

LASTING FIRST IMPRESSIONS: WAYS TO ENSURE THAT  
THE FIRST SESSIONS BECOME THE FOUNDATION FOR A  
STRONG THERAPEUTIC RELATIONSHIP

- MAGGI MCALLISTER-MACGREGOR



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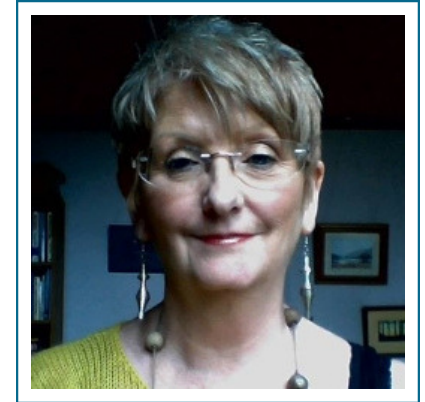
The background of the image is a blurred, light-colored photograph of a desk. On the desk, there is a laptop on the left, a smartphone in the center, and an open notebook on the right. The overall tone is bright and professional.

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# About Maggi McAllister-MacGregor

I've been in practice as a therapist for almost 20 years, in private practice and within the NHS in primary and secondary care. I now work exclusively in private practice. I've also spent a considerable part of this time teaching on a PG Diploma in Counselling and PG Certificate in Counselling Skills at Strathclyde University (2005-2018).



My interest in therapy grew out of my experience as a body therapist, where I was often presented with the bodily expressions of experiences particularly if these were traumatic, which ignited my interest in the body-mind area. This led on to a psychology degree in the 90's, followed by a Diploma in Counselling and an MSC in Counselling & Psychotherapy. My passion has always been about how our experiences are expressed, not just in our behaviours and cognitions, but also at a visceral level. Our bodies are not separate from our sense of who we are. Yet, I think sometimes this is overlooked, and often, not understood.

My particular interest is in trauma, and how trauma informed work helps to make sense of peoples experiences and how they impact our mental health. An increasing part of my work in relation to this is with couples, and how mental health issues and trauma impact the couples' relationship, often resulting in repeated cycles of behaviour that are detrimental to the relationship and to the partners.

# About Maggi McAllister-MacGregor (ctd)

I love learning in relation to my work and this means that it is always exciting and interesting, and I think that is a very privileged place to be. I'm a weird mix of scientific, artistic, and alternative experiences throughout my life which I think has made me open to different ways of understanding myself, others, and the world. I feel that I'm kind of coming back to my roots through my re-ignited interest in neuroscience which is giving us so much more understanding and validation of how therapy works.



# Event Details

Do you find sometimes that clients don't come back after a first session? Are you left wondering, "Was it something that I did or didn't do?" Or tried to justify it by saying, "Maybe they just weren't ready for therapy?"

How do you make the first session, one where the client will be inspired to continue the therapeutic work, be willing to make a commitment to change, and have confidence that change is possible?

## **Ever wondered:**

Why some therapists consistently get clients coming back while others don't?

Why some clients are harder to engage than others?

How to engage clients who find this difficult?

How to work with clients who feel vulnerable and help them feel safer?

What to ask?

What not to ask?

In this workshop, we will look at how we can create a great first session so that clients get a good therapeutic outcome and we develop a practice that produces results.

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Destructive Encounters: How To Feel Safe With Your Mate

How The Absence Of Threat Is Necessary, But Not Sufficient,  
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