

PSYCHOTHERAPY: SCIENTIFIC EVIDENCE FOR THE MIND-BODY CONNECTION AND ECONOMIC EVALUATIONS

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Several recent studies provide convincing evidence for the biopsychosocial perspective of the human being, whose functioning relies on interrelated and interdependent processes at a genetic, molecular and psychological level. For instance, there is an increased knowledge on how psychological stress affects gene expression and/or the body's inflammatory processes, as well as how to detect its effects at a molecular level. These data document psychotherapy's mechanisms of action and effects on psychoneuroendocrine processes and on the central nervous system.

Within this framework, psychotherapy is recognized as "healing through the psyche", rather than "the healing of the psyche", providing the development of new and significant tools for potential treatment and clinical application. These intervention guidelines also stem from economic evaluations that aim to dispel clichés that surround psychotherapy, that view it as affordable only for a minority, including pharmaceutical treatment benefits.

This workshop will explore EMDR as a paradigm for integrative mind-body psychotherapy, as well as present recent studies that have examined physiological and neurobiological outcomes with EMDR.