

December 7th 2022, 6.00–7.30 pm
**Psychotherapy and
Psychopharmacology towards
a possible integration**



Prof. Francesco Rovetto, MD
Professor of Clinical Psychology
Sigmund Freud University, Milano (Italy)

Being qualified both, as a clinical psychologist and as a psychiatrist, I have considered with great interest, the possible interaction between psychotherapy and psychopharmacology. In therapy we often happen to meet patients whose symptoms are induced by pharmacological drugs (e.g., Antidepressants may lower libido) or patients who could take advantage from an integrated intervention. Psychotherapists should be aware of this. Most of the pathologies we face are made up of self-perpetuating vicious circles. These are maintained by cognitive, affective, behavioral, biological, and social aspects. The vicious circle can be interrupted, or strongly weakened at each of these levels, if it is possible to maintain a sufficiently global view on the dynamics of the case. If we propose an adequate pharmacological intervention, we induce positive effects not limited to the biological sphere. In clinical practice, many patients we meet take pharmaceutical drugs: for some pathologies the use of drugs is essential, for others, it is an accessory, for still others, the usefulness has not been demonstrated, but the drugs may be useful at symptomatologic level. Even for those who are unable or unwilling to prescribe drugs, it is important to know: – Potentials of treatment (overestimating and underestimating are frequent); – Side effects (not always negative: e.g. Oxybutamine and enuresis, Paroxetine and premature ejaculation); Time necessary to manifest both therapeutic and side effects; Observable indicators of improvement; Patients' experiences, prejudices and expectations about the different forms of treatment proposed and the nature and potential of placebo effect. WHAT CAN WE EXPECT FROM DRUGS? There are drugs capable of reducing depression, delirium anxiety and stabilizing moods. WHAT WE CANNOT EXPECT FROM DRUGS? We do not have drugs capable of giving us abilities that are absent because they have never been learned, of providing motivation, of modifying prejudices, or of giving us missing social skills or to replace personal responsibility in managing our lives. Psychotherapy requires commitment, and effort. Its results are not always generalized but teach missing skills, influence motivation and modify or correct irrational ideas. It is flexible. The presentation will be done taking under consideration practical cases involving the integration of psychopharmacology and psychotherapy.

Lectures Series
Professional Fields and
Practice of Psychology

Studying psychology opens up a wide range of professional opportunities. Working as a psychologist is possible in many professional fields, depending on the specialisation. In order to facilitate orientation, a selection of professional fields will be presented at this event. Psychologists from each SFU branch will present their fields of work and provide an insight into their everyday work. There will be first-hand information as well as space for exchange and questions. Language of presentation will be English.

November 9th 2022
Sara Isakovic, MSc
Performance Psychologist

November 23rd 2022
Matthias Paulnsteiner, BSc
Psychology Graduate, Group HR,
Alumni of SFU

December 7th 2022
Prof. Francesco Rovetto, MD
Professor of Clinical Psychology
Sigmund Freud University, Milano (Italy)

January 11th 2023
Dr. Markus Fischl
Psychiatrist, MD

January 18th 2023
Filipa Krolo, MSc
PhD Student at Universität Greifswald,
Alumni of SFU

Registration

<https://uso2web.zoom.us/join/register/tZYqfu2gqzljHNB53NekOz9s5GdT6bq7CpJO>

always Wednesday from
6.00–7.30 pm
Online via Zoom