

inspired by a number of theoreticians. In particular, we love to quote Jaak Panksepp (1998, 1999):

Since the self should be established on very stable neural coordinates, I believe the sources of primary process core-consciousness are intertwined more intimately with intrinsic motor than with exteroceptively driven sensory processes within the brain. [This is] to bring to the forefront of discussion the potentially essential role of central motor processes in anchoring the preconscious substrates of consciousness. [p. 115]

Our guiding assumptions are the following:

1. Human motor behavior is a complex, multifaceted phenomenon. "It is generally believed that emotional processes have many attributes including motor-expressive, sensory-perceptual, autonomic-hormonal, cognitive-attentional, and affective-feeling aspects" (Panksepp, 2003, p. 4).
2. Human motor behavior reflects brain mechanisms and processes by the mediation of visible shapes, spatiotemporal axes, and modes of operation. Consequently, they contain significant keys to the understanding of the self's inner world (Shahar-Levy, 2001).
3. Underneath all functional levels of behavior, our body carries subconscious nuclei of emotive attitudes and related motor patterns, which we define as emotive-motor clusters. The basic characteristic of an emotive-motor cluster is the interweaving of physical and psychological imprints into interwoven dynamic units, which we have called Emotive Motor Memory Clusters (Shahar-Levy, 1994, 2001).
4. The moving body reveals the psyche's secrets in the language of postures and movement. Tension cycles, intensity contours, mobilization patterns, body shapes, and movement phrases are the visible manifestations of the self's emotional, relational, and motivational systems. A person's body postures and movements externalize his or her inner narratives and reflect our present emotional attitudes in body shapes and tension patterns (Lowen, 1967, 1971; Shahar-Levy, 2001).

The first topics our group plans to address will be:

- Basic concepts relating to body and movement (i.e., body schema, body concept, body image; Eshkol & Wachmann, 1958; Shahar-Levy, 1994, 2001)
- The universal yet invisible pull of gravity and its influence on motor-emotive behavior (for instance, gravity and depressive states).

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Istanbul Neuropsychanalysis Study Group

The Istanbul neuropsychanalysis family has extended its interdisciplinary and international connections this year, building collaborations with the Turkish Association of Cognitive and Behavioral Psychotherapies, the International Task Force for Common Language, the Association of Psychoanalysis and Psychoanalytic Psychotherapies in Istanbul, and the Trieste Neuropsychanalysis Study Group in Italy. In line with our principle to unite polarities and to improve "common language" among specialists from various disciplines and countries, the activities stated below were carried out:

1. The president of the Turkish Association of Cognitive and Behavioral Psychotherapies in Istanbul (www.kdtd.org), Prof. Mehmet Sungur, psychiatrist-psychotherapist at Marmara University Hospital, former president of the European Association of Behavioral and Cognitive Therapy (EABCT), and Task Force member of the Accreditation Committee of EABCT, introduced to our neuropsychanalysis group the project of Common Language in Psychotherapy procedures (www.commonlanguagepsychotherapy.org). As a member of the International Task Force of the project, he described in detail how the absence of a common language for psychotherapy procedures leads different therapists to use different terms to describe the same procedure and/or the same term to describe different procedures. This confusion influences both professionals and patients. The project is aimed to develop a shared language that would reduce confusion and improve the scientific study of psychotherapies. This collaboration between our group and the Task Force is potentially fruitful in future. We believe that the integration of different languages of various schools of thought

will later facilitate the integration of mind-body studies. What we are looking at is the same, only how we name it is different, at least for now. The Task Force invites your contributions, which will be included in a book for psychotherapy procedures. Relevant information can be found at: www.commonlanguagepsychotherapy.org.

2. The Istanbul Neuropsychology Study Group initiated collaboration with the Association of Psychoanalysis and Psychoanalytic Psychotherapies (Psikanaliz ve Psikanalitik Psikoterapiler Derneği: PPPD). The PPPD was founded in 2003 in Istanbul to spread psychoanalytic approaches and to train psychoanalysts. In line with this aim, it provides education of candidates selected by the committee of the International Psychoanalytical Association. It also offers independent educational opportunities like seminars, conferences, case studies, symposiums, and publications to all specialists interested in the psychoanalytic approach. In 2008, the Turkish translation of the *International Journal of Psychoanalysis Annuals* began to be published under the editorship of Bella Habip, the President of the PPPD, and her colleagues. The activities of the PPPD and the announcements of presentations given by native or foreign specialists can be followed at www.pppderneği.org.

