

HOW THE ABSENCE OF THREAT IS
NECESSARY, BUT NOT SUFFICIENT,
IN WORKING WITH TRAUMA
- MAGGI MCALLISTER-MACGREGOR

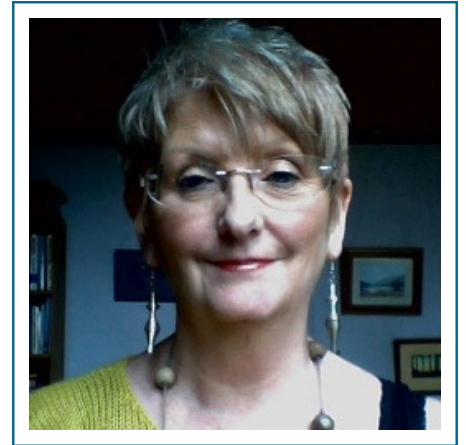


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Learning Together Online

Resource Guide

About Maggi McAllister-MacGregor

I have been working as a qualified counselor since 2000, after completing a Diploma in Counselling at Strathclyde University, coming from a previous background in Bodywork. I have been a trainer on the PG Diploma in Counselling at Strathclyde University since 2005. Much of my interest in my work with clients is centered around how our body-mind interacts and how clients experience feeling safe within the counseling process. Related to this is a long-standing interest in neuroscience which has informed my practice and teaching over the years.



Understanding how our nervous systems influence our perceptions of the world and our physiology has deepened both my self-understanding and also my understanding of client process resulting in a more compassionate approach to my work.



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Event Details

To look at how, as therapists, we can work with clients who have experienced trauma in a way that takes account of how therapy may contribute to their triggering and sense of unsafety in the world.



Blog - Self Care.....Really?

Although I've always intuitively known that 'self-care' is important, I've never really been comfortable with how the topic is approached, and never really knew why. It was just a feeling that I had, that somehow, something was 'off' or missing.

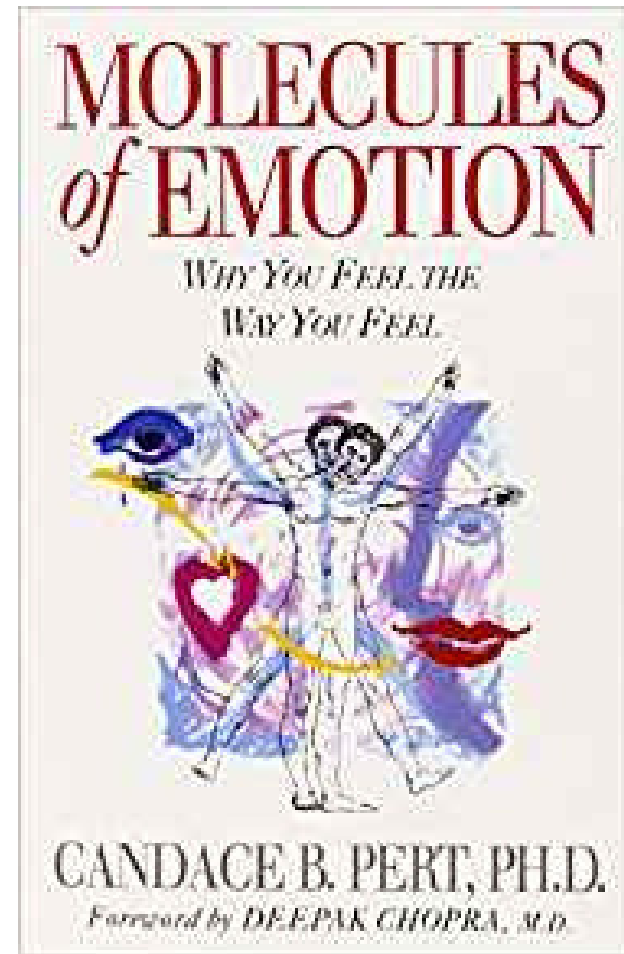
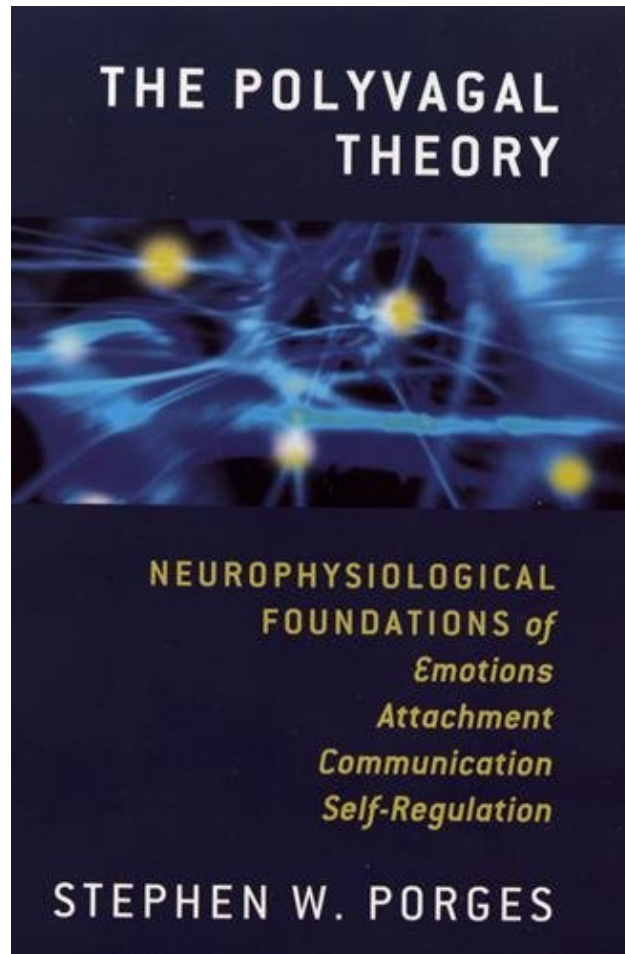
Over the last few years my practice and my teaching has become more focussed on the idea of 'safety', both in therapy, and more generally in our lives. As my interest and knowledge in neuroscience has grown, so too is my belief that safety is a fundamental in self -care.....

[**.....Continue Reading**](#)



Reading

Click the books for more info



Training

Maggi offers training workshops in Personal Development which are open to all, as well as specific training for therapists which count towards CPD.

Some general topics include:

Your Inner Critic: how to work with unhelpful aspects of self
Finding Your Path
Mindfulness

Some CPD topics:

The Embodied Therapist
Creating Safety in Therapy
Touch, Trauma and Therapy
New Developments in Attachment Theory: how understanding the neurobiological basis for attachment can aid our practice

[**Click HERE for more details**](#)



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