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ORAL PRESENTATION

Neural plasticity, myokines, and emotional regulation: Interdisciplinary connections and therapeutic implications for mental health

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This study explores the intersection of neuroscience, muscle physiology, and psychoanalysis, proposing an interdisciplinary approach to mental health care. Based on personal and professional experiences, the work integrates scientific discoveries with practical insights to address the challenges of mental health disorders. Recent research demonstrates that physical exercise, by stimulating the release of myokines such as interleukin-6 (IL-6) and brain-derived neurotrophic factor (BDNF), promotes neural plasticity, metabolic regulation, and emotional resilience. These mechanisms are further enhanced through mindfulness practices, which improve emotional regulation, and psychoanalytic interventions, which provide a framework for addressing underlying psychological trauma. Integrative programs incorporating these elements have shown significant results, with data indicating a reduction in depressive symptoms by up to 30% and strengthening functional neural connections between the prefrontal cortex and hippocampus. This study emphasizes the body's role as a mediator of mental health, arguing that interventions combining physical exercise, mindfulness, and psychoanalysis can transform therapeutic practices.

Additionally, the work explores the broader implications of these findings for individuals dealing with personality disorders, authority abuse, and chronic stress. Through this approach, it proposes a comprehensive, personalized framework for fostering emotional resilience, improving quality of life, and preventing relapses in psychiatric patients. This interdisciplinary perspective highlights the potential of combining physiological and psychological strategies to address complex mental health challenges effectively.

Biography

Anelise Gribel is a production engineer graduated from the Federal University of Rio de Janeiro (UFRJ) with 40 years of experience in the oil and gas sector, working in IT, Refining, Commercialization, and Strategy. She holds a master's in business administration from the Pontifical Catholic University of Rio de Janeiro (PUC-Rio), where she linked management theories to the Sleeping Beauty Syndrome. With an MBA in Health Management (FGV) and psychoanalyst training from Paulista School of Psychoanalysis (EPP), she addresses complex clinical cases such as harassment, personality disorders, and self-harm. Drawing from her experience in recreational halfmarathons in Brazil and abroad (USA, Portugal, France), she integrates sports discipline into therapy, fostering resilience and transformation in patients.

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