

NEUROSCIENCE FOR EFFECTIVE CLINICAL PRACTICE: REFLECTIONS ON A 2-DAY WORKSHOP

- MAGGI MCALLISTER-MACGREGOR



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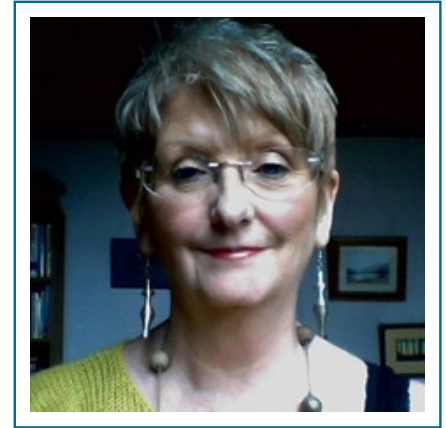
Neuroscience for Effective Clinical Practice

Understanding what's going on in our heads – how our brain's 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!.....

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About Maggi McAllister-MacGregor

My interest in neuroscience has spanned 4 decades, from my first degree in the early 70's, when neuroscience was in it's infancy, and a lot of what we knew was on a cellular and structural level, and much less was known about function at that time. My degree was in optics and visual sciences, which included anatomy, physiology, pathology and pharmacology. It also covered visual perception so there was a cross-over with psychology as well.



In the mid 80's I made a career move to massage and sports therapy, which obviously had a body focus. I was also interested in sports psychology, particularly in how visualisation could be used to enhance sports performance.

One thing that I found in my bodywork was that often clients would have an emotional release during the work. And I've experienced this first-hand myself as a client.

From all of this, I knew the brain (mind) - body link was real. Neuroscience backs this up.

The experiences that my massage clients were having got me interested in doing a psychology degree, but I was disappointed to find a big body – mind split. Emotions were largely discounted, and the idea of 'body memories' was dismissed – but remember this was in the 90's when neuroscience was just beginning to forge some credibility within the sciences.



About Maggi McAllister-MacGregor (ctd)

I 'knew' about the mind – body connection from my work with clients and personal experience, but anecdotal or experiential evidence is not acceptable 'proof'. I decided that psychology wasn't a route that could support me in my exploration, so that was when I decided on counselling as a better fit for how I wanted to work.

That led me to a Counselling Skills course, and then a Diploma in Counselling from StrathclydeUniversity that I completed in 2000.

My client work since then has been in different areas – bereavement, childhood sexual abuse, anxiety and depression both in GP and private practice. I work entirely now in private practice, and offer training for therapists.

Over the years, I've honed my interest to working with stress, anxiety and trauma, and how these affect relationships. I'm increasingly integrating my understanding of neuroscience and the body into my work.

I'm a Certified Clinical Trauma Practitioner and have completed training in Emotion Focussed Therapy levels 1-3, Couples' Therapy, Neuroscience in Therapy, and Supervision.

I was a trainer on the PG Diploma in Counselling & Psychotherapy between 2005 - 2018, and the PGCertificate in Counselling Skills 2014 -2016.

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