

Neuroscience and the Mysteries of the Mind with Dr Chris



The Amazing Power of the Brain

The Computer

**250 000
PICTURES**



**20 000
SONGS**

**HUNDREDS OF
MOVIES**



<https://youtu.be/cLqjK3ddSy0>

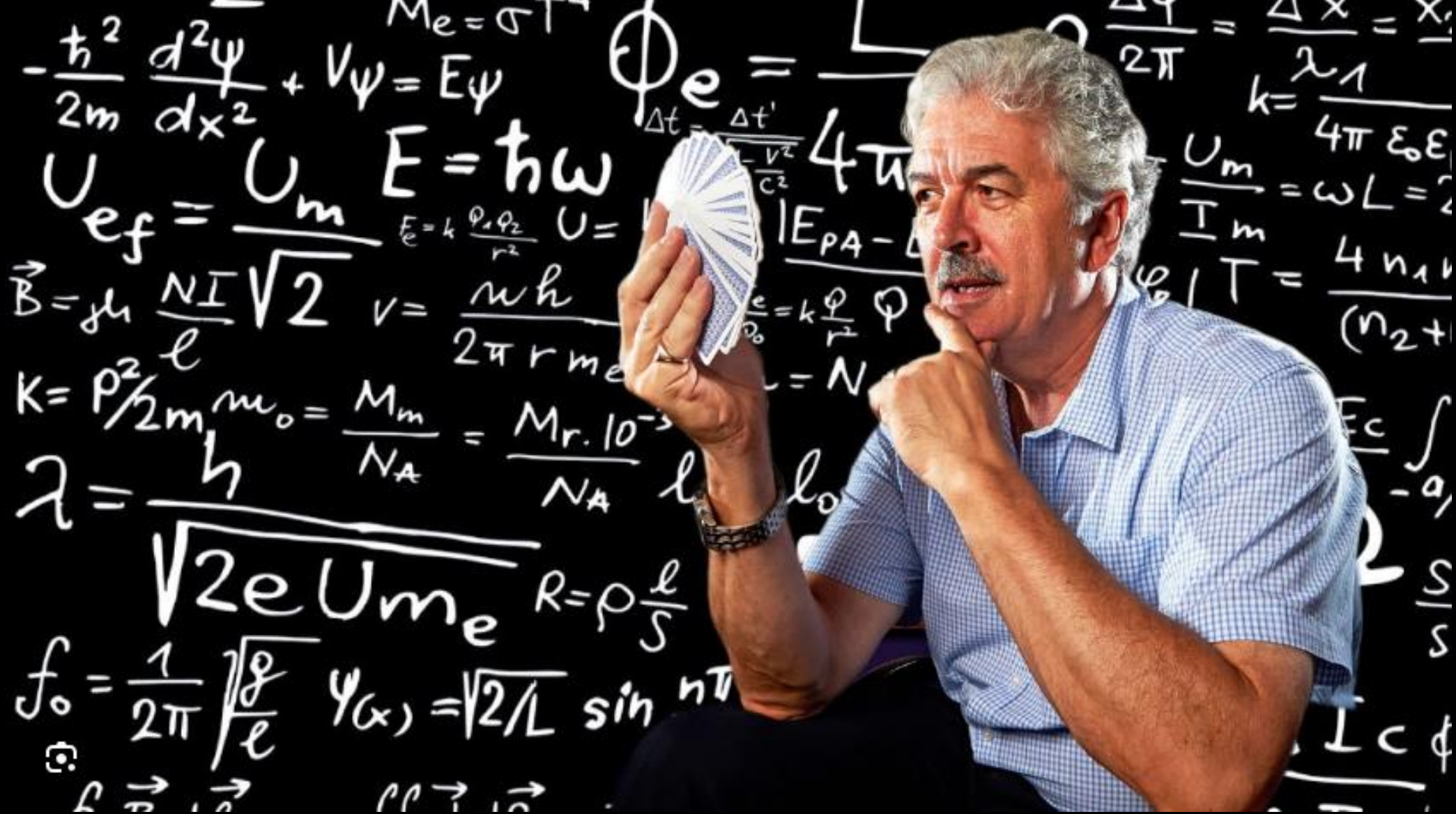
The Brain



10 000 000 000 000 000

10 quadrillion operations per second!

<https://youtu.be/cLqjK3ddSy0>



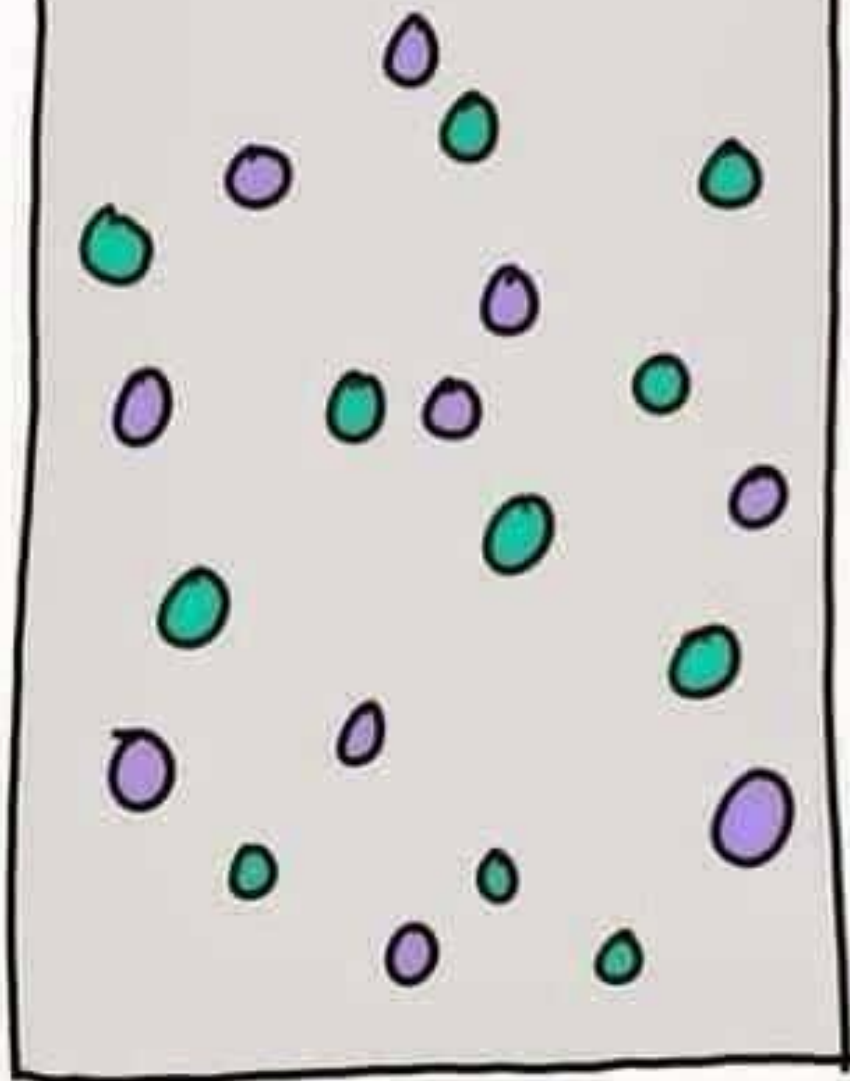
Dominic O'Brien, 8 times World Memory Champion

