

INTERNATIONAL COURSE
OF SPECIALIZATION

postgrados **udp**

PHENOMENOLOGICAL PSYCHOPATHOLOGY AND PSYCHOTHERAPY

for early career psychiatrists and clinical psychologists

Santiago de Chile

November 6th to 8th, 2017

Organizers:

CENTRO DE ESTUDIOS
DE FENOMENOLOGÍA
Y PSIQUIATRÍA **udp**

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DE MEDICINA

R A T I O N A L E O F T H E
C O U R S E

There is widespread recognition of the limitations of symptom-focused clinical interviews. The standard interview discourages real dialogue, frustrates the patient's desire to be recognized, and reiterates asymmetry since it affirms the clinician's values, and ignores the patient's ones.

APPLICATION

Synopsis of curriculum vitae (up to 2 pages)
Motivation letter (up to 1 page)

OPEN CALL

July 1st to september 1st, 2017

REGISTRATIONS

September 15th to October 15th, 2017

REGISTRATION FEE

CLP \$300.000
USD \$450

VENUE

Nicanor Parra Library, Vergara 324, room b31
From 9:00 to 18:30 hrs.

Mainstream approach to clinical interviewing is focussed on easy-to-assess operationalizable symptoms. This is a practice obviously based on the clinician's values of objectivity, reliability, etc. This 'technical' approach downplays subtle anomalies of the patients' experience regarding them as unreliable, difficult to assess, and somewhat unscientific. The consequence is that much of the complexity of living with mental disorders remains unexplored. Thinness of phenotypes and simplification of clinical constructs are the consequences of this.

M O R E I N F O R M A T I O N

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FACULDADE DE CIÊNCIAS MÉDICAS DA
SANTA CASA
DE SÃO PAULO



The actual phenomenal universe of 'real' mental disorders - the manifold of phenomena experienced by patients in all of their concrete and distinctive features - is considerably larger than that described in current diagnostic manuals.

The kind of practice presented in the Course "Phenomenological Psychopathology and Psychotherapy", based on the principles of phenomenological psychopathology, is much more than assessing operationalized symptoms and eliminating them, or reducing their intensity through some kind of therapeutic technique. Rather, it is a quest for meaning and reciprocal recognition. It seeks for meaning, order and value within and throughout ordinary experience and the patients' everyday life. It is a meeting of forms of life, each with its system of relevance and meaning-structure, stemming from different and sometimes conflicting values. It is the occasion to start a shared project of reciprocal understanding between the vulnerable person and mental health carers. The word 'interview' must be taken seriously. For an interview to be a therapeutic one, it needs to be an authentic exchange of views between the patient and the clinician.

COURSE PURPOSE

The main purpose of this course is to ground the practice of the therapeutic interview on a firm epistemological and ethical basis, that is, on key-concepts like 'subjectivity', 'person', 'life-world', 'emotions', 'values', 'meaning', 'care' and 'understanding'. This approach builds on patients' individual experiences, their emotions and values, and on the interplay between these, as key aspects of their self-understanding of their sufferings. Understanding is considered the *conditio sine qua non* for therapy. Emotions and values are keys to understanding a person's experiences and actions within the framework of the life-world he inhabits. A fundamental importance is given to emotions as the core of a person's life-world. Emotions situate a person orienting her receptivity, allowing her to see the things that surround her as disclosing certain (and not other) possibilities, i.e. a given set of affordable actions. They provide one's orientation in the life-world.

The role that the values have in putting the meaning of experiences into order is also emphasised. Values are all that matters to a given person. Based on emotional experience, they are attitudes that regulate meaning-bestowing and the significant actions of the person, being organized into concepts that do not arise from rational activity but rather within the sphere of feelings. Thus, grasping the values of a person is a key to understanding her way of interpreting her experience and representing herself. In general, emotions and values are keys to understanding a given 'form of life' or 'being in the world', since they contribute to establish the 'pragmatic motive' and the 'system of relevance' that determine the meaning structure of the world a person lives in, and regulate her style of experience and action. Understanding a person means to understand the pragmatic motive and the system of relevance that make her behave in a given way.

MODULE

One teaching module of the course will be dedicated to explaining the P.H.D. method for psychotherapy. This method builds on and extends the principles of phenomenology, hermeneutics and psychodynamics.

Phenomenological unfolding (P): The basic purpose is to empower clinicians and patients with a systematic knowledge of the patients' experiences. This is done through a process of unfolding, which means to open up and lay bare the pleats of the patient's experiences. What comes into sight is the texture that is immanent in the patient's style of experience/action, although it may remain invisible to or unnoticed by her. Unfolding enriches understanding by providing further resources in addition to those which are immediately visible.

Hermeneutic analysis of the person's position-taking towards her experience (H): The central idea of clinical hermeneutics is that there is an active interplay between the person and her basic abnormal experiences. Attention is paid to the active role that the person has in taking a position and interacting with her abnormal, distressing and dysfunctional experiences.

Dynamic analysis of the life-history in which experiences and position-taking are embedded (D): To make sense of a given phenomenon is finally to posit it in a meaningful context, and this context includes the personal history of the patient. The basic presuppositions of psychodynamics, endorsed by the P.H.D. System, are psychological continuity and psychological determinism. The former assumes that all of any person's psychological events (including those that look inconsistent) are lawful and potentially meaningful in a particular way for that person. The latter presumes that all psychological events have at least as one of their causes a psychological cause and can thereby be explained on a psychological basis.