In collaboration with the Trieste Neuropsychology Group at the Department of Reproductive and Developmental Sciences of the University of Trieste and Institute of Mother and Child Health Burlo Garofolo in Italy, Fatma Gökçe Özkarar, Fiora Bartoli, Secondo Guaschino, Stefano Bembich, Sergio De Marini, Cristina Vecchiet, and Andrea Clarici presented a preliminary meta-analysis on the antidepressant effects of oxytocin at the 9th International Congress of Neuropsychology held in Montreal, Canada. It was emphasized that the anxiolytic effects of oxytocin are well demonstrated in the current literature, whereas further research on its antidepressant effects is required.

The Istanbul neuropsychology family continues to extend its internal and external collaborations and activities, in line with its holistic principle to build bridges between specialists from various schools of thought, disciplines, and cultures.

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Neurogestalt, Montréal

Our group has been involved in consolidating its advanced clinical training program through the integration of neuroscientific and neuropsychological data.

We also finalized the French translation of Allan Schore's *Affect Regulation and the Repair of the Self*. The book was published by Les Éditions du CIG and came out on 30 October 2008, to coincide with Allan Schore's visit to Montreal (see below), and 500 copies were sold in less than 48 hours! It is currently in reprint.

We were centrally involved at the organizational and scien-

tific levels in the preparation of the 2008 National Conference of the Quebec Order of Psychologists. Allan Schore gave the keynote address, "The Brain and Psychotherapy," to an audience of 700 psychologists, psychiatrists, and other mental health professionals. The next day, he conducted a 6-hour workshop on the topic: "Affect Regulation: An Essential Element of Psychotherapy." It was attended by a full house of 300. The day following that, our group led an integration workshop entitled "Neuroscience and Psychotherapy: What Difference Does It Make?" It too was attended by a full house of 150.

We continue to be solicited by universities and mental health facilities to lecture and supervise therapists in the process of integrating recent neuroscientific and neuropsychological data into the therapeutic process.

A chapter entitled "Une neurodynamique du Self en dialogue thérapeutique" [Neurodynamic dimensions of the self in therapeutic dialogue] written by Gilles Delisle, Ph.D., will appear in *Cerveau et psychothérapie* [The brain and psychotherapy], to be published in the spring of 2009. The book is edited by Joel Monzée, Ph.D., and is published by Éditions Liber, Montréal.

Projects for 2009 include a presentation at the annual convention of the Quebec Psychiatrists Association, in June. Our Paris group is currently working on a conference to be held in May 2010 where, again, Allan Schore would give a one-day workshop, followed by our own.

A joint research project is currently being considered with the Montreal Psychoneuro Institute, which would investigate a number of neural variables involved in the psychotherapeutic dialogue.

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French-English discussion group on patients with neurological problems

The preparatory group for 2009 met on 5 December 2008 at the Leopold Bellan Hospital, Paris.

The case of a patient with Parkinson's from the neurological ward with severe behavioural troubles such that the nursing staff had problems coping was discussed by two nurses (Mrs. Nathalie Apostoli and Mrs. Elisabeth Barrault) and a group of neurologists and psychoanalysts (Dr Annaik Feve, neurologist and psychoanalyst; Dr Isabelle Laffont, psychiatrist and psychoanalyst; and Dr. Diana Ribeireau, neurologist and psychiatrist). The case was reviewed medically (change of dopaminergic and antidepressant treatment); psychoanalytically (infantilization, rejection and abandonment-induced attitude, lack of verbalization); and from a behavioural perspective (communication problems with this patient were evoked, and particularly speech difficulties and play strategies). The patient's adhesiveness to his own speech, a symptom in Parkinson's known as dysexecutive syndrome, and his constant requests for physical attention led the caregiver(s) to choose to use an authoritative approach, saying, for example, "Please stop shouting! You must not shout like that," or, "I will close the door if you persist." A more playful approach was also discussed; for example, observing the pa-