

Seminar IRH-ICUB

Consciousness and Cognition: An Interdisciplinary Approach

<https://irhunibuc.wordpress.com/2016/04/05/new-seminar-consciousness-in-philosophy-and-neuroscience/>

convenor Dr. Diana Stanciu

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Date: Tuesday, 12 December 2017, 17h

Place: IRH-ICUB (1 D. Brandza Str.), conference room

Dr. Ioana Podina

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Ioana Podina is a psychologist and Assist. Prof. at the Faculty of Psychology and Educational Sciences (FPES), University of Bucharest (UB). Dr. Podina is an internationally certified cognitive-behavioral psychotherapist (Albert Ellis Institute, New York, US) with a background in genetic counseling. She is the head of the Cognitive Clinical Sciences Laboratory from FPSE, UB. Her main research interests target the development of scientifically based e-Health interventions for behavior change. In concert with these interests, Dr. Podina is currently the PI of a technology-focused research grant for weight management (PNII-RU-TE-2014-4-2481, ‘SIGMA: A Self-help, Integrated, and Gamified Mobile-phone Application for weight management in young adults’).

Gamification and Behavioral Genetics Used in Recovering from Mental Illness

Im arguing in this lecture that current research does not need to focus on newer forms of psychotherapy. However, we do need to optimize existing evidence-based forms of psychotherapy. Why? Even in the case of the best success stories of treatment in psychotherapy (i.e., exposure-based treatments), there is an estimated return of psychopathology symptoms varying from 19% to 62%. The key to optimizing psychotherapy interventions and response to treatment could come from some of the most surprising and unrelated sources – the gaming industry and genetics research, two areas with cutting-edge progress in the last decade. On the one hand, gamification (i.e., use of game-like elements in non-game contexts) could facilitate learning and the long-term efficacy of psychological interventions; on the other hand, identifying the genetic make-up of an individual could provide a significant clue on how to tailor a psychological intervention to better meet the needs of the individual. Several other avenues of research and expected progress in the field will be rendered in the presentation.