



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
in Newbury & Marlborough

www.wendybramham.co.uk

**Professional Seminars for Counsellors, Psychotherapists, Psychologists
and Talking Therapists**

Neuroscience and Psychotherapy

Margaret Wilkinson

Saturday, 23rd April 2016, 10 am – 4 pm
St Nicolas' Hall, West Mills, Newbury, RG14 5HG

Introduction

How do people change? How does a person become the distressed patient in need of help? How can we bring about effective change in that person; change that means our clients leave therapy with a more robust sense of self and a confident approach to living?

We will explore the relevance of contemporary neuroscience, trauma theory and attachment theory for clinical practice. Traditionally, talking therapies have emphasized words, interpretations, and meaning-making. Currently, however, we have come to a greater appreciation of the affective, relational and embodied aspects of our work; and how these aspects relate to the very early, embodied experience of the primary caregiver. We now know that traumatic early-interactive experience is held in implicit memory; in the memory store of the right hemisphere, and is unavailable to the conscious mind.



Margaret Wilkinson

This seminar seeks to provide an opportunity to explore, experience and discuss some aspects of the best of 21st-century thinking and research that is relevant to the process of changing minds that have been damaged by early relational trauma and abuse.

Biography

Margaret Wilkinson is a training analyst in the Society of Analytical Psychology, London; a member of the British Psychoanalytic Council; and of the editorial board of the Journal of Analytical Psychology. She leads neuroscience research reading and clinical seminars for The Northern School of Child and Adolescent Psychotherapy in Leeds, Cambridge and Edinburgh, and for The Institute of Mental Health at the University of Nottingham. She is the author of numerous papers and two books: 'Coming into mind. The mind-brain relationship: a Jungian clinical perspective' (2006, Routledge), and 'Changing Minds in Therapy: Emotion, Attachment, Trauma, and Neurobiology' (2010, Norton Interpersonal Neurobiology series). She is in private practice in North Derbyshire, England. Her email address is mwilkinsoncurbar@yahoo.co.uk

This seminar will be open to talking therapists from all modalities (incl those in training)

"Early bird" price before 23rd March 2016: £80, or after £95. Does not include lunch.

Venue: St Nicolas' Hall, West Mills, Newbury, West Berkshire RG14 5HG

TO BOOK: seminars@wendybramham.co.uk or phone 07921 393879

Booking forms can be downloaded from our website

To see our full seminar programme: www.wendybramham.co.uk (seminars tab)