



## **Therapy Without A Therapist: The neuroscience of fulfilling your Potential**

*If you are sceptical about therapy and anything to do with mental health; if like many you think the whole thing is 'airy fairy', intimidating or pointless, then I'd like to tell you that you're right and this workshop might be for you.*

Hi, my name is Avigail Abarbanel.

I have been a psychotherapist since 1999. I have always worked in private practice, first in Australia for eleven years and since 2010 in the north of Scotland. I have been a clinical supervisor for many years and am also qualified as a group, relationship and family therapist.

I have always had a busy practice and being a therapist is how I have been making a living. But I have always thought that my profession should not be necessary. Therapists and psychotherapy would not be necessary if as a society we treated children, ourselves and others according to what we *know* leads to health, wellbeing and growth. But instead, we ignore everything we know and are then surprised that so many people suffer psychologically. It doesn't have to be like this.

Therapy or what passes as therapy or mental health services often do nothing and can even cause harm. This is mostly because people tend to be treated as a collection of 'symptoms' or problems, and rarely as whole human beings with a rich inner world and life experience. Most therapy does not offer people any understanding of what therapy is or how it can help them grow and develop to their potential and some approaches to therapy can even leave people feeling that their problems are their own fault. But this isn't how I was trained or how I work. How I work can be taught and practised by most people even without seeing a psychotherapist. I call this workshop 'The neuroscience of fulfilling your Potential' because good therapy is supposed to be about fulfilling potential, not 'fixing problems'.

I am trained according to the principles of humanistic psychology, which has always thought that therapists had a role in social change and not just in helping individuals. Faithful to humanistic principles, I would like to make myself redundant by making sure that as individuals we develop so well so that we can make a difference to others and to society in general. I am keen to share my knowledge with everyone because I want to make the world a better place.

Please see below the details of the workshops I will start offering (reluctantly online for the moment) from April this year. If you have any questions, get in touch at: [avigail@fullyhuman.co.uk](mailto:avigail@fullyhuman.co.uk)

This information and the booking form are also available on my website at [fullyhuman.co.uk](http://fullyhuman.co.uk) and on my Fully Human Psychotherapy Facebook page.



## About the workshop

Therapy and mental health do not have to, and must not remain a mystery to the public. As I say at the start of the first chapter of my most recent booklet:

**“Most people have no idea what psychotherapy is or what therapists do and I don’t think this is acceptable. You can live a perfectly good life without understanding the first thing about quantum physics or how a washing machine works but mental health is everyone’s business.” (Therapy Without A Therapist. P.17)**

Thanks to Dr Dan Siegel’s framework of Interpersonal Neurobiology (IPNB), things in therapy are now very different compared with what they used to be. Not only do all my clients understand fully what therapy is and what they or we are there to do in therapy, they are fully in charge of their process. They also learn how to evaluate their own progress and get the evidence they need to see and understand the changes they experience in themselves.

My clients realise from the first session that what they are doing in therapy (initially or seemingly for themselves) in fact has a significant impact on all their relationships and on everyone else in their lives. And no, we don’t blame or judge parents or anyone for that matter. Parents, and people in general, do the best they can with their level of development and with what they know. We can do a lot better, yes, but it’s not a matter of blame. It’s a matter of learning how we operate, why we are the way we are and applying the knowledge we have in order to develop towards our potential.

The workshop is offered in two 2.5-hour sessions. The first session will focus on sharing and teaching the approach I use in my practice. The second session will be more practical and will encourage discussion and reflection. A week between sessions offers participants the opportunity to digest and process the information and to develop their own understanding, insights, thoughts and questions. *No one will be pressured to share anything and everyone’s autonomy will be respected.*

The workshop is intended to accompany my new short book, *Therapy Without A Therapist: DIY Good Mental Health and Growth* but it is not a requirement to read it. **Participants will receive a free copy.**

### IMPORTANT

The drive to grow never goes away but **physical needs and safety** should be seen as a priority and a pre-condition **before** we are able to engage with our growth process. This workshop is **not** a substitute for therapy with a professional, if you need it, nor for getting help if you are in crisis or in a bad situation.

If you or any vulnerable people around you, such as children, are not safe, the priority is to **get help** for yourself and any vulnerable people for whom you are responsible. You can always get therapy later or engage with your development once you and your loved-ones are safe and looked-after.

### Workshop details

- 2 x 2.5-hour sessions over two **consecutive Saturdays**.
- Training is offered online – I use Zoom Pro. Links to log in will be sent in advance of each workshop.
- This workshop is for everyone. No prior knowledge or education are needed for this training, only an agile, curious mind that's motivated to learn and grow.
- The workshop could be useful for parents, mental health professionals, social workers teachers, doctors, nurses, or anyone whose work has an impact on people's minds.
- Groups are limited to 10 participants.
- The cost is on a scale between £55 to £85. It is an honour system and I leave it up to you to decide how much to pay based on your resources.

### What is included

- 2 sessions of 2.5 hours delivered online via Zoom Pro
- Copies of the slides/presentation – sent electronically
- A free copy of *Therapy Without a Therapist* – Please provide a postal address on your booking form. The book will be sent directly from Amazon worldwide and it can take two to three weeks to receive it.
- An Attendance Certificate for CPD for anyone who needs it.
- I will be assisted by Brendan Stephens, a senior social worker. He will be available for a side chat if anyone needs assistance.

### Timetable to the end of 2021

- I offer a few different time options to give an opportunity to people outside the UK to attend.
- All the times below are **UK times!** *If you are outside the UK please be sure to check the exact time for your location before booking.*
- Session dates *cannot be mixed and matched!* Please do not assume that you can attend session 1 in one time frame and session 2 in another. It is likely that it won't be possible.
- Please note the **cancellation policy** below.

<b>April</b>	Session 1	Saturday	17/4/2021	11am – 1.30pm
	Session 2	Saturday	24/4/2021	11am – 1.30pm
<b>May/June</b>	Session 1	Saturday	29/5/2021	11am – 1.30pm
	Session 2	Saturday	5/6/2021	11am – 1.30pm
<b>July</b>	Session 1	Saturday	10/7/2021	7pm – 9.30pm
	Session 2	Saturday	17/7/2021	7pm – 9.30pm

<b>August</b>	Session 1	Saturday	21/8/2021	6.30pm – 9.00pm
	Session 2	Saturday	28/8/2021	6.30pm – 9.00pm
<b>October</b>	Session 1	Saturday	16/10/2021	3pm – 5.30pm
	Session 2	Saturday	23/10/2021	3pm – 5.30pm
<b>November/ December</b>	Session 1	Saturday	27/11/2021	6pm – 8.30pm
	Session 2	Saturday	4/12/2021	6pm – 8.30pm

### Cancellation Policy

- **Up to two weeks before the workshop**                      **Full refund**
- **Up to one week before the workshop**                      **50%**
- **Last minute (one week or less)**                      **No refund**

### Bookings

Please use the booking form to book your place. Once you send me the form, I will send you an invoice with information on how to pay. Your booking will be confirmed once your payment has been processed