

# The Neuroscience of Change

A One-Day Professional Workshop with

**Avigail Abarbanel**

**Saturday, 25th August 2018**

**9.00am (9.30am start) — 3.30pm**

**Spectrum Centre, Concourse**

**"We are always in a perpetual state of being created and creating ourselves."** — Daniel J. Siegel, *The Developing Mind: How relationships and the brain interact to shape who we are.* (p.221)

Despite considerable advances in neuroscience and despite the contribution that neuroscience has been making to our understanding of psychology and psychotherapy, psychotherapists still talk about their work mostly with the language of metaphors. We routinely use words and phrases like 'growth', 'healing', 'development', 'dealing with things', 'inner child', or 'self-love' to name but a few. But what do these words and phrases actually mean? What *really* happens to us when we grow, change, heal or develop and when we learn to be kinder to ourselves?

My clinical experience over the past twenty years has shown me that clients are increasingly dissatisfied with a field that can come across as 'airy fairy'. People ask me, 'How is *talking about my feelings* going to make me better?' Talking about their previous experience in counselling, new clients often tell me, 'The counsellor was nice but by the fourth session I ran out of things to say', or 'My therapist didn't tell me anything I didn't already know...' People ask legitimate questions and raise good points. They deserve proper answers from us. Many people are put off the idea of seeing therapists or counsellors because they are not comfortable with a field that can't explain what it does, except in very abstract terms.

On the other side of the equation we have a pathologising, hardline, medicalised and pharmacological approaches to mental health coming from General Practice and Psychiatry. We also have 'quick fix' one-size-fits-all approaches offered by various schools. If you understand the brain and know how it interacts with therapy you know there is no such thing as a quick fix...

When we are psychologically well or unwell, when we suffer or when we change, it is all processed in our brain. When we work with clients we are working with their brains. It is therefore crucial that we begin to have a better understanding of what this means.

Over the past twenty years or so, we have been fortunate to be exposed to aspects of neuroscience that are directly relevant to what we do in our therapy work. For the first time in the history of psychotherapy we have a proper science behind our work. Over the years I have developed my work under the umbrella of neuroscience and clients have been responding extremely well to this.

The clinical evidence suggests that when clients understand how therapy works from a neuroscience perspective they are much more open to the process. People who would otherwise be sceptical and unlikely to go to therapy feel more confident and comfortable to engage. Regardless of level of education, clients can understand what we are there to do and how therapy works. This enables them to engage better and take greater and more robust ownership of the therapeutic alliance and process.

Working from a neuroscience perspective is particularly important for clients who suffer trauma. It not only removes shame but it is safer and more effective. It also enables clients to assess their own process of recovery in a tangible and empowering way.

In this workshop I will share theory and practical skills that you can apply in your work. The workshop will include teaching sessions, discussions and opportunities to experiment and practice.

## Learning Objectives

At the end of the workshop participants will have acquired a good understanding of the neuroscience that is relevant to psychotherapeutic work. They will have been introduced to assessment and therapeutic tools they can incorporate into their existing practice. They will have tools to develop a more scientifically-based practice without losing the warmth, connection, creativity, and humanity that are the hallmarks of effective psychotherapy.

- \* Confidentiality & safety boundaries will be enforced.
- \* There is no pressure to disclose anything.
- \* A certificate of attendance (5 CPD hours) will be provided at the end of the workshop.
- \* This workshop is open to experienced psychotherapists & counsellors, other mental health professionals and to **advanced** counselling or psychotherapy students (**2nd year and up**).
- \* This workshop will be especially useful for those working with adults. However, the learning can be usefully applied to working with children and young people and also to relationship and family therapy.

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## Details & Bookings

<b>Date and Time:</b>	Saturday 25th August 2018, 9.30am-3.30pm
<b>Cost:</b>	£85 including lunch, coffee/tea and course materials
<b>Venue:</b>	Spectrum Centre, Concourse
<b>Cancellation policy</b>	Full refund <b>up to 7 days</b> before workshop date. No refund less than 7 days.
<b>Enquiries:</b>	avigail@fullyhuman.co.uk, 07913 295 029
<b>Bookings:</b>	Please use the attached booking form.

❁ *The number of places in this workshop is limited in order to maximise the learning experience.*

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## The Presenter

**Avigail Abarbanel** is an experienced psychotherapist, clinical supervisor, writer and trainer. She has been Accredited with the BACP since 2008, and with COSCA (through the BACP) and is on the BACP and COSCA Registers. Avigail is qualified to work with adult individuals, relationships, families, and groups. She has been in private practice since 1999, and is passionate about sharing knowledge, and about psychotherapy as a process of growth and development.

For more information please visit: (<http://fullyhuman.co.uk>)

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25th August 2018  
Spectrum Centre Inverness

## Booking Form

(Please write clearly. Thank-you!)

Name of booking person or organisation

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Receipt to be made to

\_\_\_\_\_

Postal address

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\_\_\_\_\_

Contact Phone Number

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Email Address

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Name on badge

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Name on CPD Certificate

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Payment (£85) by (✓)

Cheque  
(Attached)

☐

BACS

☐

PayPal

☐

Fully Human Psychotherapy  
Sort Code 40-22-66  
A/C 10026794  
Ref: August Workshop

Use my email address:  
avigail@fullyhuman.co.uk

***Please post or email your booking form by 13/8 to:***

Avigail Abarbanel  
Fully Human Psychotherapy  
Kilmalieu Cottage  
Croy, IV2 5PW

**P** – 07913 295 029  
**E** – avigail@fullyhuman.co.uk  
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