



Association suisse de psychothérapie cognitive
Schweizerischer Verein für kognitive Psychotherapie
Associazione svizzera di psicoterapia cognitiva
Associazioni svizzera da psicoterapia cognitiva

Atelier clinique

MENTAL IMAGERY: Cognitive Science and Cognitive Psychotherapy

Emily A Holmes (Cambridge, UK)

Date et salle: samedi 19 mars 2016, HUG, Belle-Idée, Genève

Horaire : 9h30 – 17h30

Prix : membres ASPCo Frs 180.-

non membres Frs 280.- psychologues et psychiatres formés ou en formation

Délai d'inscription: 12 mars 2016

Les inscriptions sur place restent possibles mais sont majorées de Frs 10,--.

Modalité de paiement : en cas de désistement une semaine avant l'atelier ou si un(e) participant(e) inscrit(e) n'assiste pas à l'atelier, 20% de frais seront facturés.

Workshop abstract

From a cognitive science perspective mental imagery involves an experience like perception in the absence of a percept: seeing in our mind's eye, hearing with our mind's ear and so forth. Imagery has extremely interesting properties - it recruits similar brain areas to actual perception, and enhances memory and learning. Our experimental work has shown that compared to verbal processing, mental imagery has a more powerful impact on emotion.

From a clinical practice perspective, intrusive, affect-laden images cause distress across psychological disorders. Imagery-based intrusive memories and "flashbacks" to a past trauma are the hallmark of post-traumatic stress disorder (PTSD). Intrusive mental imagery can also occur of the future, such as "flashforwards" to suicidal acts or manic pursuits in bipolar disorder. We need to know how to work with dysfunctional imagery, and promote adaptive imagery using imagery-focussed cognitive psychotherapy techniques.

This workshop will discuss the science and practice of imagery based cognitive therapy and we will draw on the techniques outlined in Hackmann A., Bennett-Levy, J. & Holmes, E. A. (2011). *Oxford Guide to Imagery in Cognitive Therapy*. Oxford: Oxford University Press. In addition we will discuss new techniques developed in reference to our team's work in trauma, depression, and bipolar disorder.

For further information see our group's publications at: <http://www.mrc-cbu.cam.ac.uk/people/emily.holmes/>

Bibliography

- Hackmann, A., Bennett-Levy, J. & Holmes, E. A. (2011). *Oxford Guide to Imagery in Cognitive Therapy*. Oxford: Oxford University Press. ISBN: 978-0-19-923402-3.
- Holmes, E. A., & Mathews, A. (2010). Mental imagery in emotion and emotional disorders. *Clinical Psychology Review*, 30(3), 349–362. doi: 10.1016/j.cpr.2010.01.001
- Holmes, E. A., Craske, M. G., & Graybiel, A. M. (2014). A call for mental-health science. Clinicians and neuroscientists must work together to understand and improve psychological treatments [Comment]. *Nature*, 511(7509), 287-289. doi: 10.1038/511287a
- Holmes, E. A., Geddes, J. R., Colom, F., & Goodwin, G. M. (2008). Mental imagery as an emotional amplifier: Application to bipolar disorder. *Behaviour Research and Therapy*, 46(12), 1251-1258. doi: 10.1016/j.brat.2008.09.005
- Di Simplicio, M., McInerney, J. E., Goodwin, G. M., Attenburrow, M., & Holmes, E. A. (2012). Revealing the mind's eye: Bringing (mental) images into psychiatry. *American Journal of Psychiatry*, 169(12), 1245-1246. doi: 10.1176/appi.ajp.2012.12040499

Short CV

Emily Holmes, PhD, DClInPsych is a Programme Leader at the MRC Cognition and Brain Sciences Unit in Cambridge since 2012. Her field is mental health and experimental psychopathology, with a focus on psychological treatment innovation. Her interdisciplinary research places cognitive science alongside clinical psychology, psychiatry and neuroscience to investigate psychological processes. Her work in post-traumatic stress disorder (PTSD), Depression and Bipolar Disorder is linked by an interest in mental imagery and emotion.

Holmes received her degree in Experimental Psychology at the University of Oxford. She completed her professional training in Clinical Psychology at Royal Holloway University of London (2000), and a PhD in Cognitive Neuroscience in Cambridge (2005). She is a consultant clinical psychologist with an National Health Service [NHS] honorary contract and a Wellcome Trust Clinical Fellow. She is Honorary Professor of Clinical Psychology at the University of Oxford and Guest Professor at the Institute for Clinical Neuroscience Karolinska Institutet, Sweden.

Her work has been recognized by the British Psychological Society's Spearman Medal (2010), Humboldt Foundation Friedrich Wilhelm Bessel Research Award (2013), and the American Psychological Association (2014). She is Associate Editor of "*Clinical Psychological Science*". For further information see: <http://www.mrc-cbu.cam.ac.uk/people/emily.holmes/>