The School of Psychology invites you to a Special Seminar with

Dr. Amit Bernstein

Department of Psychology, University of Haifa
International Research Collaborative on Anxiety

On:

”Rowing Upstream in the Development of Psychological Interventions: Old & New in Shaping Attention & Awareness”

Thursday, November 28th 2013, at 10:00
Faculty room

My lab studies psychological mechanisms underlying prevalent forms of human suffering, such as anxiety and related disorders. We do so to better understand why we suffer from these conditions and thereby guide the development of novel prevention/intervention methods. In this talk, I will focus on one sub-set of these mechanisms – attention and awareness. Specifically, I will present findings from recent work in our lab on dysregulation in selective attention to threat or threat-related attentional bias linked to the aetiology and maintenance of anxiety-related disorders. I propose that we may be able to therapeutically target threat-related attentional bias by enabling a person to monitor and make consciously accessible her/his well-rehearsed, automatic, and unmonitored biased allocation of attention. I will present a novel computerized intervention paradigm we developed to achieve this aim - Attention Feedback Awareness and Control Training (A-FACT). In addition to presenting initial promising randomized controlled data, I will highlight surprising insights from this work regarding the nature of the phenomenon of attentional bias and its potential implications for basic and clinical research. Time permitting, I will draw the link between this work and other research in our lab also focused on attention, awareness and suffering but pursued through the age-old tradition of mindfulness training.

You are invited!