

PSYCHOCONSTRUCTION: AN INNOVATION IN THE THERAPEUTIC FIELD

PSICOCONSTRUÇÃO: UMA INOVAÇÃO NO CAMPO TERAPÊUTICO

PSICOCONSTRUCCIÓN: UNA INNOVACIÓN EN EL CAMPO TERAPÊUTICO

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ABSTRACT: Understanding the human mind in all its complexity is extremely difficult. The obstacles to the study of something that is not physically palpable are immense. Traditional therapies are important for mapping the human mind, but it can be reconstructed through an innovative method that is based on primitive memory that is closely linked to genetics, to ancestors. It is known that the greatest benefits that lead to healing come from information about genetic markers. Psychoconstruction models cognitive functions, which lead the subject to decision-making and adjustments in their routine, according to their uniqueness.

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Keywords: Memory. Primary. Therapies. Mind. Syndromes. Brain.

RESUMO: Entender a mente humana em toda a sua complexidade é algo extremamente desafiador. Os entraves ao estudo de algo que não é fisicamente palpável são imensos. Terapias tradicionais são importantes para o mapeamento da mente humana, mas o tratamento pode ser reconstruído por meio de um método inovador que tem como base a memória primitiva que está intimamente ligada à genética, aos antepassados. Sabe-se que os maiores benefícios que levam à cura se originam de informações sobre os marcadores hereditários. A psicoconstrução modela as funções cognitivas, que levam o sujeito a tomadas de decisões e ajustes em sua rotina, de acordo com a sua singularidade.

Palavras-chave: Memória. Primária. Terapias. Mente. Síndromes. Cérebro.

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RESUMEN: Comprender la mente humana en toda su complejidad es un gran desafío. Los obstáculos para el estudio de algo que no es físicamente palpable son inmensos. Las terapias tradicionales son importantes para mapear la mente humana, pero el tratamiento se puede reconstruir a través de un método innovador que se basa en la memoria primitiva que está estrechamente vinculada a la genética, a los antepasados. Se sabe que los mayores beneficios que conducen a la curación provienen de la información sobre los marcadores hereditarios. La psicoconstrucción modela las funciones cognitivas, que llevan al sujeto a la toma de decisiones y ajustes en su rutina, según su singularidad.

Palabras clave: Memoria. Primaria. Terapias. Mente. Síndromes. Cerebro.

The human mind is powerful: it has 86 billion neurons and trillions of connections. Although human beings use almost all the potential of the brain, only 10% is used for the cognitive part. Neuroscience is concerned with getting people to expand this sector of the brain's capacity (LENT, et al., 2012). So mysterious and complex.

It is in the embryonic stage that the human being begins to be shaped through the myelination of the central nervous system and to accumulate cellular memory that will affect him/her both physically and psychologically. The brain stores information that is passed on from generation to generation, however, each person has their own individual genetic stamp like a "fingerprint", with unique and indelible events and experiences (MOORE, 2013).

The human mind has unlimited dimension and is a framework of information that exists since the formation of the human being, brought in the DNA, but also those that are acquired at each moment of gestation, birth, and stages of the life cycle. Everything is stored in the brain like a database, and some are easy to access, others are difficult to connect. These data can branch out, cross-referencing information between them; and are often linked to the way they are acquired and stored.

To understand the mind, the idea of the "architecture of the human mind" was constructed based on five aspects used in psychoanalysis: primitive memory, unconscious, over-inconscious, pre-conscious and conscious. The evolution of intelligence and the level of rationality is closely linked to the storage of memories, and the circumstantial emotion of that moment, which greatly interferes in the form and intensity of the event, for subsequent storage and evocation. Therefore, the more rational a human being is, the better he/she will be able to deal with problems, because

he/she will have the ability to filter and eliminate what does not favor him/her (OLIVA, et al., 2006).

By being able to understand the types of stored memories it is possible to reach a higher level in the intimate understanding of the psychological or psychiatric level problems of both others and ourselves. This is because helping to determine where the problem is rooted is critical and crucial. When one has an awareness of the problem, its typology and location, it is half the way to the relief of the syndrome or disorder and, where it is found to be possible, to attempt treatment.

