

Neuroscience for Therapists 2020

course outline

My aim is to offer a summary of key areas of neuroscience that can help us to think afresh about our work in the therapy room – without getting completely lost in technical details! We can also look at psychological theory that relates to the science, and discuss the possible implications for therapeutic practice. Studying the brain means looking at the body, our emotional lives and relationships as well.

Certain themes carry through the course, such as the ‘social brain’, the primacy of affect, the mind-body connection, and the meaning of the divide between left and right hemispheres. I will endeavour to weave the various topics into a coherent whole as much as possible.

- Term 1 Seminar 1 January 18th *Divided Brain, Divided Psyche*
- *therapy meets neuroscience, basic things about the brain, basic things the brain does (memory etc.)*
 - *neural architecture: top-bottom, front-back, left and right hemispheres*
- Seminar 2 February 22nd *Relationship & Attachment*
- *the ‘social brain’, ‘reward’, social engagement, polyvagal theory etc.*
 - *resonance, attunement, empathy, nonverbal communication, therapeutic relationship etc.*
- Seminar 3 March 28th *Emotion & Affect Regulation*
- *affect, emotion, feeling, felt sense, arousal, window of tolerance, affect v. cognition etc.*
 - *primary emotions (SEEKING, RAGE, FEAR, LUST, CARE, PANIC, PLAY), social emotions, shame etc.*
- Term 2 Seminar 4 May 9th *Stress, Anxiety & Depression*
- *what stress and anxiety and depression mean, what happens in body and brain etc.*
 - *stress and anxiety in child development, theories and types of depression, antidepressants etc.*
- Seminar 5 June 13th *Trauma & Dissociation*
- *survival responses, trauma in body and brain, developmental trauma, neglect and abuse, PTSD etc.*
 - *what dissociation means, what happens in body and brain, dissociative phenomena etc.*
- Seminar 6 July 18th *Psychopathology & Mental Health*
- *mental ill health, borderline and narcissism, addictions, eating disorders, OCD, self harm etc.*
 - *neural integration and mental health*
- Term 3 Seminar 7 September 26th *The Mind Body Connection*
- *contrasting views, how brain and body change each other, anatomy and physiology etc.*
 - *body image, ‘body wisdom’, interoception, self-regulation, touch, pain, psychosomatic issues etc.*
- Seminar 8 October 31st *Engaging The Mind*
- *mind, cognition, thinking, reasoning, intuition, insight, imagination etc.*
 - *creativity, decision making, humour, lying, attention, mindfulness, reflection, will etc.*
- Seminar 9 December 5th *Meaning & Transpersonal Experience*
- *making meaning, imagery, symbols, dreams, meditation, music, Self, ethics, altruism, NDEs etc.*
 - *healing in therapy*

Other topics can be included along the way in response to participants’ interest and wishes.

The course draws on the work of the best neuroscience writers, including Damasio, Panksepp, Porges, Ramachandran, LeDoux, Sapolsky, Kandel and Edelman; and on that of the leading therapists-into-neuroscience, including Cozolino, Schore, van der Kolk, Levine and Siegel. A key text I draw on is Iain McGilchrist’s *The Master & His Emissary* on the right brain/left brain question.

A course flyer with details of fees etc. and a booking form can be downloaded from the web page below, or I can pop them in the post. Please phone or email me if you would like to discuss the course.

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