



Traumatic memory and Dream process: from unconscious to consciousness

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Abstract:

Dream process is essential for our body and mind. It is not just a bio-data, it is a meaningful experience that helps the human being to grow, classify their memories, elaborate their feelings and inner repulsed desires and conflicts. Traumatic memory can sabotage this process; block the memory network disrupting the streams of communication between unconscious and consciousness. In the therapeutical context dreams are of the most powerful and revealing material. They can unlock crucial points of the analytical process as shown in the short clinical presentation.

Biography:

Katerina Mangana is a psychoanalytic psychotherapist in private practice and author. She is also collaborator in secondary education programs for the Laskaridis Foundation (Piraeus, Greece). She has written various articles for Hellenic psychoanalytical journals. She is giving regularly lectures in mental and cultural institutions. As an author she has received a theatrical award for best new play in 2013 (Athens). Her recent book is titled "When the soul disturbs the body" (2018).

Recent Publications:

1. Role of plants in anticancer drug discovery



2. Botanical, chemical and pharmacological review of *Withania somnifera* (Indian ginseng): an ayurvedic medicinal plant
3. Anticancer agents from diverse natural sources
4. Natural products as lead compounds in drug discovery
5. Intraspecific variation in the internal transcribed spacer (ITS) regions of rDNA in *Withania somnifera* (Linn.) Dunal
6. Utility of a multidisciplinary approach for genome diagnostics of cultivated and wild germplasm resources of medicinal *Withania somnifera*, and the status of new species

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