

NEUROSCIENCE FOR EFFECTIVE CLINICAL PRACTICE:  
HOW UNDERSTANDING THE WAY OUR BRAINS' WORK CAN  
HELP US BECOME BETTER PRACTITIONERS

- MAGGI MCALLISTER-MACGREGOR



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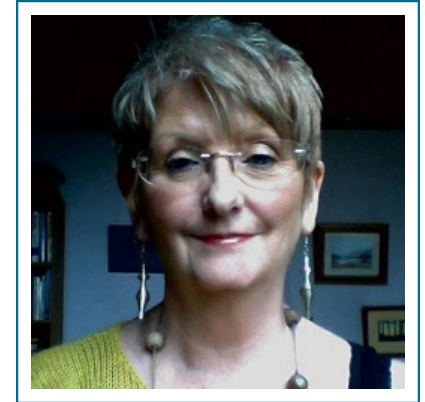
The background of the image shows a blurred desk setup. On the left, a portion of a laptop keyboard is visible. In the center, a white smartphone lies flat. To the right, an open notebook with a wooden cover is partially visible. The overall scene is brightly lit, creating a clean and professional aesthetic.

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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

Understanding what's going on in our heads, how our brains work, can help us become better practitioners and help our clients make sense of their experiences in ways that reduce self-blame and self-criticism. Although the human brain is probably one of the most complex structures around, some of the principles on which it works are easily explained. You don't have to be a neuroscientist to get a better understanding of the brain and nervous system!

This 2-day workshop will provide you with ways to make sense of the responses of the nervous system to threat and safety, and to explain them in ways that are easy to understand for both you and your clients.

Psychoeducation can be enormously useful for clients to help them make sense of what's happening to them, although this resource can be resisted in some therapeutic approaches that value the practitioner not taking an expert stance in relation to the client. I like to think of it as information sharing and doing this in the context of the therapeutic relationship can be a way for the therapist and client to explore the clients experiences together to make sense and meaning. I find that doing this can allow the client to make connections between their current experiences and past events in a way that is less likely to result in blame for self or others.

In the workshop, we looked at threat and safety, responses to acute and chronic stress, using the body as an ally, and practical ways to work with anxiety, panic, and stress that are backed up by sound, up-to-date, scientific research. There were opportunities to try out some of these practical tools, as well as informational input, and time for discussion.

# Further CPD With Maggi on Onlinevents

Destructive Encounters: How To Feel Safe With Your Mate

How The Absence Of Threat Is Necessary, But Not Sufficient,  
In Working With Trauma

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