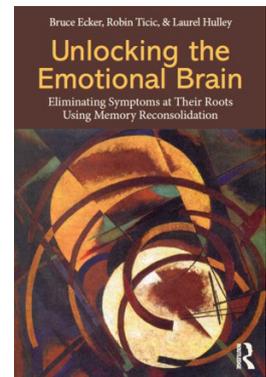




CPD training day with Paul Sibson

The Neuroscience of Transformation

Friday 20th March 2020 - 10:00am to 5:00pm
University Centre Shrewsbury (UCS)
Frankwell Quay, Shrewsbury SY3 8HQ
£40 for members and £75 for non members



<https://www.eventbrite.com/e/the-neuroscience-of-transformation-tickets-85398367817>

‘The mind-brain-body system’s built-in rules for change have now been identified and proven in neuroscience ...’ Bruce Ecker

... and rather than belonging to any single system of psychotherapy, the steps required to fulfil the process of transformational change are actually experiential in nature – it is a universal process, inherent in the brain.

Subsequently in this workshop these experiential steps will be demonstrated through the practice of Coherence Therapy; in accordance with these steps Coherence Therapy first identifies the root cause of symptom production – implicit memories held unconsciously; integrates them into sustained conscious awareness; then subjects them to the crucial conditions identified by neuroscience for their permanent erasure.

After this workshop you will ...

- understand the emotional coherence behind symptom production.
- know the three experiential steps that are required to permanently resolve symptoms at their roots through viewing live demonstrations.
- learn experiential techniques to facilitate each of these three steps: discovery, integration and transformation.
- be able to integrate new learning from the day into your existing mode or model of therapeutic practice; **the experiential steps that drive transformational change belong to no specific mode of therapy.**
- have an overview of how the neuroscience of transformation (memory reconsolidation) is integrating the field.

*Paul Sibson is a UKCP registered psychotherapist and BACP accredited counsellor. He holds a BA honours degree in psychology and is a contributing author to the book *Unlocking the Emotional Brain* published by Routledge 2012. He is the founder of EmbodiMind - and a Certified Trainer for the Coherence Psychology Institute - and is particularly interested in how unresolved trauma limits our capacity for embodiment, and the potential of current neuroscience to integrate the field of psychotherapy. He has advanced diplomas in both the theory and practice of Embodied-Relational Therapy (ERT) and continues to study with its originator, Nick Totton.*

“Paul is hugely knowledgeable about this approach and despite the wide range of modalities of the attendees, there was a lot of insight into how this could fit in to everyone’s client work. I’m very interested in learning more, particularly if delivered by Paul.” S.C. (previous workshop participant)