In this context, the use of rationality can be the path of resolution of disorders or syndromes, reason as a filter of emotion. The patient can do an introspection of his problem using techniques of rationality development combined with an increase in his self-knowledge. In the case of a psychic problem, it is necessary to understand the symptoms that generate the syndromes or disorders that result in day-to-day actions. Building a pattern of appearing in the world, which therefore traverses behavior and cold identity. A trauma, for example, can be relieved, and the patient's awareness can ease the treatment. The personalities pertaining to the disorder or syndrome can be cared for on an individual basis and comfort can be achieved for the patient. But it is also important to seek comfort and awareness in a personality derived from primitive memory for a more determined solution. Studying the brain regions, one comes to the conclusion that they work interdependently.

With a determined location, our emotional brain is primitive, so it is the first to react by instinct to emotions and try to behave under their immediate impact. However, the whole rational, and younger, part of the brain is on the upper floor of this construct. It allows us to rationalize the problem, thus ensuring a better understanding and better solution for a more satisfactory end result (ESPERIDIÃO-ANTONIO, et al., 2008).

TRADITIONAL THERAPY

Freud incessantly tried to intellectualize and bring to rationality the traumas and fears that were "stamped" in the unconscious. It is as if they were encrypted in the innermost and/or primitive memory and were accessible through relaxation, a "meditation" (PISETTA, 2008). The couch takes on the symbolism, the place where the person concentrated and focused only on

himself as "self-hypnosis". The whole atmosphere he created had a purpose. Through key words, imbued with importance in the subject's life, the symbolic activates recall and understanding of the hidden motives of oneself. Hence free association, linking unconscious information to trace the motives of conscious behavior.

In dream interpretation, the interpretation was achieved through the messages that were hidden in the images. Freud believed that dreams were revelatory of repressed emotions, a means of subliminally showing themselves (SUSEMIHL, 2017). With secondary elaboration of the dream, the person organized thought and speech, bringing insight to their own confusion. The dream is ultimately a product intrinsic to the dreamer, but with the assistance of the analyst, it gains meaning and significance and reveals details that the patient often cannot discern.

Lacan worked with symbols, signifiers and meanings, the whole part of linguistics and not libidinal energy as in Freud. Body language and verbal language, as well as the unspoken. He delimited the temporal chronology as determinant for the understanding of the patient in himself (BARROSO, 2015). According to his logical time, where the patient had a for: The instant to look; 4
The time to understand; The time to conclude. For that time was in fact used in a way to optimize this conclusion about oneself.

Therapies enable people to deal with behavioral issues, to solve mental problems, and for self-knowledge. The main traditional therapies are:

Psychoanalysis.

Psychoanalysis as a Teria created by Freud, has as its primary objective the cure by "listening and speaking", employed in cases of neurosis and psychosis (VIANA, et al., 2012). The method can be understood as based on the interpretation of the unconscious contents of the patient's words, actions, and imaginary productions. This interpretation is performed by the psychoanalyst or analyst, based on free associations and on what is called transference, which would be the updating of emotions and feelings from childhood, now transferred to the figure of the analyst and his real understanding.

The psychoanalytic method is a procedure of archeology of the soul, in its mental processes. This investigation searches for thoughts, feelings, emotions, fantasies and dreams through the

psychoanalysis of the individual (SILVA; MACEDO, 2016). It is based on the investigation of the person, seeking to understand what is hidden from himself. The therapy is used to treat neuroses, hysteria, psychoses, and also psychic diseases or problems. The method of investigation seeks to bring out the unconscious meaning of words, failed acts, jokes, dreams, and imaginary productions.

Cognitive-Behavioral Therapy

Cognitive-Behavioral Therapy or CBT understands the way human beings interpret events as what affects them, rather than the events themselves (KERBAUY, 1983). In other words: it is the way each person sees, feels, and thinks about a situation that causes discomfort, pain, discomfort, sadness, or any other negative feeling.