TOPICS

- What is Psychopathology and what does it offer to clinicians?
- The relevance of emotions and values in the assessment and understanding of mental disorders
- The life-world of persons with manic-depressive disorders: manic-depressive disorders as disorders of mood and identity
- The life-world of persons with schizophrenia spectrum disorders: schizophrenia as a disorder of the self
- Differential phenomenology of manic-depressive vs. schizophrenia spectrum disorders
- The life-world of persons with eating disorders: eating disorders as disorders of identity and corporeality
- The life-world of persons with borderline personality disorder: borderline existence between dysphoria and anger
- Phenomenological psychotherapy: a method for re-enacting interrupted dialogue with alterity

TIMETABLE

First day

AM

Introduction to the course
Phenomenological Psychopathology and its use for the clinics of mental disorders
Symptoms, emotions and values
Questions and general discussion

PM

Phenomenological Psychotherapy: a method for re-enacting interrupted dialogue with alterity
P.H.D. method for phenomenological psychotherapy
Phenomenological unfolding (P)
Hermeneutic analysis of the person's position-taking towards her experience (H)
Dynamic analysis of the life-history in which experiences and position-taking are embedded (D)

Second day

AM

Mood disorders
Psychopathology of depression and mania
The life-world of depression and mania
Temperament, personality and the vulnerability to mood disorders
Presentation of a case study by participants
Questions and general discussion

PM

Schizophrenia
Psychopathology of schizophrenia: Delusions, hallucinations and schizophrenic dyssociality
The life-world of persons with schizophrenia
Schizophrenia as a disorder of the self: the vulnerability to schizophrenic spectrum disorders
Presentation of a case study by participants
Questions and general discussion

Third day

AM

Borderline personality disorder
Dysphoria, anger, shame and other 'bad moods'
The life-world of borderline persons
Depression and delusions of borderline persons
Presentation of a case study by participants
Questions and general discussion

PM

Eating and feeding disorders
Psychopathological and anthropological aspects of eating and feeding disorders
The life-world of persons with eating and feeding disorders
Presentation of a case study by participants
Questions and final discussion

TARGET

40 mental health professionals, psychiatrists and clinical psychologists, selected by the teaching team upon evaluation of CV and motivation letter. This course is part of the specialization programme of psychiatrists – adult and child – of Diego Portales University's Medical Faculty.

TEACHING TEAM

Director

Giovanni Stanghellini (Italy)

MD and Dr. Phil. h.c., psychiatrist and psychotherapist, Full Professor of Dynamic Psychology and Psychopathology at Chieti University (Italy). Co-editor of the Series “International Perspectives in Philosophy and Psychiatry”, Oxford University Press. Founding chair of the World Psychiatric Association Section on “Psychiatry and the Humanities” and of the European Psychiatric Association Section “Philosophy and Psychiatry”. Director Scuola di Psicoterapia e Fenomenologia Clinica (Florence). He has published extensively in phenomenological psychopathology. Associate Professor at the Center of Studies on Phenomenology and Psychiatry at Faculty of Medicine, Diego Portales University, Santiago de Chile.

Lecturer

Otto Doerr-Zegers (Santiago de Chile)

Physician from the University of Chile, Doctor in Medicine and specialist in psychiatry and psychotherapy from Heidelberg University. Full Professor of Psychiatry at University of Chile and Emeritus Professor at Diego Portales University. Visiting professor for one or more semesters at the universities of Heidelberg, Madrid, Bern, Paris and Leipzig. He has developed an extensive scientific work: 190 publications and five books, among them the classic *Anthropological Psychiatry*. In 1992 he received the prize “Dr. Margrit Egnér” from Zürich University for his contributions to humanism in medicine, and in 1994, the prize for “Extraordinary contributions to the specialty” from the Chilean Society of Neurology, Psychiatry and Neurosurgery, which appointed him in 2001 as “Master of Psychiatry”. In 1998, he became Member of the Chilean Academy of Medicine and in 2004, Member of the Academy of Medicine of Barcelona. He is also known because of his successful translations from German into Spanish of works of classical psychiatrists as well as of the famous *Duino Elegies* and *Sonnets to Orpheus* by Rainer Maria Rilke. He currently is the Director of the Center of Studies on Phenomenology and Psychiatry at Faculty of Medicine, Diego Portales University, Santiago de Chile.

Clinical supervisor

Leonor Irrarázaval (Santiago de Chile)

Clinical psychologist, Masters in Social-Cognitive Therapy from University of Barcelona, Doctoral degree in Psychotherapy from University of Chile and Catholic University of Chile (Conicyt National Doctoral Grant) and Dr. phil. in Psychology from Heidelberg University (German Academic Exchange Service – DAAD Grant). Accredited as specialist in psychotherapy and supervisor for training of clinical psychologists by the Chilean National Commission of Clinical Accreditation and the Chilean School of Psychologists. She completed her training in clinical psychology in Barcelona - Spain, where she worked as a psychotherapist in different public and private centers for 10 years. She has also worked as a psychotherapist at the Psychiatric Clinic of the Hospital Clinic, University of Chile, and did a lecture on Cognitive-Constructivist Perspectives at the Faculty of Psychology, Diego Portales University. She is affiliated to the Section “Phenomenological psychopathology and psychotherapy”, Center for Psychosocial Medicine, University of Heidelberg. Regular member of the “German Association for Anthropological Phenomenology, Psychiatry and Psychotherapy DGAP”. She currently is the academic coordinator and researcher at the Center of Studies on Phenomenology and Psychiatry, Diego Portales University, Chile.

ACADEMIC SPONSORS

Scuola di Psicoterapia Fenomenologico-Dinamica, Florence, Italy

European Psychiatric association – Section Philosophy and Psychiatry

International Network for Philosophy and Psychiatry INPP

World Psychiatric Association – Section Psychiatry and the Humanities

Santa Casa University, Sao Paulo, Brazil

