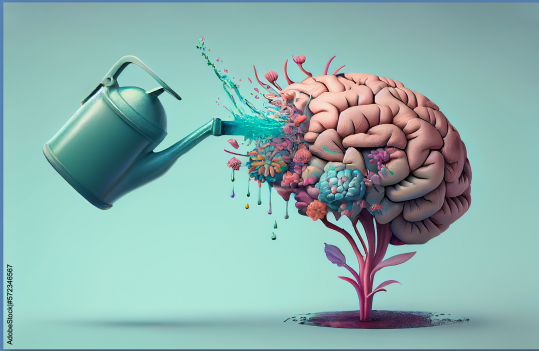


# The Power of Validation

(The neuroscience of facilitating change & growth)



An In-Person CPD Workshop  
for psychotherapists &  
psychotherapy students

**Presenter: Avigail Abarbanel**

## About the workshop (Updated: 8th July 2023)

As therapists, are we fully aware of the true power of validation? Validation is a transformational tool available to all, and at our fingertips, but do we use it with full knowledge of its power and intent? External & internal validation changes our brain architecture, which is essential for therapeutic change. This will be the focus of this workshop, which is based on the framework I have used in my practice for over two decades. The workshop will offer psychotherapy practitioners and students an opportunity to think about our therapy work in concrete terms, that can also be understood by our clients. It will be useful for therapists who are interested in removing the 'mystique' out of how therapy works and what it is for. There will be a balance of theory, practice, and discussion for a full, and lively learning experience. The intention is to learn, while feeling nourished, and inspired. Aims: To learn to work with external and internal validation in a more conscious, coherent, and targeted way as a powerful tool for therapeutic change, to develop a clearer way of thinking about therapy and therapeutic change, to tie in principles from Interpersonal Neurobiology (IPNB) with the process and goals of therapy, all in the service of enhancing participants' existing practice. I will be assisted by experienced psychotherapist, Kasia McMorland.

Interpersonal Neurobiology (IPNB) — <https://drdanschiel.com/interpersonal-neurobiology/>

## About me

I am Snr. Accredited with the BACP and have been in private practice since 1999. I am qualified to work with individuals, relationships, families, and groups, and am also an experienced supervisor, presenter, trainer, and writer. I am passionate about sharing knowledge, and about removing the mystery out of psychotherapy for the benefit of clients, and practitioners. My way of working is a coherent synthesis of a wide range of humanistic, existential, and experiential modalities, framed by Dan Siegel's Interpersonal Neurobiology (IPNB). If you have any questions, please email me at: [avigail@fullyhuman.co.uk](mailto:avigail@fullyhuman.co.uk)

## Details

**WHEN** Sat. 9th Sep. 2023, 09:00-16:00  
(09:00 Coffee & Registration, 09:30 start)

**WHERE** Spectrum Centre Inverness

**COST** £95 (includes coffee/tea, lunch, materials and CPD Certificate & a free copy of Therapy Without A Therapist), payable by BACS or Card

**BOOKING** Please use the booking form

**Avigail Abarbanel**

**Fully Human Psychotherapy**

Unit 5, Old School Cawdor IV12 5BL

E [avigail@fullyhuman.co.uk](mailto:avigail@fullyhuman.co.uk)

W [fullyhuman.co.uk](http://fullyhuman.co.uk) | M 07913 295 029