

# Conférence organisée par le laboratoire INTERPSY



Equipe « Psychopathologie clinique et Projective » (PsyCliP)  
Master de Psychologie clinique – Parcours Psychodynamique

## **Some Scary Things that Can Happen in the Bedroom: Isolated Sleep Paralysis and Exploding Head Syndrome**



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**Le 2 avril 2020 de 18h à 20h**  
Campus LSHS / Amphi A104 / Entrée gratuite / Présentation en anglais

The parasomnias are a subcategory of sleep-wake disorders that involve abnormal perceptions, behaviors, movements, and dreams. Although they do not receive as much attention as insomnia or other better-known sleep disorders, a growing body of evidence indicates that they are more common than many people believe and can be associated with clinically significant consequences.

This talk specifically focuses on two of the more dramatic parasomnias: isolated sleep paralysis and exploding head syndrome. Along with being clinically meaningful, these disorders may also be a good, scientific explanation for otherwise anomalous beliefs (e.g., alien abductions; demonic visitations; certain conspiracy theories). After first describing how they manifest in patients, each disorder will be placed in historical and cultural contexts. In particular, isolated sleep paralysis has had an important influence on a number of different time periods and cultures. Next, data on the prevalence rates, etiology, and associated features of these disorders will be presented. Finally, although no large-scale clinical trials have yet been conducted, the methods currently available for assessment and treatment will be summarized.

*Brian Sharpless received his Ph.D. in Clinical Psychology and M.A. in Philosophy from Pennsylvania State University. He completed a post-doctoral clinical fellowship (Pennsylvania Hospital), and a post-doctoral research fellowship (Center for Psychotherapy Research) at the University of Pennsylvania. Most recently, he was given an honorary Research Fellow appointment in the department of psychology at Goldsmiths University of London (United Kingdom) but was previously on faculty at Pennsylvania State University, Washington State University, and the American School of Professional Psychology. He has also been a clinical fellow at the Psychoanalytic Center of Philadelphia and a teaching fellow of the American Psychoanalytic Association's (APsaA) Teachers Academy. He has published *Sleep Paralysis: Historical Psychological, and Medical Perspectives* (2015), *Unusual and Rare Psychological Disorders: A Handbook for Clinical Practice and Research* (2017) and *Psychodynamic Therapy Techniques: A Guide to Expressive and Supportive Interventions* (2019).*