It is a very specific, clear, and direct therapeutic approach. It is used to treat various mental disorders efficiently. Its main objective is to identify patterns of behavior, thinking, limiting beliefs, and habits that are at the root of the problems, indicating, based on this, techniques to change these perceptions in a positive way. CBT is intended both for the treatment of different psychological and emotional disorders such as depression, anxiety, psychosomatic disorders, eating disorders, phobias, traumas, and chemical dependency, among others.

And it helps with the several issues that involve life as a whole: difficulties in relationships, professional choices, mourning, separations, losses, stress, learning difficulties, personal development.

Knowing that the main goal of Cognitive Behavioral Therapy is to change patients' meaning systems in order to alter their emotions and behaviors in relation to situations, the first step in therapy is to understand these systems.

Existential Humanist

The Humanist-Existential approach is a descriptive research method, centered in the person, and deals with the totality of each person in the process of becoming, it is not only a study of the human being, but a commitment to human duty (CORREIA; MOREIRA, 2016).

The method must be fluid, allowing the individual the perspective of his totality, demystifying the idea of a pure reality, confronting it with other realities. The integration between

the individual and the world allows him to feel the present reality, freeing himself from the demands of the past and the future. It contributes to self-realization and sees human beings as active individuals and masters of their own realization.

The awakening to self-development can take place through a humanistic therapeutic approach, with the help of a psychologist. The psychologist must act without judging and without directing them to a strategy without first confronting them. The goal of humanistic therapy is to propose confrontations and questionings that lead the individual to reflect on his "ideal self" and his self-image, seeking congruence, since it is the individual who is in control of the therapeutic process.

Gestalt Therapy

Gestalt therapy pays special attention to the theory of perception. The novelty of this therapy is that it has a therapeutic purpose of helping people who have some difficulty to be happy. But this approach is recommended for anyone, regardless of their circumstances, simply because it offers techniques and resources for becoming aware of one's own potential.

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Gestalt is a psychotherapeutic approach centered on the client, so that they come to understand what is really happening in their lives now, rather than simply talking about past situations. Through the Gestalt process, clients learn to become more aware of their own thought patterns. They then become aware of negative behaviors that can block true self-awareness and make them unhappy (VOGEL, 2012).

Within Gestalt therapy, the client has space to safely explore their experiences without fear of judgment. In fact, clients are encouraged not to simply talk about their emotions or experiences, but to bring them into the room. In this way, they can be processed in real time with the therapist. In other words, Gestalt is an approach that focuses more on the client's "here and now" experience.

Positive Psychology

Positive Psychology employs tools such as self-responsibility to show that everyone has the power to change their reality (SNYDER; LOPEZ, 2009). According to this movement, the secret to lead a more satisfying life is to build an optimistic mental model that always sees the "glass half

full". To do so, it is necessary to train the brain and leave negative patterns aside, exercising, frequently, gratitude and resilience mechanisms.

The approach works from the construction and improvement of quality, focusing on a positive perspective to keep the mind healthy. Its practice consists in the recognition and exercise of emotions, individual characteristics, and positive institutions - the three pillars to achieve a fuller life. Several scientific researches relate mental well-being to disease prevention, since negative emotional states can collaborate to the development or worsening of pathologies.

Positive Psychology provides greater satisfaction and happiness in life, supplying motivation and energy for the achievement of goals. It seeks improvement and total dedication to the task at hand, enjoying the here and now.

Systemic Therapy

Systemic therapy is focused on the analysis of interpersonal relationships that involve people, and is based on the understanding of communication patterns that occur within the family, in the workplace, or in relationships between couples (CAMICIA; SILVA; SCHMIDT, 2016).

In other words, it is about studying individuals within a system of relationships. Thus, to treat an individual dysfunction it is important to start group therapy.

The specialists in this therapeutic approach look for communication patterns that negatively affect a collective (for example, a family) and through therapy correct these patterns so that the patient no longer has the symptoms that cause them distress or suffering.

