FRANK M. LACHMANN, PH.D.
THE ROLE OF PLAY AND HUMOR IN THERAPY

Location: ICP • 10780 Santa Monica Blvd., Suite 350, Los Angeles, CA 90025

Name
Address
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$75 Members, Colleagues & Friends
$50 ICP Candidates
$30 Mental Health Graduate Students & Medical Trainees
(must provide verification)

Fee includes Refreshments
No. of Registrants: _________ x $75 = $__________
No. of Registrants: _________ x $50 = $__________
No. of Registrants: _________ x $30 = $__________

Check enclosed made payable to ICP: $__________
A $5.00 additional charge will be added for walk-ins.

Mail to: Institute of Contemporary Psychoanalysis [ICP]
10780 Santa Monica Blvd., Ste 350
Los Angeles, CA 90025

Optional: Register online at http://icpla.edu

Pay by Credit Card: ☐ Visa ☐ MC
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Cancellation policy: $10 cancellation fee after Oct 22, 2012. Early registration is advised. Written cancellations for this Conference must be received by Oct 22, 2012. All cancellations are subject to a $10 processing fee. Grievances may be filed with Kathleen Burr at (310) 207-8441.

Special Accommodations: ICP will endeavor to meet the special accommodations of any participant. Please contact Kathleen Burr at execdir@icpla.edu with requests for accommodation.
The Role of Play and Humor in Therapy

Chills, thrills and goosebumps. We have all experienced them at some time. But what does this have to do with therapeutic action? This multi-media presentation will answer that question. Drawing on a variety of sources from research in evolutionary biology, mother-infant interactions, animal studies, music, and psychotherapeutic treatment, as well as the contributions of Benjamin Franklin, Jaak Panksepp, Leonard Bernstein, Alfred Hitchcock, Marilyn Monroe, Serge Rachmaninoff, Charlie Chaplin, and a clinical illustration of a view of therapeutic action is proposed. The model presented is based on, but not limited to, affective engagement between patients and therapists through meeting, surpassing and/or violating of expectations. Violating expectations of living on a safe, predictable world or violating expectations by depicting the world as dangerous can result in goosebumps based on our evolutionary heritage. Chills, thrill, and goosebumps provide compelling subjective physiological evidence that one’s affect has been engaged and provides one crucial path to change through psychotherapeutic treatment.

Conference Schedule

8:30 a.m. - 9:00 a.m. Registration
9:00 a.m. - 9:15 a.m. Welcome
9:15 a.m. - 10:20 a.m. Dr. Frank Lachman - Expectations: Met, Surpassed and Violated
10:20 a.m. - 10:35 a.m. Dr. Howard Bacal - Discussant
10:35 a.m. - 11:00 a.m. Discussion
11:00 a.m. - 11:15 a.m. Break
11:15 a.m. - 12:45 p.m. Thrills Chills and Goosebumps
12:45 p.m. - 1:15 p.m. Discussion

For more information on this event, please visit www.icpla.edu

Learning Objectives

At the conclusion of this conference, participants will be able to:

1. Discuss research derived ways to enable attendees to design clinical interventions in accordance with principles of therapeutic action. Attendees will be able to assess their and their patients affective involvement in the therapeutic process and promote therapeutic interactions that increase therapeutic efficacy.

2. Demonstrate creative ways to meet, surpass and violate the expectations of their patients, constructively and therapeutically. Thereby expanding their own and their patients experiential worlds.

3. Describe the various ways in which separation-distress-vocalizations manifest themselves in life and in therapeutic treatment. Attendees are provided explanations for the rigidity of this pattern and how it can be therapeutically engaged.

References


Continuing Education

Psychologists: ICP is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP maintains responsibility for this program and its content. Psychologists attending this program in its entirety may report 4 hours of Continuing Education Credit.

Physicians: The ICP is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The ICP designates this live activity for a maximum of 4 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers & MFTs: This course meets the qualifications for 4 hours of Continuing Education Credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE7).

Nurses: Provider approved by the California Board of Registered Nursing, Provider Number (15364), for 4 contact hours.

Continuing Education Credit – awarded by ICP