Gardner's Multiple Intelligences

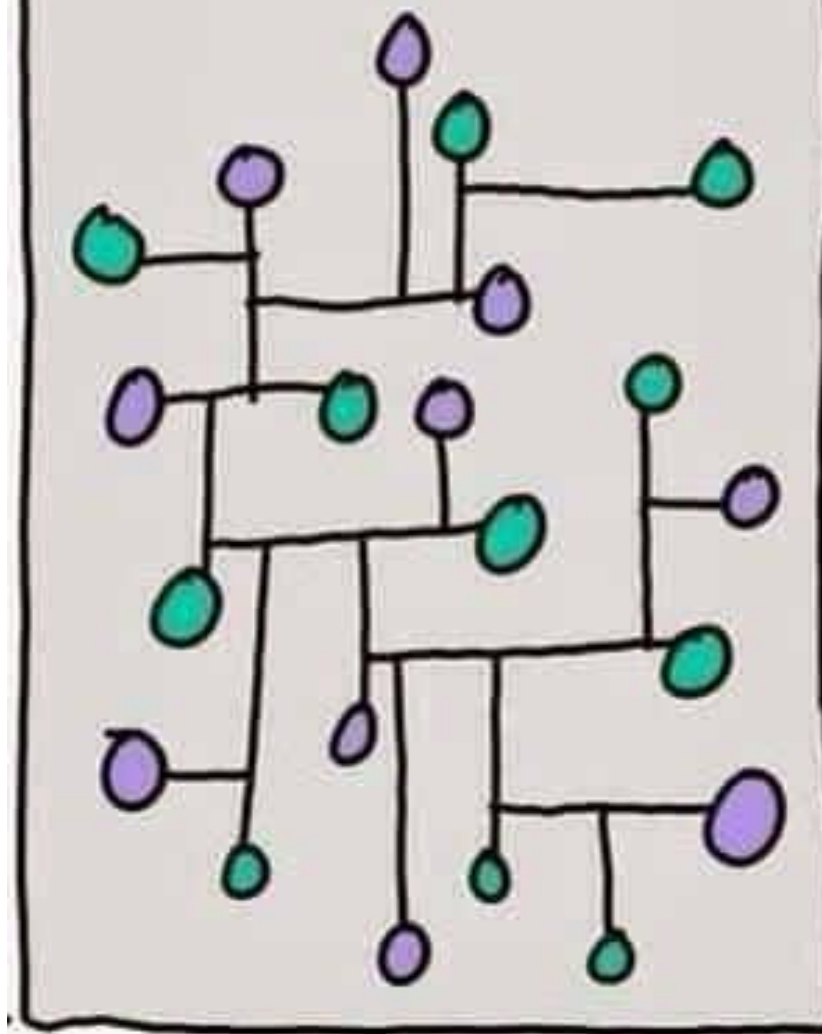
- Verbal - Linguistic
- Logical/Mathematical
- Nature
- Intrapersonal
- Visuo-Spatial
- Musical
- Bodily/Kinesthetic
- Interpersonal
- Imaginal
- Spiritual



information:

