



## **NEUROSCIENCE FOR COUNSELLORS PROGRAMME**

09.30am	Welcome – technical tips from Jeremy
09.35am	Meet your Buddy Group (5 mins)
09.40am	<b><u>Session 1</u> (20 mins) The Amazing Power of the Brain</b> The structure of the brain
10.00am	Buddy Group (15 mins)
10.15am	<b><u>Session 2</u> (15 mins) Mind the Gap</b> Scanning the brain Mind the gap! Brain chemicals
10.30am	Buddy Group (15 mins)
10.45am	Break (5 mins)
10.50am	Comments and Questions
11.00m	<b>Session 3 (20 mins) Left-Right, Top-Down Brain</b> Left-Right, Top-Down Brain Primal Gating Demonstration
11.20am	Buddy Group (15 mins)
11.35pm	Break (5 mins)
11.40am	<b>Session 4 (20 mins) The Emotional Brain</b> The Limbic System Cortical Control Balance Polyvagal Theory
12.00pm	Break (5 mins)
12.05pm	<b>Session 5 Neuroplasticity and the Future</b>
12.25pm	Buddy Group (15 mins)
12.40pm	Comments and Questions
12.50pm	Say goodbye to your Buddy Group (5 mins) Exchange details if required
12.55pm	Information and Updates from Deep Release
13.00pm	Finish