


## Bulletin of the International Neuropsychanalysis Society

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The bulletin of the International Neuropsychanalysis Society is a way to circulate ideas from groups all over the world. During this long pandemic time we had a moment of frozen sequence of actions. As expected, the chaos created a strong disorganized prediction of how long we should keep social distance. Fear was a strong feeling disrupting our routines. We had not only to stay apart, but also to be adaptive. What emerged was a new way to communicate.

Now that we have learned other ways to be in touch, zooming in and out of people's homes and lives, we, as human beings who survived, also discover new adaptations to reach out from our "caves." Hopefully, our next congress in San Juan, in July 2022, will give us the opportunity to explore our sensory system in a more affective integration, minding our bodies to give a better motor action! As a complex adaptive system, our brain was shaken; many concepts pre-pandemic will now be reformulated, but the stream of underpinnings to bridge brain, mind and body will be strengthened. Let's carry on, and be together, celebrating life.

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### Turkish Neuropsychanalysis Study Group

During the pandemic, our group continued to work on neuropsychanalysis and cross-cultural affective neuroscience. Here is some of our news:

In October 2021, Prof. Solms became our guest speaker with his online talk on "The Talking Cure and the Brain" at the 57th National Psychiatry Congress held in Ankara. The moderators from our study group were Prof. Gamze Özçürümez Bilgili and clinical psychologist Gökçe Özkarar Gradwohl, and the discussants were Dr. Yasemin Hoşgören Alıcı and Dr. Eren Yıldızhan. In the same congress, Prof. Hakan Atalay from our group gave a talk titled "Neuropsychanalytical View of Psychotherapies" at the panel named "Psychotherapies and Brain." Both talks were thought-provoking, in terms of how dyadic relationships, like a therapeutic alliance, can influence the neural activities of the brain. Prof. Hakan Atalay also gave another talk

named "Mind: Biology or Mathematics?" where he discussed the pros and cons of a Bayesian approach. Discussions included artificial intelligence debates as well.

The journal of Psychotheory (Psikoteori Dergisi) published an interview with Gökçe Özkarar Gradwohl on "To Know Neuropsychanalysis" (Gradwohl, 2021a) and an interview with Prof. Hakan Atalay on "Epistemology of Neuropsychanalysis" (Atalay, 2021) in two successive issues. In addition, Psychotheory dedicated the second issue of 2021 to the memory of Prof. Jaak Panksepp. For this special issue Gökçe Özkarar Gradwohl's interview titled "Affective Neuroscience and Panksepp" (Gradwohl, 2021b) was also published. The journal's emphasis on neuropsychanalysis and affective neuroscience, along with their Turkish translations of the articles of Solms and Turnbull, seem promising for the future.

In November, Prof. Gamze Özçürümez Bilgili, who is a lecturer at International Psychoanalysis University (IPU) invited Gökçe Özkarar Gradwohl for the second time to give a talk to the clinical psychology masters class. Gökçe Özkarar Gradwohl gave a lecture titled "Affective Neuroscientific Implications in the Clinic," where she elaborated on the affective neuroscientific perspective of psychotherapies. The talk focused on the affective neuroscientific diagnostic formulations and the affective neuroscientific interpretation of the therapeutic process. The students' comments indicated that the therapists will benefit to a great extent from such courses, in order to comprehend and be aware of the neural influences of therapeutic interactions.

### References

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