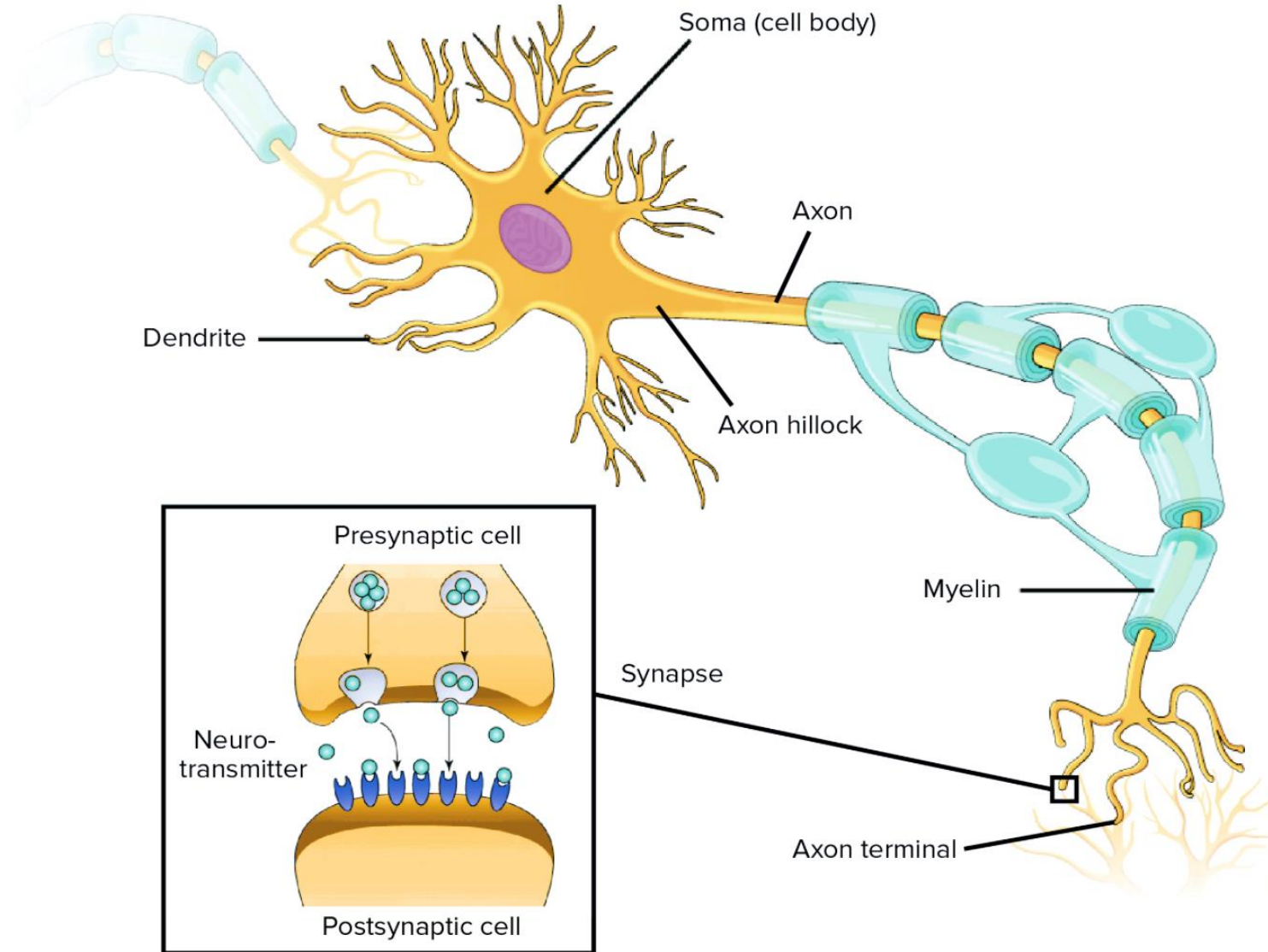


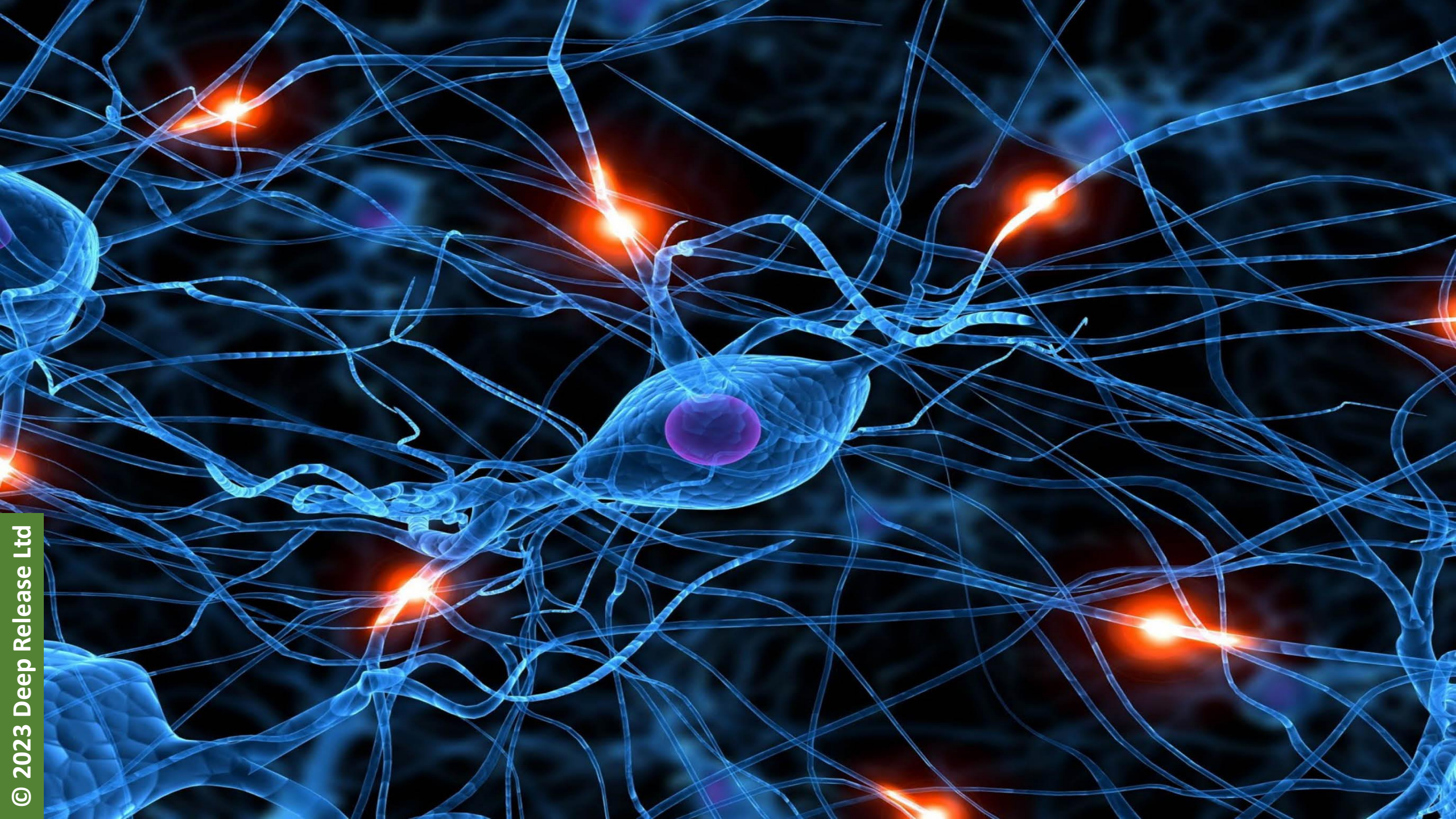
knowledge:

