



## CPD Workshop

### Anxiety and Neuroscience

#### Facilitated by Peter Afford

Saturday 3<sup>rd</sup> March 2018

10am – 4pm

#### **Course Overview**

Anxiety, whether explicit or implicit, turns up regularly in the therapy room.

The problem is that therapy needs to be a symbolic place, while anxiety

“wipes out the space wherein the symbol is born” (Psychoanalyst Anna Arago) So, the better we understand it and how to overcome it, the more effective therapy can be.

This workshop will address the subject of anxiety from the perspective of the neuroscience of body and brain. We will address:

- What is anxiety?
- What happens in the brain and the body when we experience anxiety?
- The links between anxiety, stress and depression.
- Neuroscience based principles of working with anxiety in therapy.

There will be presentations illustrated with slides, plenty of discussion and we will reflect together on ways of working with anxiety in therapy.

#### **Facilitator – Peter Afford**

Peter Afford is a Counsellor and Integrative Therapist with over 20 years experience in private Practice and Employee Counselling. He is also a Focusing teacher.

Enjoying the challenge of distilling incomprehensible things from this alarmingly complicated subject, he has taught neuroscience to student and graduate therapists since 2004 and has written some articles that can be found at [www.focusing.co.uk/bodybrain](http://www.focusing.co.uk/bodybrain)