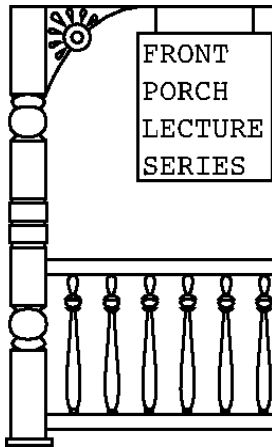


Boulder Institute for Psychotherapy & Research

is pleased to announce a full-day presentation



Central State: What is it and why does it matter?

by

Jim Grigsby, Ph.D.

**Professor, Division of Health Care Policy & Research, and
Director of Research in Cognition, Behavior, and Health,
Dept. of Medicine, University of Colorado, Denver**

Discussant

Mary Sue Moore, Ph.D.,

**Lecturer, Boulder Institute for Psychotherapy & Research
Hon. Senior Psychotherapist, Tavistock Clinic, London**

Friday – September 26, 2008

8:30 AM - 4:00 PM

Central state is the basic physiological and psychological background for everything we do. Changes in central state may produce transient, or even permanent, changes in mood, motivation, and behavior, and therapeutic interventions may only be as effective as our understanding of a person's state, and its stability and variability across time. Yet its importance for understanding, assessing, and treating people is grossly underestimated.

State comprises more than just such feelings or moods as elation, depression, anxiety, or anger. It reflects the complex and interactive functioning of nearly every physiological system, especially the brain, hormones, and the immune system. Although the concept of state is basically simple, and its importance to psychotherapy is significant, its implications are frequently overlooked. Some changes that occur in an individual's functioning may reflect the brilliance of the therapist, but they also may be a result of such influences as being diagnosed and treated for hypothyroidism, taking the right medication, or practicing meditation. How often, for example, have you seen people's life improve dramatically when they fall in love, only to see the same old problems return over time?

The focus of this presentation is on the nature of central state. We will examine the many variables that influence it, and the manner in which they have their effects. We will consider the importance of identifying changes in state, and the direct and indirect effects of state on behavior. Factors as diverse (and sometimes as unexpected) as genetics, sex hormones, physical exercise, drug use, and even gum disease have marked effects on psychological functioning. The aim of this presentation is to give providers a better understanding of central state and its implications, an understanding that can improve patient care markedly.

Location: NITA Education Center, 363 Centennial Pkwy, Louisville

Near Colony 12 Theaters, just northwest of McCaslin Blvd. at Hwy 36 (directions: on BIPR website & pg.2)

Registration Form: *Central State: What is it & why does it matter?*

Jim Grigsby, Ph.D

Friday, September 26, 200

8:30 AM - 4:00 PM

NAME: _____ Profession: _____

ADDRESS: _____ PHONE: (W) _____

e-mail: _____

Advance Registration: Non-BIPR member \$140; BIPR member \$110

Registration at the door: Non-BIPR Member \$150; BIPR member \$ 120

(Registration fee includes continental breakfast and lunch)

Non-profit employee, full-time student: \$55

_____ **Amount enclosed with registration form: _____ includes membership fee of \$50**

Mail to: Front Porch Lectures, Boulder Institute for Psychotherapy & Research (B.I.P.R.)
1240 Pine Street, Boulder, CO 80302-4809

Additional information: Phone 303-442-4562; website: www.bipr.org

E-mail to <FrontPorch@bipr.org>

Directions: NITA Education Center, 363 Centennial Parkway, Louisville, 80027

Located just NW of McCaslin Blvd. & Hwy 36, off Dillion Rd. (site phone # i303-953-6800)

FROM I-25 and US 36 “the Boulder Turnpike.”

Go North on I-25 and head west on US 36 to the Louisville/Superior exit. This exit is McCaslin Boulevard.

Turn right on McCaslin as you exit US 36. Going north on McCaslin you want to get into the far left lane. **At Dillon Road** (the first stop light north of the exit) **you will turn left (west)**. Next, on your right there will be a Lowe’s Home Improvement. Immediately behind Lowe’s is Century Place. Turn right on this road – the NITA Education Center will be immediately on your left. A sign marked NITA is at the entrance to the parking lot. Turn left into the parking lot.

FROM BOULDER

Take South Boulder Road to McCaslin Boulevard. Turn right (south). Continue down McCaslin until you come to Dillon Road. (Last light before Hwy 36). You will see a Chili’s Restaurant on your right. Turn Right (west). On your right there will be a Lowe’s Home Improvement. Immediately behind Lowe’s is Century Place. Turn right on this road – the National Education Center will be immediately on your left. A sign marked NITA is at the entrance to the parking lot. Turn left into the parking lot.