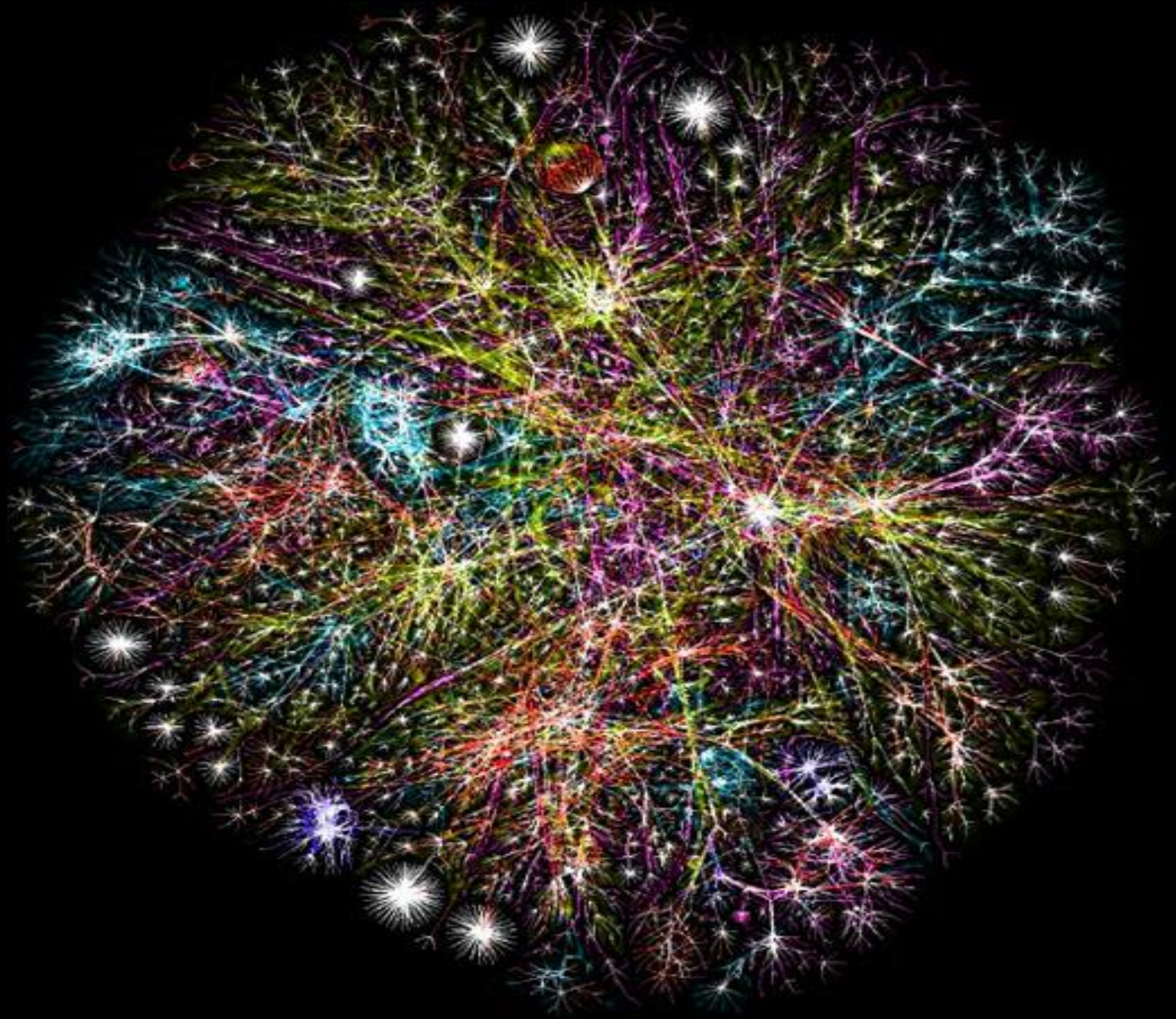


@gapingvoid

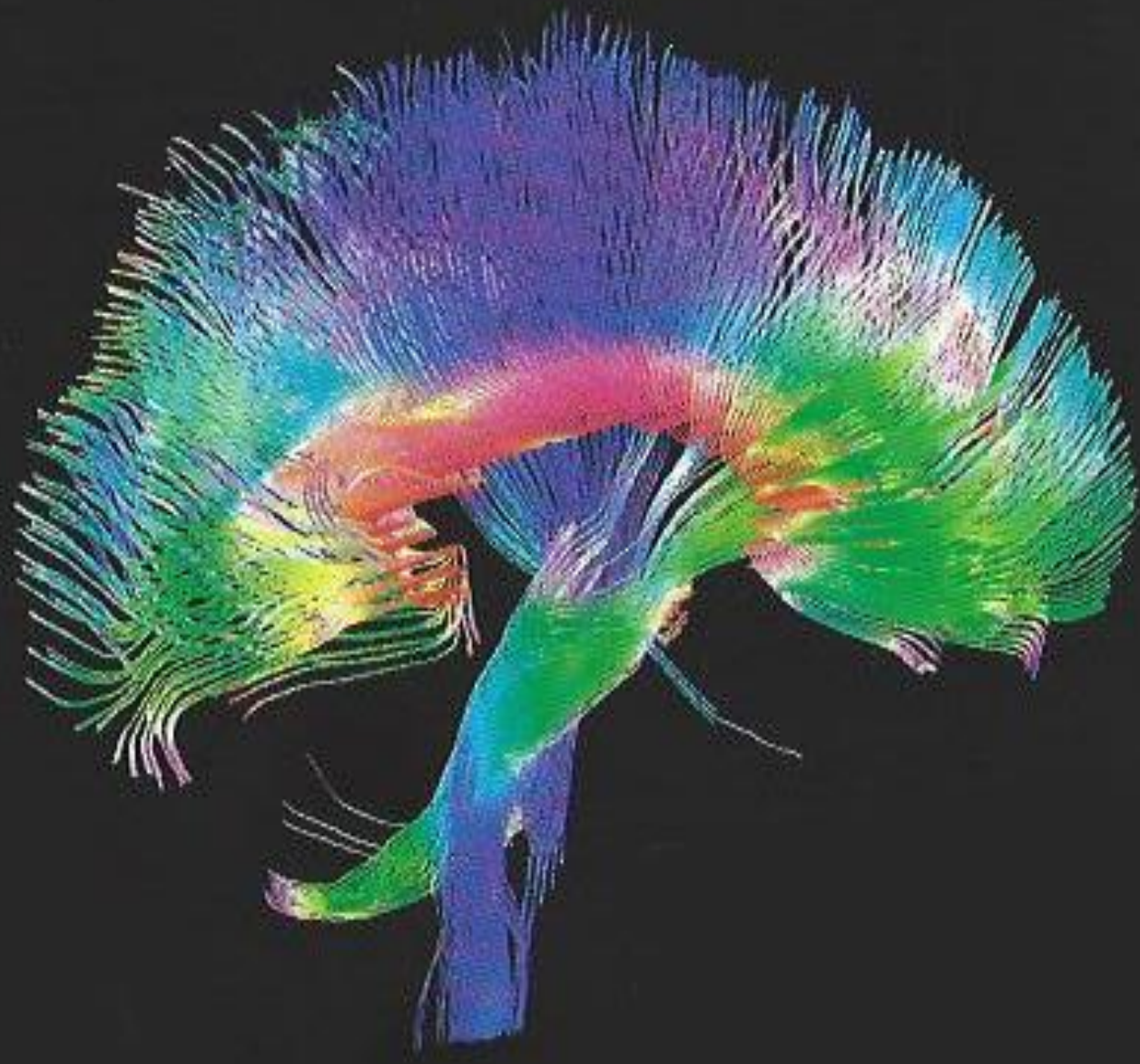
Brain Cells





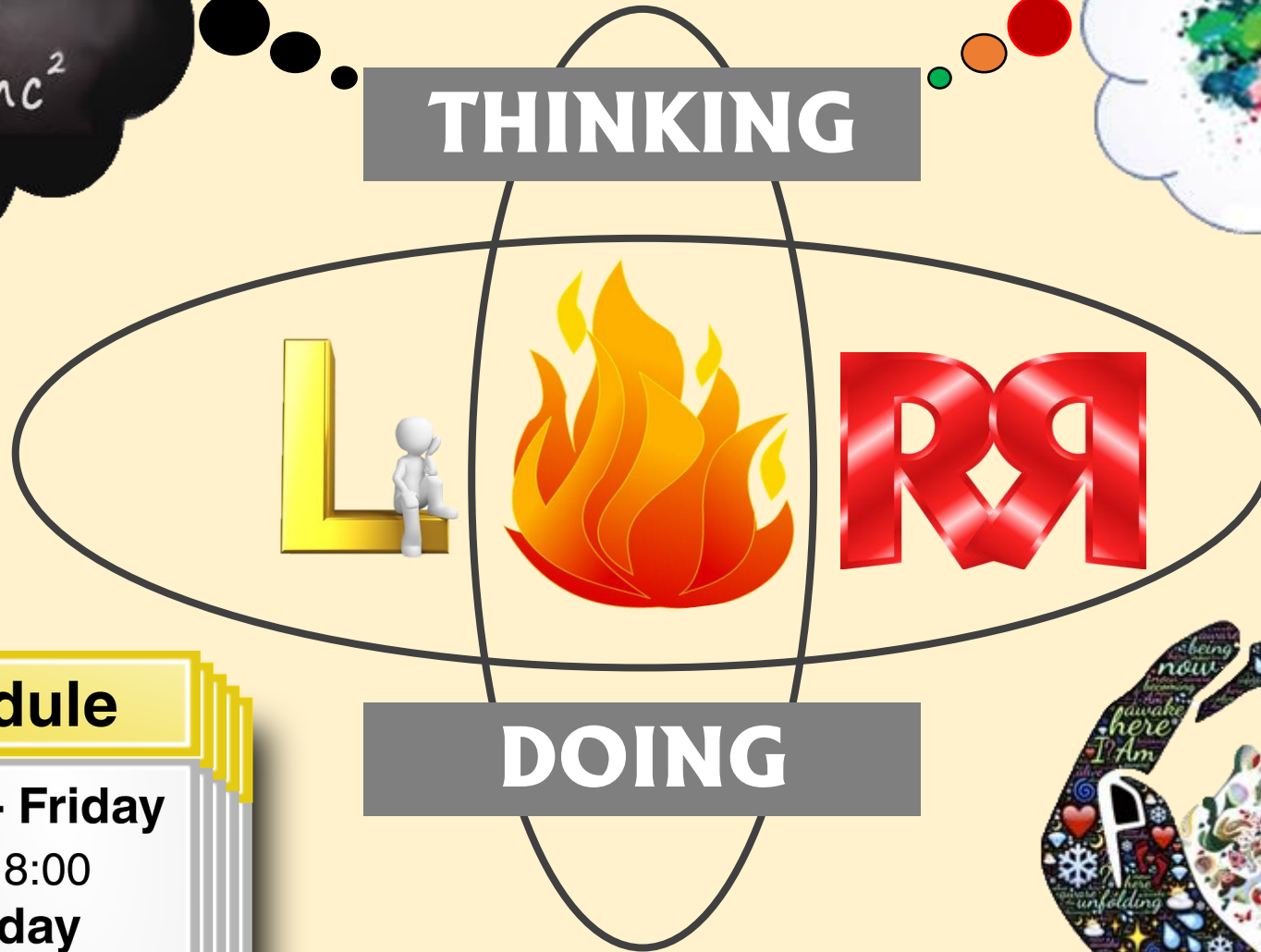


Brain Fibres – White Matter





THINKING



Schedule

Monday - Friday

8:30 - 18:00

Saturday

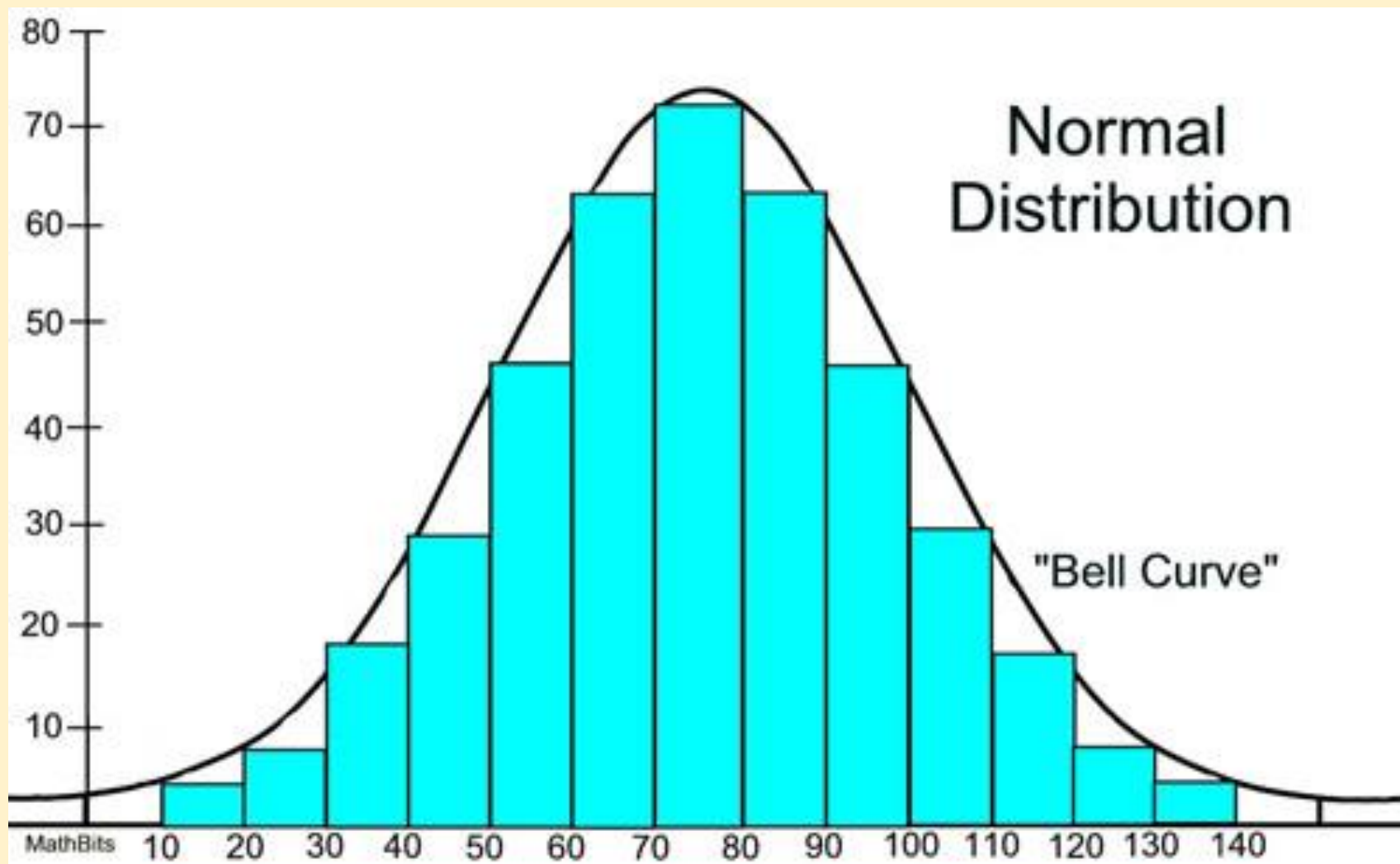
8:30 - 13:30



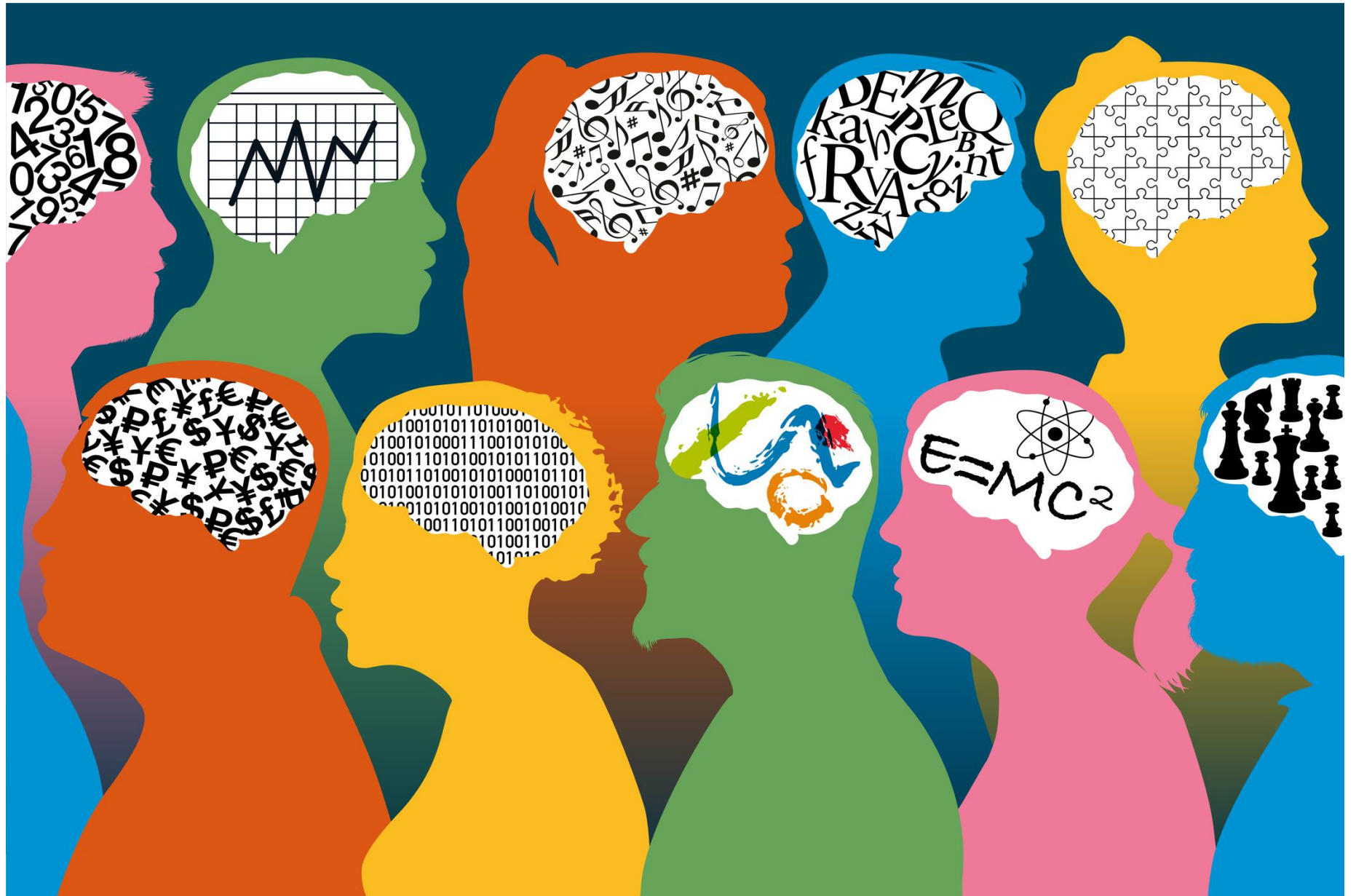
Down the Spiral Staircase



β
 α
 θ
 δ



Taking a Look at Neurodivergence

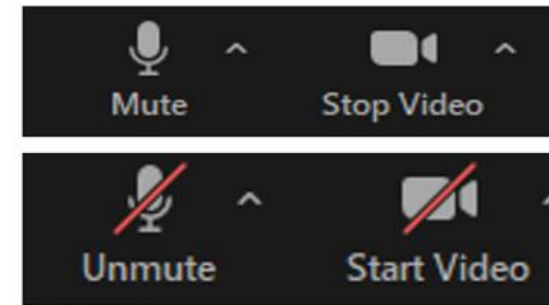


Yo u m a y
f i n d t h i s