In this therapeutic approach the family is conceived as a system, as the different members that make it up create emotional and affective interactions that determine the individual behavior of each family member.

This method has proven to be effective in improving the socialization of people suffering from schizophrenia, a pathology that can dramatically affect behavior. From a systemic point of view, the individual with this pathology is studied and his personal and family environment is taken into account. In this sense, psychologists and psychiatrists use family therapy to improve the

quality of life of the patient with schizophrenia.

PSYCHOCONSTRUCTION

The psychoconstruction therapy is based on the primitive memory that is closely linked to genetics, to the ancestors. The psychoconstruction method consists first of an initial consultation, in which the patient can decide whether to begin the medium or long-term therapeutic process, or just to follow what he or she has been told in the consultation. The major benefits that lead to healing originate from information about genetic markers. In short, the patient is X-rayed, with his or her personality traits and psychological profile. A schedule is then defined with the alteration of the patient's routine.

The new therapy was developed based on genetics. The human being can indeed carry in his cells problems developed by his ancestors. One starts to solve them by bringing to consciousness the problem, from strategies and guidelines for resolution, be it psychological or in dysfunctions caused by traumas, disorders, syndromes, and diseases.

The method presents the patient with techniques and cognitive training so that he/she can gain autonomy and find solutions for future problems, arising from situations that have already been cured. That is, the behavioral pattern is found through the observation of past actions, generated by the primitive brain's way of interpreting external stimuli. It is necessary to identify and modify crystallized and dysfunctional interpretations. This makes the person better adapted, more self-appropriate, and consequently more welcome, accepted, and happy.

Psychoconstruction has numerous techniques that act on the root of the problem. The method is an innovation within the therapeutic processes already in use. Based on neuroscience, it uses epigenetics (a term that refers to changes in gene activity that do not involve changes in DNA) to build a new model, with better psychological and social performance.

The psychoconstruction goes beyond trauma awareness and does not invalidate psychoanalytic therapies. However, it adds genetic data in search of the answer to the reason for the trauma, which is the origin of the disorder, the syndrome, or any problem that compromises mental balance. The new therapy models the cognitive functions, which lead the subject to make decisions and adjustments in his routine, according to his uniqueness. The brain's designer in its

structure allows us to "learn to feel better", performing a more productive outcome, with more adjusted responses to stimuli from the external world and better understanding of his environment and internal contents.

THERAPY THROUGH PSYCHOCONSTRUCTION

Concentration is necessary, "meditation", a deepening through rationality to find in the obscurity of the unconscious the reason for the problem. Activating the emotional intelligence of the individual so that his pre-frontal region is determinant in the concentration and in the choice of the contents to be sought. The interviewee will find in the engrams of his memories, even those with the smallest traces, the presupposed answers.

Both Freud's and Lacan's concepts are coherent for the therapeutic process, but the answers may not be true. Reality may be abstract. We deposit in our engrams an imprinted memory determined with the influence of our personality, our reptilian and paleo-limbic brain.

In psychoconstruction there are 5 steps that determine the intensity of the memory in the engram, for example, a glass of water and drops of black paint, each drop of paint suggests a memory and the nuances of emotion determine the quantity of drops.

Let's imagine that each glass is a neuron, the clarity of the water relative to the quantity of drops of ink determines the degree of storage of that memory, and this is determined by emotional influences which in turn are determined by the nuances of personality. Searching for information in a glass of clear water can inject drops of black ink and darken this glass, giving the idea that the information is safe. But the responsibility of the present can determine this memory and this memory may not be real but abstract.

Just as the stored memory may have already undergone a change of abstraction. Whether it is a memory in the unconscious, the super-unconscious, or even the pre-conscious.

The role of the therapist under these conditions becomes also intuitive, forcing him/her to be a person with a highly developed cognition through intelligence, knowledge and experience. Taking into consideration that the information brought by the pre-frontal may have been created or altered, forces the therapist to go back in time, bringing in the knowledge established in ancestry. "Butterfly effect" factors in which non-permanent possibilities are created as a response to an action

or attitudes, real or invented. Evaluate in the personality condition the reason for the possibilities, that is, that individual may have been able to create this memory by the influence of his personality with interference from the reptilian brain.

