

Awakening Clinical Intuition: The Neurobiology of Flashes, Hunches, and Gut Feelings

March 8-10, 2019

Presenters: Terry Marks-Tarlow

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA.

Program

As psychotherapists, how do we know exactly what to do and say? Clinical intuition is indispensable to effective psychotherapy. Clinical intuition fills the gap between theory and practice through moment-to-moment, embodied perceptions unique to each person and therapeutic dyad. This interactive workshop is partly experiential, partly didactic workshop. We will integrate interpersonal neurobiology into an exploration of clinical intuition from multiple perspectives: 1) Its workings via bottom-up, implicit, nonconscious modes of communication; 2) Its evolutionary and developmental roots within mammalian limbic emotional and motivational circuits; 3) Its manifestation in ordinary as well as extraordinary ways of knowing. Clinical examples are explored, the importance of play and metaphor, dreams, and guided imagery, as well as the role of unconsciously orchestrated games that organize relational bids and rhythms of engagement, defense, and creative emergence.

Regardless of patient population or treatment modality, clinical intuition is necessary to be fully attuned to self and other in the moment, and to work effectively with the uniqueness of each individual given his or her own developmental history, cultural background, and genetic make-up.

The target professional audience is for all levels (novice to the advanced)

Friday, March 8, 2019

7:30pm–9:00pm

- What is clinical intuition?
- Varieties of intuition

Saturday, March 9, 2019

8:30am-11:30am

- Importance of bottom-up implicit processes
- Importance of right-brain

1:45pm-3:45pm

- Evolutionary and developmental context: SEEKING, CARE and PLAY circuits
- Guided imagery designed to enhance clinical intuition

Sunday, March 10, 2019

9:00am-11:00am

- Cautionary note: red flags to using intuition and distinguishing it from impulse, enactment, and countertransference problems

Presenter(s) Bio

Terry Marks-Tarlow, PhD, is a clinical psychologist in private practice in Santa Monica, California. She is on the teaching faculty at the Insight Center, Los Angeles, a visiting professor at Italian Universita Niccolo Cusano London, and research associate at the Institute for Fractal Research in Kassel, Germany. Her most recent books include *Play & Creativity in Psychotherapy* (Norton, 2018); *Truly Mindful Coloring* (PESI, 2016); *Awakening Clinical Intuition* (Norton, 2014); and *Clinical Intuition in Psychotherapy* (Norton, 2012). Terry strives to embody the balanced life she prescribes by dancing nearly daily, illustrating her own books, practicing yoga, and occasionally teaching yoga workshops. She has also written the libretto for two operas with Julliard composer Jonathan Dawe, *Cracked Orlando*, which premiered with a ballet in New York City in 2010, and *Oroborium*, which premiered at Lincoln Center in New York City in 2018.

www.markstarlow.com

Program Costs and Registration

Please visit www.kripalu.org

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Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

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Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

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Participants must have paid tuition fee and CE fee to Kripalu, signed in each day, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

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