h a r d t o r e a d.
I m a g i n e
i f e v e r y t h i n g
y o u r e a d l o o k e d
l i k e t h i s.

See Dyslexia Differently



**Please Stop your Video
for better sound and
sync – thank you!**

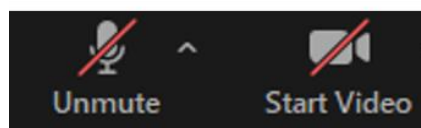
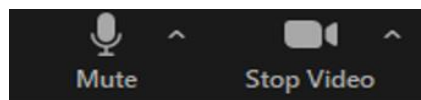


<https://youtu.be/11r7CFIK2sc?si=3B--WmmFsRDeMI6b>



Understanding Neurodivergence with Kate Mendez

— Please Stop your Video —
for better sound and
sync – thank you!



Attention Deficit Hyperactivity Disorder - ADHD

INATTENTIVE SYMPTOMS COULD BE:

- Hard to stay focused on tasks
- Doesn't listen or daydreams
- Loses things frequently
- Difficulty organising tasks and activities

HYPERACTIVE/IMPULSIVE SYMPTOMS COULD BE:

- Fidgets or squirms frequently
- Runs or climbs when inappropriate
- Trouble with quiet activities
- Hard to wait for their turn

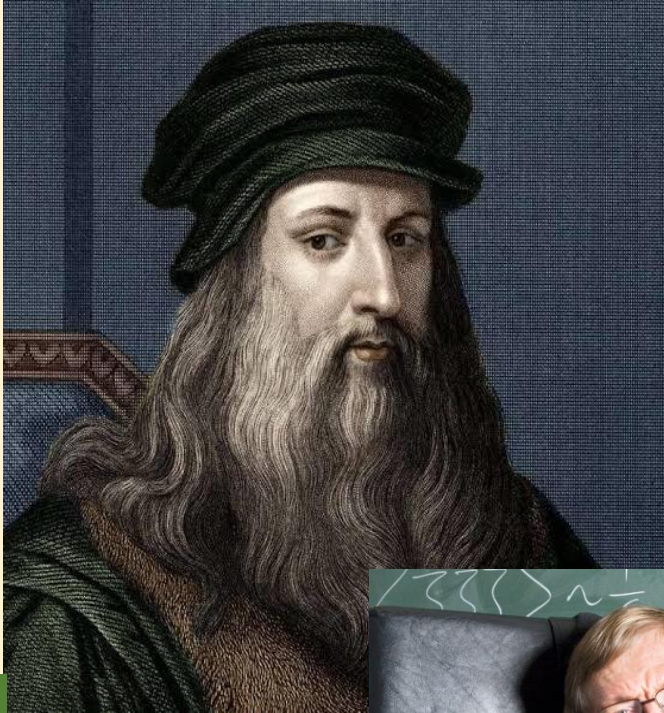
<https://my.clevelandclinic.org/health/diseases/4784-attention-deficithyperactivity-disorder-adhd>

ADULT SYMPTOMS COULD BE:

