

One day  
seminar  
Stockholm  
Friday  
June 8th

**PROFESSOR DR FABRIZIO BENEDETTI MD**

# **PAIN – SYMPTOMS – DISEASE COMMUNICATION-EXPECTATIONS-RELATIONS**

Expectations (placebo, nocebo) and the relationship between the therapist and the patient. New perspectives from the field of neuroscience.

- 9.00-10.00 A short historical view on the therapist/patient relationship. When symptoms start, a combination of sensoric, psychological and social happenings.
- 10.00-10.30 Questions to and discussions with Fabrizio.
- 10.30-11.00 Coffee break
- 11.00-11.45 Seeking help – relief of symptoms. An activation of the motivational and reward systems. Meeting the therapist - trust, hope and empathy.
- 11.45-12.00 Questions to and discussions with Fabrizio. Anxiety, depression and pain – how are they interconnected?
- 12.00-13.00 Lunch
- 13.00-14.00 Receiving therapy; activation of the mechanisms of expectations - the placebo and nocebo effects. How classical- and operant conditioning shape a persons expectations.
- 14.00-14.30 Questions to and discussions with Fabrizio. How to make pain a rewarding experience? When is pain is not a reward?
- 14.30-15.00 Coffee break
- 15.00-16:30 Rituals in the therapeutic encounter changes the patients brain. Clinical consequences when the patient is not able to communicate.
- 16:30-17:00 Questions to and discussions with Fabrizio.

## **AIM OF THE SEMINAR**

- 1) Introduce the recent acquisitions of social neurosciences in the context of the therapist / patient relationship.
- 2) Describe the fundamental stages of this complex social interaction, that is; feeling sick, seeking relief, meeting the therapist and receiving the therapy.
- 3) Describe in detail the last stage (receiving therapy), and how the psychological component such as a positive expectation (the placebo effect) plays a fundamental role in any type of therapy.
- 4) Introduce the concept of nocebo effect, which is related to poor communication or a general poor relationship between the therapist and the patient.
- 5) Describe the main implications this knowledge has for clinical work generally. What you can learn from this knowledge to become a better listener, a better clinician, resulting in improved clinical outcomes when helping/treating your patients.

## **ABOUT FABRIZIO BENEDETTI**

Fabrizio is a Professor of Neurophysiology and Human Physiology at the University of Turin Medical School, Turin (Italy), and Director of the Centre for Hypoxia at the Plateau Rosà Labs, Plateau Rosà (Italy/Switzerland). He graduated as a medical doctor from the University of Turin in Italy, and specialized in psychiatry and neurology at the University of California in Los Angeles. Since 1983 he has been doing research and teaching at different universities within the field of psychiatry and neurophysiology in Italy, USA and Switzerland. He is the author of more than 100 scientific publications within the field of communication and expectation effects (placebo/nocebo). He is a consultant to the National Institute of Health at Harvard University in USA.



Dr Benedetti's pre-eminence in the areas of placebo and nocebo is recognized internationally having been awarded the Medical Book Award of the British Medical Association in 2009; the Seymour Solomon Award of the American Headache Society in 2012; the William S. Kroger Award of the American Society of Clinical Hypnosis in 2015, and the EFIC-IBSA Award for the best paper in the European Journal of Pain in 2015. Furthermore, he is a nominated member of The Academy of Europe and of the European Dana Alliance for the Brain. Fabrizio is also on the editorial board of several scientific journals. Fabrizio is a distinguished author; his most recent books, Placebo Effects (Oxford, 2nd Edition, 2014), The Patient's Brain (Oxford 2010), and Placebo (Springer 2014) are considered seminal advancements in the understanding of placebo and nocebo, and compulsory reading for health professionals.

## **ANMÄLAN**

**När:** Fredag 8 juni 2018, 09:00 till 17:00.

**Plats:** Bosön, Lidingö.

**Pris:** 2.500 kr + moms. Priset inkluderar kursbok, kaffe/te och lunch.

**Anmälan:** Bindande anmälan till kursen görs skriftligen senast en vecka före kursstart till:

Holten Institute AB, Box 6038, 181 06 Lidingö

**E-post:** info@holteninstitute.com

**Tel:** 070 734 41 02 (Tom Arild Torstensen)

Faktura och kursbekräftelse skickas efter anmälan.