

Abstract for

**20th WADP congress / XXXIII International Symposium of the German Academy
for Psychoanalysis (DAP) e.V., 16.04.2024 to 20.04.2024, Marrakech, Morocco
"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"**

Presentation

Workshop

Male / Female / Diverse

Name: **Nauer**

First Name: **Marie Anne**

Title / Position:

Dr., Director Institute for Handwriting Sciences

Country:

Switzerland

Presentation title:

Instant Stress Regulation: Theoretical Aspects and Impacts

Abstract text up to 15 lines in English:

Stress regulation is a highly required topic in modern life. Hence, there is a need of research in better understanding the particular psychodynamics behind stress origin. Dealing with new models involving psychological, neurophysiological, medical, and neuropsychological aspects led to the concept of the quadrifocal brain as developed by Julius Kuhl. Indeed, the model offers a new conception of psychic dynamics mainly based on the impact of emotional proceedings. It helps improve the knowledge of important processes as the one and only basis to improve and integrate better new technics in psychotherapy and, thus, to develop efficient treatment by fast-acting tools.