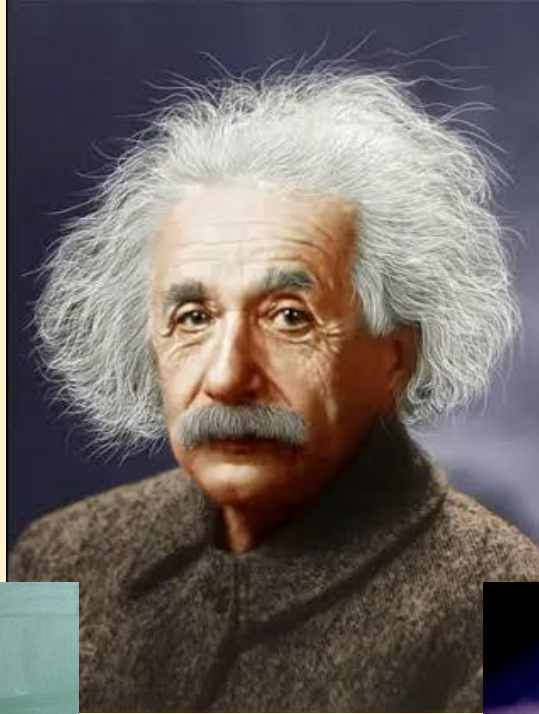
- Carelessness/inattention to detail
- Continually starting new tasks before finishing old ones
- Poor organisational skills
- Difficulty in focusing/prioritising
- Forgetfulness
- Restlessness and edginess
- Speaking out of turn
- Mood swings and irritability
- Inability to deal with stress
- Extreme impatience

Famous Men thought to have ADHD and/or Autism

Leonardo da Vinci



Albert Einstein



Walt Disney



**Stephen
Hawking**



**Elon
Musk**



Famous Women thought to have ADHD and/or Autism

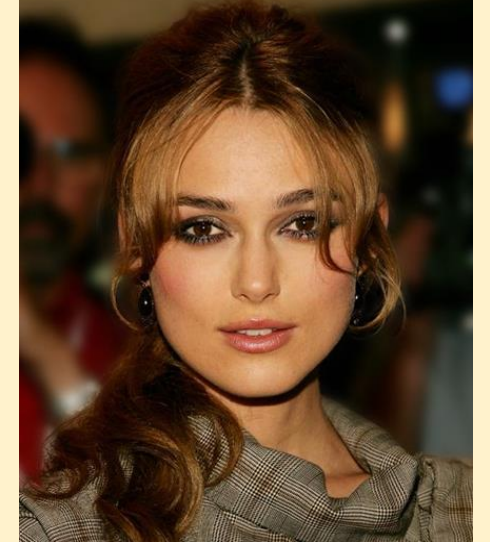
Emma Watson



Simone Biles



Keira Knightly



Susan Boyle



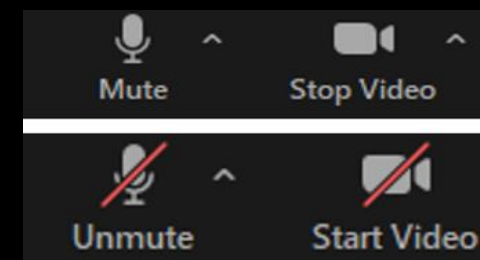
Nadia Sawalha





Living with Neurodivergence with Julia and Daniel

Please Stop your Video
for better sound and
sync – thank you!



Buddy Group 2

Share your own experiences, and your responses to the training and videos

15 minutes





Take a 5-minute break

Taking a Look at Hallucinogens



The Therapeutic use of Hallucinogens

- The use of hallucinogens has gained significant attention and recognition in recent years
- Potential to treat various mental health conditions
- **Psilocybin**, the active ingredient in certain mushrooms, has shown promise in clinical trials and research
- Can promote profound psychological and emotional transformation



The Therapeutic use of Hallucinogens

Psilocybin-assisted therapy can be effective in reducing symptoms of:

- treatment-resistant depression
- anxiety
- addiction
- PTSD

The psychedelic experience induced by psilocybin allows individuals to gain new perspectives and introspective insights that help them address the root causes of their mental health challenges



Psilocybin Treatment

- Carefully structured and supportive environment with trained therapists
- Therapy sessions before and after
- Client takes a dose of psilocybin in a controlled setting
- Two or three doses given several weeks apart



<https://www.newscientist.com/article/2296969-psilocybin-therapy-steps-closer-to-credibility-with-largest-trial-yet/>

Psilocybin Treatments

- Believed to work through various ways, including modulating the serotonin system and producing neural plasticity
- Experiences vary from person to person, eg
 - Deep sense of connectedness with themselves / others / the world
 - Heightened state of consciousness leads to re-evaluation of thoughts, emotions and life experiences
 - Can confront and work through deep-seated traumas or negative patterns
 - Increased feelings of personal meaning, spirituality and existential well-being



Some people may get a 'bad trip'! – but accumulating evidence suggests that hallucinogens provide valuable tools for mental health treatment

Cannabinoids

Cannabinoids are chemical compounds found in the cannabis plant. Over 100 different cannabinoids have been identified, the two most well-known ones being THC and CBD:

1. THC (Tetrahydrocannabinol) makes you feel high (associated with recreational marijuana use) and has some medical uses like pain relief.
2. CBD (Cannabidiol) doesn't make you high and is used for things like reducing anxiety and epilepsy.
 - Studies suggest that it may have anti-inflammatory, analgesic, anxiolytic and antipsychotic properties
 - It has been used to alleviate symptoms of epilepsy, MS, chronic pain, anxiety and insomnia

Remember that the legality of these compounds can differ depending on where you live, so it's important to follow the laws in your area.

A woman with brown hair, wearing a blue plaid blazer and a wide brown belt with a large gold buckle, is gesturing with her right hand (index and middle fingers extended) while talking to another person whose back is to the camera. The background is a blurred indoor setting with vertical blinds.

Eye Movement Desensitisation and Reprocessing EMDR

EMDR

Designed by Francine Shapiro in the late 1980s and widely used as an effective treatment for trauma-related disorders

Principles:

