

Name \_\_\_\_\_

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**FORM 4B**

**Othmer Method Neurofeedback Certification**

Summary of *The Neuroscience of Psychotherapy* by Cozolino (Third Edition)

*List below three key ideas from each chapter:*

**Chapter 1: *The Entangled Histories of Neurology and Psychology***

1.

2.

3.

**Chapter 2: *Building and Rebuilding the Brain: Psychotherapy and Neuroscience***

1.

2.

3.

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Summary of ***The Neuroscience of Psychotherapy*** by Cozolino (Third Edition)

**Chapter 3: *Neural Integration in Different Models of Psychotherapy***

1.

2.

3.

**Chapter 4: *The Human Nervous System: From Neurons to Neural Networks***

1.

2.

3.

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Summary of ***The Neuroscience of Psychotherapy*** by Cozolino (Third Edition)

**Chapter 5: Multiple Memory Systems in Psychotherapy**

1.

2.

3.

**Chapter 6: Laterality: One Brain or Two?**

1.

2.

3.

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Summary of ***The Neuroscience of Psychotherapy*** by Cozolino (Third Edition)

**Chapter 7: *The Executive Brain: Directed Action and Inhibition***

1.

2.

3.

**Chapter 8: *The Executive Brain: Navigating Space and Time***

1.

2.

3.

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**Chapter 9: *The Executive Brain: Discovering Others and Finding the Self***

1.

2.

3.

**Chapter 10: *From Neural Networks to Narratives: The Quest for Integration***

1.

2.

3.

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Summary of ***The Neuroscience of Psychotherapy*** by Cozolino (Third Edition)

**Chapter 11: *The Social Brain***

1.

2.

3.

**Chapter 12: *Building the Social Brain: Shaping Attachment Schemas***

1.

2.

3.

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**Chapter 13: *The Neurobiology of Attachment***

1.

2.

3.

**Chapter 14: *Altruism and Psychotherapy: Leveraging the Social Brain in the Service of Change***

1.

2.

3.

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**Chapter 15: *The Anxious and Fearful Brain***

1.

2.

3.

**Chapter 16: *Early Traumatic Stress: The Fragmentation of Self and Others***

1.

2.

3.



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**Chapter 17: *The Impact of Trauma: Biochemical Dysregulation and Neural Network Dissociation***

1.

2.

3.

**Chapter 18: *The Self in Exile: Narcissism and Pathological Caretaking***

1.

2.

3.

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**Chapter 19: *The Evolutionary Necessity of Psychotherapy***

1.

2.

3.

**Chapter 20: *Stimulating Neural Plasticity***

1.

2.

3.

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**Chapter 21: *The Psychotherapist as Neuroscientist***

1.

2.

3.

**Chapter 22: *How People Change***

1.

2.

3.