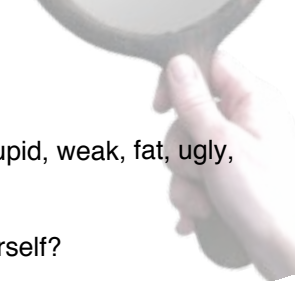


The Neuroscience of Self-love

A talk by
Avigail Abarbanel
psychotherapist

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- ☐ Are you self-critical?
 - ☐ Do you judge yourself a lot?
 - ☐ Do you tell yourself you're stupid, weak, fat, ugly, useless?
 - ☐ Do you sometimes hate yourself?
 - ☐ Do you suffer from anxiety?
 - ☐ Is the world inside your head harsh, unpleasant?
 - ☐ Have you been meditating, or practicing mindfulness, but nothing is changing?
 - ☐ Are you fed-up with trendy pop-psychology that's too airy fairy?

These days we are told that we should love ourselves more. Self-love is also recognised as important to good mental health, and even to recovery from, and prevention of physical illness.

But what does it *mean* to love yourself?

This talk will focus on the neuroscience behind self-love. It will clarify what self-love is, and why it's so important. Avigail will share some of the skills she teaches her clients in her practice. There will be plenty of time for questions and discussion.

- * This talk is for everyone. No prior knowledge required.
- * Young people are welcome.
- * People under 16 should be accompanied by an adult.
- * This talk is *not* a substitute for getting individual professional help if you need it.

The Speaker

Avigail has been an individual, relationship, group, and family psychotherapist for almost twenty years. Her first eleven years were in Canberra Australia, and since 2010 she has been living and working in the Inverness area.

Avigail takes a practical approach to psychotherapy, and has been working within a solid scientific framework. She believes that clients can and need to understand everything about their therapy. Avigail is passionate about sharing knowledge, and believes that among other things, understanding our brain is key to good mental health. She is keen to pass on knowledge to young people as well, and sees it as a good way to prevent problems later in life.

Avigail is an experienced public speaker and trainer. She is Accredited with the BACP (British Association for Counselling & Psychotherapy), and through the BACP also with COSCA.

For more information visit: www.fullyhuman.co.uk



Avigail Abarbanel

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DETAILS & BOOKINGS

When: Saturday, 19th May 2018, 10:00 to 14:30

Where: Spectrum Centre Inverness Concourse Room

How much: Full price:£16 *Concession: £12
(*Unwaged, low income, students)

Bookings via Eventbrite (<https://neuroscience-of-self-love.eventbrite.co.uk>)