

Brain Shaping Presence:

How to use neuroscience to enhance the counselling relationship



Neuroscience (the study of the brain and nervous system) can sometimes get bad press from counsellors, as it can appear reductionist – reducing people to brain functions and neurons. Neuroscience in truth, validates us as relational beings and shows clearly how we influence and are influenced by others. We are shaped by our respective histories, cultures, family dynamics, schooling, relationships, attachments, etc. Counselling, in part, is about becoming aware of our psychological shape; how we have become, and maintain this shape; and exploring the edges to experience other possibilities.

This is an experiential workshop that explores how we can use findings from neuroscience to enhance the quality of our presence and guide our work with clients. Some neuroscientists, for example Louis Cozolino, can help us to understand why and how counselling works. How do we provide an environment in which new neural growth (shaping) can occur for our clients? This workshop will offer opportunities for participants to explore some personal material in short demonstrations, which can be reflected on through a neuroscience lens.

As I work from a Gestalt therapy approach I will offer my ‘Gestalt take’ on several neuroscience concepts.

Please note: Participants have choice throughout in relation to taking part in exercises and experiments. Handouts and CPD attendance certificates are supplied. Tea, coffee, water and biscuits will be provided. Lunch is not included but there are many eating places nearby. There is disabled access to this venue.

Booking policy: I don’t require a deposit, just a commitment that you will attend. You pay in full on the day by cheque or cash. This avoids the hassle of sending payment through the post. However, if you reserve a place and then cancel within a week before the workshop I would want you to pay a cancellation fee of £20. And if you don’t attend on the day of the workshop the full amount is payable.

Date: 4th March 2017 | Saturday 10am-4pm

Venue: Friends Meeting House 22 School Lane, Liverpool L1 3BT

Cost: £60 (Concession fee for previous attendees and those on low income)

To book a place, email: info@brianmcminn.co.uk

Facilitator: Brian McMinn is an Accredited Gestalt psychotherapist based in Liverpool. Brian works in private practice and part-time for the University of Liverpool. He is a former lecturer, programme leader and course leader in FE and HE settings