



Interpersonal Neurobiology & Depression

DESCRIPTION

Interpersonal Neuroscience is designed to help shape a deeper understanding of neuroscience and its use in therapy. This certificate program provides insight on the various aspects and functions of the brain and its application to clinical work and intervention strategies related to a variety of mental disorders and conditions.

Certificate Program Curriculum

INS 101: Introduction to Interpersonal Neuroscience

Eric Scalise, Ph.D.

The development of neurobiology from the understanding of interpersonal communications and functions in the body. Interpersonal neuroscience involves the mind, brain, and self, or relationships with others. Explore two important theories that intertwine neurobiological systems and allow them to work together as one.

INS 102: Core Principles of Interpersonal Neuroscience

Eric Scalise, Ph.D.

This presentation will further discuss how the neurobiological system develops, grows, and changes throughout life and life experiences. Discover what a healthy neurobiological system consists of and how to use these principles in therapy.

INS 103: Practice Models: Understanding Memory, Depression, and Anxiety

Eric Scalise, Ph.D.

Discussing in great detail the development of the brain by taking a close look at the different parts responsible for much of the neurobiological development, then discusses the two types of memory and two types of attention and how these brain/mind functions affect the neurobiological system. The lecture ends with a thorough application of the principles discussed to particular therapeutic situations, such as anxiety disorders and chronic depression.

INS 104: The Neuroscience of Everyday Life
Eric Scalise, Ph.D.

Explore the relationship between the brain and various mental disorders can be difficult to understand. Develop an understanding to the issues of panic disorder, post-traumatic stress disorder, anger, and depression.

INS 105: Greenspan's Integrated Developmental Model
Eric Scalise, Ph.D.

In this two-part course, we will focus first on the concept of developmental psychopathology as a metatheory, with a special emphasis on developmental pathways, multifinality, and equifinality. In the second half of the course, we discuss Greenspan's structural development model, known as the Developmental, Individual Differences, Relationship-based Approach (DIR).

INS 106: The SECURE Model of Change
Eric Scalise, Ph.D.

A basic understanding of interpersonal neuroscience can be personally transforming, and also have a significant impact on the lives of clients and one's counseling practice. In this course, we define the foundation for interpersonal neuroscience and discusses the SECURE Model of Change.

INS 107: Effective Empirically-supported Treatments for Depression Part I
Eric Scalise, Ph.D.

In Part I of this presentation, Dr. Sibcy focuses on assessment and treatment of chronic depression, details the characteristics of the disorder, and offers a comprehensive psychosocial profile of the chronically-depressed client.

INS 108: Effective Empirically-supported Treatments for Depression Part II
Eric Scalise, Ph.D.

In Part II, Dr. Sibcy explores a step-by-step protocol with practical exercises that help people who are struggling with chronic depression. The challenge is to get clients to see things differently and consistently engage with the therapeutic process. Utilizing a case study approach, counselors are shown how to incorporate Cognitive Behavioral Analysis System of Psychotherapy (CBASP) with treatment-resistant patients.

INS 109: The Neuroscience of Trauma and Recovery: Trauma-related Disorders & Treatments
Eric Scalise, Ph.D.

This course focuses on outlining the core symptoms of trauma and how they develop. Special attention is given to the neurodevelopmental and relationship factors that can affect the development of trauma-related disorders. The lecture will address how trauma reactions develop and how post-traumatic stress disorder (PTSD) symptoms may emerge out of the brain's natural algorithm for healing and recovery.

INS 110: Antidote to Trauma I: Distress Tolerance and Affect Regulation
Eric Scalise, Ph.D.

This course focuses on key skills and strategies for improving a client's affect regulation. Some of the strategies that will be discussed include: understanding primary versus secondary emotions, mindfulness-based breathing, distress tolerance skills, the mindfulness river metaphor applied, and identifying and restructuring emotional schemas.

INS 111: Antidote to Trauma II: Cognitive and Emotional Processing Interventions
Eric Scalise, Ph.D.

This course builds off of Antidote to Trauma I to discuss strategies for cognitive restructuring and attachment-focused emotional processing interventions.

INS 112: Antidote to Trauma III: Enhancing Identity and Strengthening Relationships
Eric Scalise, Ph.D.

This final course focuses on key intervention strategies designed to help the traumatized individual strengthen his or her sense of identity and capacities for managing close relationships. Dr. Sibcy will explore strategies for dealing with the inevitable resistance that emerges in both attachment and trauma-focused therapies.