In psychology and psychoanalysis we have the understanding of the behaviors, we create reasons based on the patient's history through the traumas, education, factors related to the conscious life searching in the unconscious the answer predetermined by factors similar to mankind. We find the reason for the one that emotion prevents from making the right decision and choice; to clarify the road of an obscure life since the other does not have the interference of the self, of the reptilian brain. But there are not only the nuances of development from embryo to 5 or 6 years of age, and also the genetic factor in primitive memory.

The role of the psychoanalyst is not only to listen, but also to let the patient speak, since this is the real heart of the matter. By elaborating his speech he will also listen to himself, bringing reason and intellect to organize thought and give order to feelings. This is a means of repairing one's actions in life, pondering paths and decisions in order to better adapt and be accepted in society. It is the elaboration of mechanisms that positively interfere with the production of the neurotransmitters that control our state of being.

Having the understanding about the reason is different from finding the cure, and in this project my concept does not determine a definitive cure, but a continuous one. The cure would be in the sense of a better well-being since there is no permanent cure for organic marks. The dysfunctions in our chemical messengers are irreversible and determined by factors, among them: genetics that influence the time, environment, in short, the details as micrometers of a periodic tith of sensations.

My project reveals an intention of a continuous therapy, determined by tasks that go far beyond the knowledge of the root of the problem. As I mentioned earlier, recall can be within an abstract, moving and compelling reason to oneself. The determination of the tasks goes according to the individual's ancestry, possibilities, genetic chances, traumas, fears, reptilian brain induction, emotional intelligence, cognition, and all the other personality traces of the patient. With all the questions determined above, inserted into the protocol, we can not only create behaviors but habits that will reveal a better wellbeing from, the type of food, tasks, routine, errands that can feed the

opposite side of what binds the individual to an atmosphere that harms them.

In closing, I will use myself as a guinea pig. I propose to create a personality chart of my father, my mother, to unravel myself. From there I intend to perform my self-therapy to achieve a better life. Ultimately, I am not looking for a cure, nor do I want one. What I do seek is a life that flows in peace, just as the sophists did.

BRAIN ARCHITECTURE

The brain in its construction of physical structures with concrete locations can be visualized in neuroimages and understood in its functionality, in an interdependent way. Its neuronal circuitry allows connections in a complex and highly dynamic system.

We used to conceive the brain on a Cartesian axis, separated by left and right hemispheres.

However, since 1970, the American neuroscientist Paul MacLean coined the concept of the Triple Brain, an evolutionary construction in three levels. This model was validated by the whole scientific community in the 90's, and became widely used for its neuroanatomical coherence, contemplating an evolutionary division, containing 3 brains: the reptilian brain, which is the reptilian system (our irrational consciousness); the limbic brain, which is the mammalian one (our emotional consciousness); and the neocortex, which differentiates us from all other species in nature (our rational consciousness) (GUYTON; HALL, 2008).

The whole reptilian complex is primarily focused on our survival, the Limbic System is responsible for the interpretation and decoding of emotions and feelings that it receives from the external world based on data from the internal environment for an adaptive response, being, therefore, the neocortex our top floor of this psychoconstruction, with higher intellectual functions.

In short, the neocortex is the area related to the conscious mind; the limbic, to the pre-conscious; and the reptilian, to the unconscious. Therefore, using the natural way of brain construction, our mind can act, through Psychoconstruction Therapy, in a more intelligent and

adaptive way, learning to feel better.

Reptilian Brain

Reptilian Brain

The reptilian brain is located below the temporal field (hippocampus), near the sphenoid and also near the amygdala, known as the reticular area, this region is responsible for the primitive instinctive actions of survival, which are: fleeing, fighting and freezing. Located in the depths of the brain, being responsible for our primitive memory, it is only activated when danger is evident, that is, the perception of life and death becomes broad, so the reptilian brain has a strategy using the primitive mind activating the physiological regions to maximize positive results. It is from the reptilian brain that we get the essential information for activation of the primitive reactions, it releases an extra amount of blood to the regions that are activated for survival, example: legs for running, arms for fighting.

