

Neuroscience for Therapists 2015

An innovative course on the biology that underlies our psychology

Nine monthly Saturdays in London

with Peter Afford

Neuroscience offers a growing body of knowledge about brain, body and mind that are relevant to the theory and practice of counselling and therapy. This course aims to present a clear overview of key areas, setting the scientific detail within the context of an integrative view of the person and of relationships that embraces body and feeling. I want to encourage an open-minded enquiry into how therapists can embrace neuroscience usefully and creatively.

The course will be held over nine seminars, each of which will include:

- *presentations* on relevant areas of neuroscience, illustrated with slides and backed up with decent handouts
- *collaborative research* into working with neuroscience-based models that chime with therapy
- *clinical discussion* to translate theory into practice

This course has run successfully each year since 2011. The number of participants is limited to 20 to encourage a supportive learning environment. A larger number may be accommodated on the first seminar, so that people have the opportunity to have a taste of my approach before committing to go further. Applications are invited from qualified counsellors and psychotherapists who are able to take what they learn back into their work.

The full course outline is on a separate sheet, the dates are as follows:

Term 1	Seminar 1	January 17th	<i>Divided Brain, Divided Psyche</i>
	Seminar 2	February 21st	<i>Relationship & Attachment</i>
	Seminar 3	March 21st	<i>Emotion & Affect Regulation</i>
Term 2	Seminar 4	May 16th	<i>Stress, Anxiety & Depression</i>
	Seminar 5	June 20th	<i>Trauma & Dissociation</i>
	Seminar 6	July 18th	<i>Psychopathology & Mental Health</i>
Term 3	Seminar 7	September 19th	<i>The Mind Body Connection</i>
	Seminar 8	October 17th	<i>Using The Mind</i>
	Seminar 9	November 21st	<i>Meaning & Transpersonal Experience</i>

Feedback from participants on previous courses

“extremely interesting and inspiring”

“enlightening, informative and fascinating”

“presented with clarity, humour and insight”

“I thoroughly enjoyed this course and did *not* want it to end”

“the course has helped me to be more compassionate, and given me more confidence in the therapeutic process”

Venue Friends Meeting House, Euston Road, London NW1

Times From 10 am to 5 pm each day.

Fees £150 deposit + £175 per term. This comes to £675 for the whole course.

Or: Seminar 1 as a taster for £95. If you then continue, £250 for the course deposit and balance for the rest of term 1, + £175 per each remaining term – total £695.

Priority will be given to participants who book for the whole course.

£25 per seminar extra for invoicing an organisation.

If you book then cancel, money already paid will not normally be refunded.

Booking Please ask me for a booking form or download one from the web page below to print off. When you return the form with your deposit, I will confirm your place. If you have queries or would like to talk to me about the course, please phone or email me.

CPD Certificates will be provided (6 hours each day).

About myself

I am a UKCP registered counsellor and therapist with over 20 years of experience in private practice and employee counselling. I got interested in neuroscience some years back, and have written articles (on my web page below) and given presentations on it internationally. Enjoying the challenge of distilling comprehensible things from this alarmingly complicated subject, I have been teaching it to student and graduate therapists since 2004.



Peter Afford MA

London Psychotherapy & Counselling Partnership

020 8673 1860 ♦ pjafford@dircon.co.uk ♦ www.focusing.co.uk/bodybrain