go 2.1 miles on US3/NH28, then turn left onto Martins Ferry Rd. Martins Ferry Rd. becomes River Rd. and SNHU is on your right. The Hospitality Center is on your right as you enter SNHU, with parking adjacent (for campus map, see snhu.edu/212.asp).
From the north: Take I93 to Exit 9S. Merge onto US3/NH28 and take first right onto Bicentennial Dr. and go 1.4 miles, then turn right onto River Rd. SNHU is on your left. The Hospitality Center is just north and on the left after you enter SNHU, with parking adjacent (for campus map, see snhu.edu/212.asp).

For more information: Call 603-714-1737

Registration Form
Name_____________________________ Degree________________
Address_______________________________

Workshop Fees
Early bird (before April 16) $150
Regular (after April 16) $160
Students and Trainees $100

Lunch (On your own, or purchase a lunch ticket for sandwich and salad buffet)
_____ I would like a lunch ticket (add $15)

Any special dietary requests (e.g. vegetarian or gluten-free) _______________________

Continuing Education
This program is co-sponsored by NH-NASW and NHPA. From NH-NASW, this program has been approved for 6 (six) Category I Continuing Education hours for licensure. The NASW Authorization number is # 3128. New Hampshire Psychological Association (NHPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. NHPA maintains responsibility for the program and its content. NHPA has approved this program for 6 (six) Continuing Education (CE) credits.

_____ I would like social work CEUs
_____ I would like psychology CEUs (add $10)

“Schore—with scientific precision, uncanny clinical acumen, and extraordinary vision—has been able to zero in on what matters most—both in development and in treatment.”
Martha Stark,
Psychoanalytic Psychology

“Allan Schore’s ... work is leading to an integrated evidence-based dynamic theory of human development that will engender a rapprochement between psychiatry and neural sciences.”
American Journal of Psychiatry

“Allan Schore has become a heroic figure among many psychotherapists for his massive reviews of neuroscience that center on the patient-therapist relationship.”
Daniel Goleman, author of Social Intelligence

Email______________________________
Phone____________________________
How did you learn about this workshop?
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____________________________________
____________________________________

Cancellations. If you cancel at least 10 days before the workshop, we will send you a refund minus a $20 processing charge.

Mail registration and check payable to NH-NASW to:
NH-NASW,
4 Chenell Dr., Suite 103,
Concord, NH 03301.