

# DESTRUCTIVE ENCOUNTERS: HOW TO FEEL SAFE WITH YOUR MATE

- MAGGI MCALLISTER-MACGREGOR

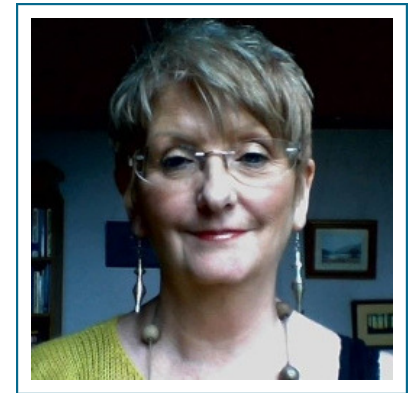


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## Resource Guide

# 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. Add a little bit of body text

# Event Details

Couples often end up in a cycle of destructive encounters which often puzzles as well as hurts them. If partners can understand how they may be triggering each other, this can often de-escalate things and allow more openness and trust to develop between them.



# Contact

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



**@maggimacsync**



**/synchronicitytherapymaggi**



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