

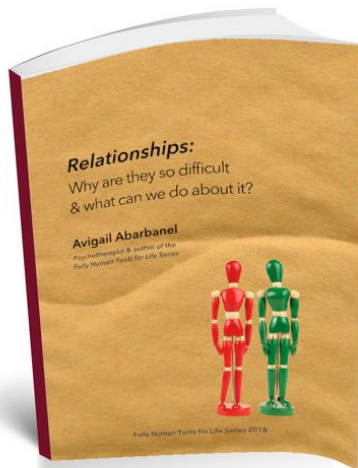
# The Neuroscience of Relationships

A Public Talk by Psychotherapist

Avigail Abarbanel

**Saturday, 9th March 2019 10:00 - 14.30**  
**Ness Suite, Glen Mhor Hotel & Apartments**  
**(Formerly the Waterside Hotel)**  
**8-16 Ness Bank, Inverness IV2 4SG**

Many people find relationships difficult and are not always sure why and what they can do about it. Why are relationships so challenging?



Nowhere are our emotions and our 'stuff' triggered and tested more than in relationships with other people. This is not because we are stupid or deliberately difficult. In fact, people are intelligent and do the best they can with what they know. The real answer is that relationships are challenging because we are not particularly well made...

What can we do about it? We need to continue to develop the brain we left home with. In particular, we need to work to integrate our executive functions with our limbic functions and the key to better integration is our emotions. Only when we are better integrated, are we mature enough and well enough to engage in safe and satisfying relationships that are based on compassion, acceptance and a real connection. The neuroscience behind relationships enables us all to approach ourselves and others with less judgement and with a better understanding of what makes us who we are and how we relate to others.

This talk will cover the neuroscience behind relationships as well as a number of important topics that are essential to understanding how we relate to one another and what happens when we do. Some of the topics that will be covered are: emotional triggers and 'landmines', the mirror neurones, the two kinds of love we are capable of, safety in relationships and more.

This talk ties in with Avigail's new booklet, *Relationships: Why are they so difficult & what can we do about it?* (Available on Kindle and in paperback on Amazon worldwide).

**TICKETS via Eventbrite At:**

<https://neuroscience-relationships.eventbrite.co.uk>

## ABOUT THE TALK:

- This talk is about *all* adult relationships.
- This talk is LGBT-friendly.
- No prior knowledge is needed, only a curious, engaged mind.
- There will be plenty of practical, useful knowledge & skills to take away and put into practice immediately.
- Please be aware that personal disclosure is *not* expected but confidentiality & safety rules will be enforced.
- This talk is not a substitute for professional help if you need it.
- Young people are welcome but people under 16 should be accompanied by an adult.
- Handouts will be provided.
- Coffee and tea will be available. Feel free to bring your own lunch.
- CPD certificates are available to professionals.

## ABOUT THE SPEAKER:

Avigail has been an individual, relationship, group, & family psychotherapist for twenty years. She started practicing 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 and healthy relationships. 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 with COSCA (via BACP).