

Continuing Professional Development



Dr. Dagmar Edwards

is a UKCP registered psychotherapist/supervisor/ member of BACP and has been a practising practitioner for 28 years in North West London. Dagmar has taught on many programmes at the Metanoia Institute at many levels. She is trained in a range of approaches to therapeutic work and has contributed to programmes at several psychotherapy training institutes and psychotherapy/counselling providers in the UK. She is Co-Director of Psychology Matters Ltd, designing and delivering leading edge psychological and psychotherapy CPD programmes across the UK. In 2018 she was awarded her Doctorate related to CPD training and 'thinking outside the box'.

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How does Interpersonal Neurobiology enhance Clinical Practice?

Interpersonal Neurobiology (IPNB) within the psychotherapeutic field provides an interdisciplinary view of the mind/brain/body connections and mental well-being. It can support our understanding of human development, the structure and function of the mind-brain-body and how they are shaped especially by those involved in emotional relationships and experiences.

The workshop over the two days will draw on concepts within a multidisciplinary frame, for example the therapeutic relationship, regulatory theory, implicit/explicit communication, mind, brain, body connections, genetics, mental well-being and how understanding these concepts can inform your practice. We will engage with some current IPNB literature and research that can support psychotherapy practice.

Main themes for discussion:

- The importance of the therapeutic relationship, implicit/explicit, embodied communication;
- The importance of affect regulation and how it impacts wellbeing, and reflective functioning;
- Regulation theory, extending the 'window of tolerance'; and dysregulation;
- The development of early relationships and the developing brain and brain plasticity;
- Integration into practice;
- Final questions and thoughts.

The workshop enables consideration of the ongoing developments, and forum for interdisciplinary discussions among practitioners. There will also be space on the workshop for the inclusion of experiences of individual participants. Integration of the perspectives of this workshop, will hopefully emerge over time as you consider what impacted you.

TARGET GROUPS: Advanced Trainees, Year 3, those preparing for their dissertation or viva and graduates.

Some of the MHFP Learning Outcomes for this workshop can be found

Tuesday 2nd and Wednesday 3rd June 2020

9:30am —5:30pm

Metanoia Institute, 13 North Common Road, Ealing, W5 2QB

Metanoia Members: £140

Non-Members: £180

For further details please go to www.metanoia.ac.uk
Or contact: Cathy Simeon at CPD@metanoia.ac.uk

MHFP

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This workshop will cover some of the following MHFP Learning Outcomes

Knowledge of and ability to work with a social responsibility framework

The first learning outcome revolves around psychotherapists being required to have a grasp of the historical and cultural influences on societal understanding of, and attitudes to, mental health and illness and to develop a capacity to work reflexively within a social responsibility framework. To gain this learning outcome you should have knowledge and experience of:

- The impact on mental health service users and their families of diagnosis, stigma, normativity and minority experience. The influence of socio-economics, class, gender, disability, age, culture, religion, race and sexuality on the incidence, definition, diagnosis and treatment of mental illness and mental health.

Knowledge of and the ability to work within a wider system of care.

Psychotherapists will also require sensitivity and awareness that equips them to work alongside other mental health services in the field. Learning in this area should enable you to:

- Be able to recognise clients with more complex, significant, enduring or exceptional needs. Know how and when to refer on to appropriate professional agencies.

A knowledge and appreciation of different models of assessment, including a medical model.

The final learning outcome relates to psychotherapists gaining an understanding of, but not restricted to the medical model of assessment. This should include:

- Assessment tools and approaches.
- Collaborative care and accessing services.
- Recognising complex and enduring mental illness.