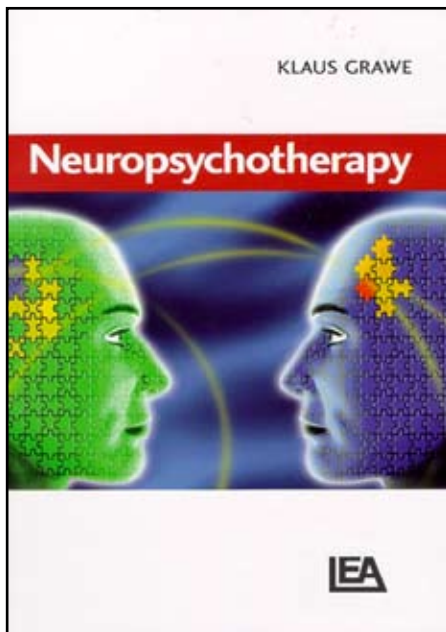


SOON TO BE PUBLISHED BY **LEA**
IN A SUPERB ENGLISH EDITION...

A Recent Best-Seller in Europe!

NEUROPSYCHOTHERAPY

by Klaus Grawe



How do current findings from the neurosciences inform best practices in psychotherapy? How can one change neural structures by psychological means? What are the neural mechanisms of therapeutic change?

This book links the findings of modern neuroscience to the insights of psychotherapy. And through this connection, a new picture unfolds of the empirical grounds of effective psychotherapeutic work.

Written for therapists, students, teachers, and scientists in the areas of clinical psychology, psychotherapy, and psychiatry, this profoundly important and innovative book (a recent best-seller in Europe) shows that psychotherapy can only be better understood and, hence, more effective when it is neurologically grounded.

Available Fall, 2006 in paperback and hardcover

Visit www.erlbaum.com in Spring 2006 for full details.

NEUROPSYCHOTHERAPY

by Klaus Grawe

TABLE OF CONTENTS

I. INTRODUCTION

The insights gained in the neurosciences are relevant for each of us
Brain, psychotherapy, and psychopharmacology
Neuroscience and psychotherapy
What is meant by the term neuropsychotherapy?
How might neuropsychotherapy look in concrete clinical practice?
Structure of the Book

II. WHAT PSYCHOTHERAPISTS SHOULD KNOW ABOUT THE BRAIN

Our brain: The epitome of complexity
What exactly happens during the transmission of activation potentials between neurons?
The biochemical processes transpiring at the synapses and within neurons
Implications for psychotherapy
Is it reductionist to relate mental processes to their neural basis?
Neural activity transpires in patterns of activation and inhibition
How do neural activation patterns originate?
The neural constitution of perceptual units
Neural circuits
Anxiety
Conclusions for psychotherapy
Intentional action
Consciousness from a neural perspective
Acts of will from a neural perspective
Explicit and implicit mental processes
Conclusions for psychotherapy
Covariation of neural and mental activity
Neural plasticity
Conclusions for Psychotherapy

III. NEURAL CORRELATES OF MENTAL DISORDERS

What can be said today about the neural correlates of mental disorders?
Neural correlates of depression
Neural correlates of post-traumatic stress disorder (PTSD)
Neural correlates of generalized anxiety disorder
Neural correlates of panic disorder
Neural correlates of obsessive-compulsive disorder
What psychotherapeutic conclusions can be drawn from the neuroscientific research on mental disorders?

IV. NEED-FULFILLMENT AND MENTAL HEALTH

Basic human needs
Consistency-regulation as a basic principle of mental functioning
Basic needs, consistency-regulation, motivational schemas, and incongruence
The attachment need
The need for orientation and control
The need for self-esteem enhancement and self-esteem protection
The need for pleasure gains and displeasure avoidance
Consistency and consistency regulation
The development of mental disorders from a lifetime developmental perspective

V. IMPLICATIONS FOR PSYCHOTHERAPY

IMPLICATIONS, PART 1

Mental disorders result from unsuccessful incongruence regulation
Psychotherapy works via consistency improvements
The most important options to enhance consistency via psychotherapy
Consistency improvement via changes in neural structures?
Consequences for an effectiveness-optimized psychotherapy

IMPLICATIONS, PART 2

Neural mechanisms of therapeutic changes

IMPLICATIONS, PART 3

Guidelines for therapy practice

SUMMARY AND FUTURE PROSPECTS

Available
Fall 2006

