Neuroscience for Therapists 2020

Nine monthly Saturdays in London

with Peter Afford

author of *Therapy in the Age of Neuroscience*

Neuroscience offers a growing body of knowledge about brain, body and mind that sheds light on the theory and practice of counselling and therapy. This course offers a clear overview of the science underlying key areas of our work, setting the scientific detail within the context of an integrative view of the person, of relationships, and of body and feeling. I want to encourage an open-minded enquiry into how we can embrace neuroscience creatively.

The course is held over nine seminars, each of which includes:

- *presentations* on relevant areas of neuroscience, illustrated with slides
- *group discussion* of the meaning and application of neuroscience in the therapy room
- *clinical reflection* on case material in the light of neuroscience models and understanding

This course has run five times since 2011. I put it on hold to write my book, which grew out of the course material. The number of participants is limited to 20 to encourage a supportive learning environment. Applications are invited from qualified counsellors and psychotherapists who are able to take what they learn back into their work. You can book either for the whole course or for just the first seminar before committing to go further.

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

Term 1	Seminar 1	January 18th	*Divided Brain, Divided Psyche*
	Seminar 2	February 22nd	*Relationship & Attachment*
	Seminar 3	March 28th	*Emotion & Affect Regulation*
Term 2	Seminar 4	May 9th	*Stress, Anxiety & Depression*
	Seminar 5	June 13th	*Trauma & Dissociation*
	Seminar 6	July 18th	*Psychopathology & Mental Health*
Term 3	Seminar 7	September 26th	*The Mind Body Connection*
	Seminar 8	October 31st	*Engaging The Mind*
	Seminar 9	December 5th	*Meaning & Transpersonal Experience*

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 House, Euston Road, London NW1

Times From 10 am to about 5 pm each day.

Fees £125 deposit + £200 per term. This comes to £725 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, + £200 per each remaining term – total £745.

If your fees are paid by an organisation so that I have to submit invoices, £25 per seminar extra.

If you book then cancel, an admin charge of £50 will be deducted from any money 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 would like to discuss the course beforehand, 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 25 years of experience in private practice and employee counselling. I have been boning up on neuroscience for a long time. Enjoying the challenge of distilling comprehensible things from this alarmingly complicated subject, I have been teaching it to student and graduate therapists since 2004. My book *Therapy in the Age of Neuroscience* was published recently by Routledge.

Peter Afford MA

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