



# Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health  
in Newbury & Marlborough

[www.wendybramham.co.uk](http://www.wendybramham.co.uk)

## Seminars for Talking Therapists

# Neuroscience and Psychotherapy

## Margaret Wilkinson

(author of *'Changing Minds in Therapy: Emotion, Attachment, Trauma, and Neurobiology'*)

**Saturday, 23<sup>rd</sup> 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](mailto:mwilkinsoncurbar@yahoo.co.uk)

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

**"Early bird" price before 23<sup>rd</sup> February 2016: £80, or after £95. Does not include lunch.**

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

**Online bookings and payment now available at our website, plus full seminar programme:**

**[www.wendybramham.co.uk](http://www.wendybramham.co.uk) (seminars tab)**

**Contact: [seminars@wendybramham.co.uk](mailto:seminars@wendybramham.co.uk) or phone 07464 783446**