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Limbic Region

The second brain structure we will look at is the limbic paleo brain, located above the reptilian brain and brings behaviors on two axes: self-confidence and or trust in others. The Paleo Limbic is a more rigid reptilian brain, specifically it brings about actions such as domination, manipulation, among others, directly connected with the two axes. The neolimbic brain composes the region of the limbic system together with the limbic paleo, but differently from the paleo, the neolimbic is responsible for our conscience, emotions, learning, tastes, motivations, among other things, the limbic field is responsible for the personalities: primary (it needs rewards to obtain emotions, be them positive or negative, be them conscious or unconscious); and secondary (differently from the primary, it is moved by what the environment sends us).

Prefrontal Cortex

The prefrontal cortex, the last part of the mapping of brain regions, is a specific brain evolution of the human being, for being of large dimensions, it works like a computer taking

sensory information and creating new perspectives, ideas, theories, subtracting from the unconscious and working with this information. When the limbic system is in control, it brings sensations like exclusion, denial, failure, as already explained in the beginning, the prefrontal cortex should be the one working better with new situations, but when there are these changes, our limbic brain is ahead in brain control resisting the new perspectives. When we manage to switch from limbic to frontal, stress ends, calmness comes, new inspirations appear, we leave the autopilot and move on to adaptive ways, what was rigid becomes light, what was conflicting becomes clear and objective.

CASE

The Psychoconstruction method was worked with a patient with PTH - Histrionic Personality Disorder who suffered prejudice and rejection from his mother when he was a child because his skin was darker than his brothers'. This information brought to the patient's awareness as well as its cause can help to find comfort through awareness and care for specific personalities. But the mother's prejudice being passed on genetically to the patient causes the patient not to be fully strengthened, because he ends up being prejudiced against himself since the prejudice is in his genetic code. Therefore, this search in the primitive memory also allows us to take care of the root problem, which in this case is the prejudice.

In this specific case, the therapy started from a continuous treatment, which covered all the necessary mechanisms. As noted before, relief of the problem occurs through awareness, but it is not resolved if there are already scars resulting from the dysfunctions traced by chemical messengers that control feelings and emotions. Besides awareness, knowledge, strategies to resolve the scars such as the use of brain neuroplasticity, diet, physical exercises, behaviors and habits according to the patient's personality. A DNA test with genetic health risks and a complete blood test are also done. Based on the results and with the help of other professionals, everything necessary is outlined so that the patient has the comfort to conduct his or her life in the best possible way in a treatment that involves all the nuances of the problem, whether in consciousness, or in

what has already marked him or her in the impossibility of unraveling the created reality.

CONCLUSION

The human being can indeed carry in his cells problems developed by his ancestors, and it is known that the greatest benefits that lead to healing originate from information about genetic markers. The psychoconstruction therapy is based on the primitive memory that is intimately linked to genetics; it is an "x-ray of the soul" of the patient, with its personality traits and psychological profile. In practice, the patient is submitted to psychoconstruction, in an inner reform that generates autonomy to find solutions for future problems.

Psychoconstruction based on neuroscience goes beyond trauma awareness, does not invalidate psychoanalytic therapies, and adds genetic data allowing the patient to make decisions and adjustments to reach mental balance. The responsibility to maintain one's own homeostasis brings the patient changes in his sleep, eating, physical, work, and intellectual activity routines. As well as a greater harmony in relationships, promoting an ecological model of health and well-being. The integrality of the brain to the body, going through the understanding of the mind and the set of idiosyncrasies that reverberate and concentric waves expanding results of exponential reach according to the participation, collaboration, and will of the patient in conquering maturity and affective, emotional, and physical health responsibility. The result is promising, because the change is in fact from the inside out. Going to the cause to change the effects.

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