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Psihoterapija i
čovečnost

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SAVEZ DRUŠTAVA PSIHOTERAPEUTA SRBIJE

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U DRUGOJ DEKADI 21. VEKA SE CEO SVET SUOČIO za globalnom pandemijom koja je ostavila posledice na mentalno zdravlje naših klijenata, ali i na živote nas psihoterapeuta koji radimo sa njima. Taman kada se strah od kovida stišao, stižu pretnje o mogućem dolasku novih bolesti, strah od globalnog zagrevanja, globalne svetske finansijske krize, mogućeg širenja rata sa ukrajinske teritorije... Strah je ovlađao svim oblastima ljudskog života. Kako preživeti sledeću zimu bez energeta, novca, hrane? Preti li nam i strah od pada vrednosti svetskih valuta? Da li je bitkoin zamena za novac? Kako primena novih tehnologija utiče na ponšanje ljudi? Koliki je uticaj medija na ponašanje ljudi?

Ljudi su uplašeni od političkih i ekonomskih promena, žive u svetu koji se polarizuje na istok i zapad. Sve se to može prepoznati u radu sa našim klijentima kod kojih primećujemo promene u ponašanju. Kako se naši klijenti prilagodjavaju na ove promene? Da li ima čovečnosti u ljudima ili ljudi postaju okrenuti sebi i potrebi da prežive promene koje se dešavaju u njihovom okruženju?

Tema 12. kongresa psihoterapeuta Srbije se upravo bavi temama post-kovid situacije, temi odnosa psihoterapije i rata, novim tehnologijama.

Psihoterapeuti iz Srbije, ali i iz inostranstva će pokušati da odgovore na različite aktuelne teme. Kroz plenarna predavanja, usmena saopštenja, radionice, simpozijume i okrugle stolove, biće prilika da psihoterapeuti razmene iskustva u radu sa svojim klijentima.

Kao i prethodnih godina, zaslužnom pojedincu, bice dodeljena i tradicionalna nagrada "dr Vladeta Jerotić" za doprinos u psihoterapiji, koja se ove godine dodeljuje peti put.

Predsednik naučnog odbora
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COGNITIVE BEHAVIORAL THERAPY (CBT) AND NEUROSCIENCES: NOVEL PERSPECTIVES AND INTEGRATION

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USMENO SAOPŠTENJE

A goal of this review paper is to bring coherence and integration to the broad field of Cognitive behavioral therapy (CBT) psychotherapy practice based on the constraints of neurosciences. This goal was articulated over 100 years ago, but is one that can now be realistically envisioned due to advances in neuroscientific knowledge. In recent years, interdisciplinary research in the field of neurosciences has expanded our knowledge about neurobiological correlates of mental processes and changes occurring in the brain due to therapeutic interventions. The studies are largely based on non-invasive brain imaging techniques, such as functional magnetic resonance imaging (fMRI) and functional neuroimaging technologies of positron emission tomography (PET).

Although CBT is an established and efficient treatment for a variety of common mental disorders, a considerable number of patients do not respond to treatment or relapse after successful CBT (Måansson, Lueken & Frick, 2020). Based on the findings and different approaches we will present how neurosciences can offer novel perspectives to better understand: (a) the neurobiological underpinnings of CBT, especially neuroplasticity, (b) cognitive activity contributes to dysfunctional behavior and emotional experience through focusing, selective perception, memory and recall, and characteristic cognitive distortion; on a neurobiological level, there is a relationship between

top-down and bottom-up regulation of unpleasant emotional states, (c) how we can enrich CBT with neuroscience-informed techniques (augmentation of CBT), (d) neurosciences and enduring changes (implications for CBT), implications why some patients may respond better to CBT than others, thus paving the way for more personalized and effective treatments

The goal of our paper is also to delineate the mechanisms involved in optimizing the degree and duration of clinical improvement. By translating psychotherapy interventions into brain-based processes, delineating different memory processes and the mechanisms of change associated with each, and understanding the role of emotion in effecting change in interaction with these memory mechanisms, the potential exists to develop a new taxonomy of clinical interventions based on what problems are being targeted, how long they have been in place, how intractable they are, and whether an important goal is to achieve enduring change (Nadel & Lane, 2020). We will introduce some key topics and describe a selection of findings from CBT-related research using tools from neuroscience, with the hope that this will provide clinicians and clinical researchers with a brief and comprehensible overview of the field.

Key words: CBT; neurosciences; neuroimaging; integration; personalized therapy