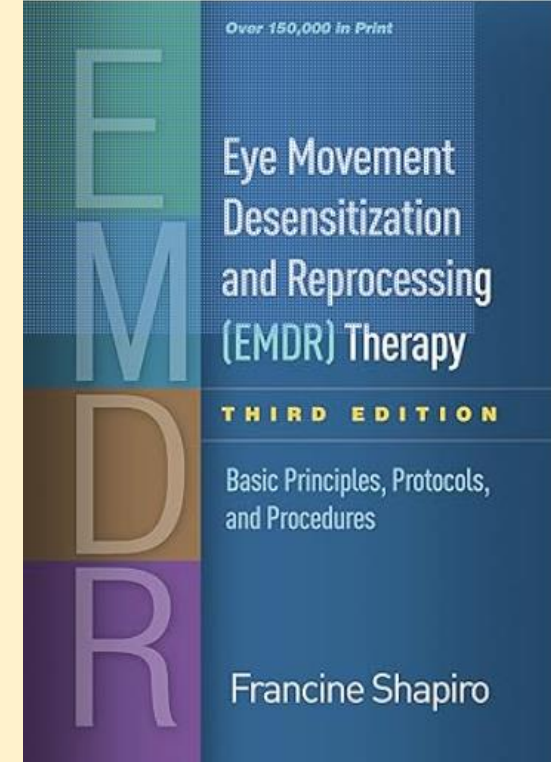
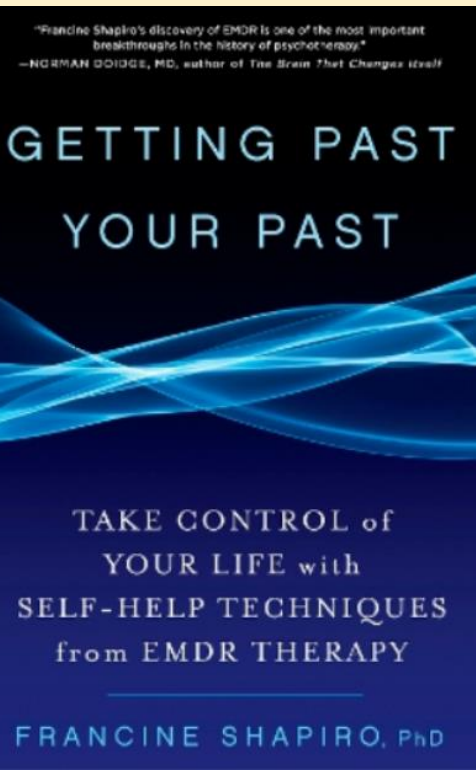
- Traumatic experiences can get 'stuck' in the brain's processing system
- This can lead to PTSD symptoms and emotional distress
- EMDR aims to *reprocess* the distressing memories, allowing the client to integrate them in a healthier way



EMDR

Francine Shapiro's 8-Stage Process

1. Personal History and Treatment Planning
2. Preparation
3. Assessment
4. Desensitisation and Reprocessing
5. Positive Cognition Installation
6. Body Scan
7. Closure
8. Re-evaluation



EMDR

- Bilateral stimulation – can include eye movements, tapping or other forms of sensory input that stimulate both sides of the body and brain
- During the reprocessing phase, the client is encouraged to focus on the targeted memory or event while simultaneously attending to the bilateral stimulation
- Throughout the session, the EMDR therapist helps the client maintain a dual awareness of both the distressing memory and the present moment
- This dual awareness allows the client to approach the memory from a more detached and grounded perspective, reducing the emotional intensity associated with the traumatic memory



EMDR

- As the reprocessing continues, the client's negative beliefs such as "I am not safe" or "I am unworthy" can be replaced with more positive beliefs such as "I am strong" and "I am deserving of love and happiness"

The Butterfly Hug



<https://youtu.be/iGGJrqscvtU>



Emotional Freedom Technique EFT



Emotional Freedom Techniques

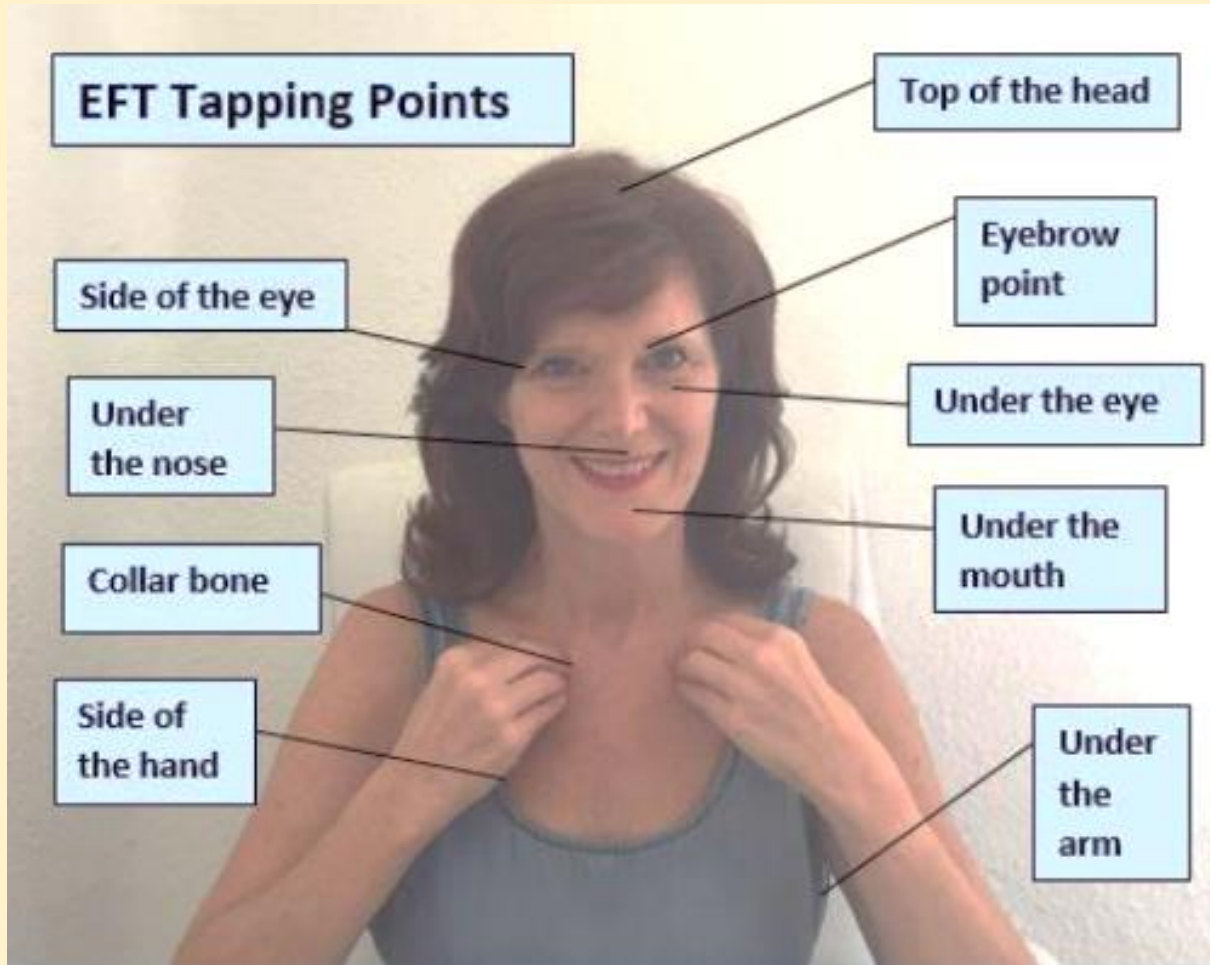
“Tapping Therapy”

- A therapeutic approach that combines elements of traditional Chinese medicine with modern psychology
- Designed to address emotional and psychological issues by tapping on specific acupressure points on the body
- Based on the idea that negative emotions and psychological distress are linked to disruptions in the body's energy system
- By tapping on these meridian points, individuals aim to restore the balance of energy and alleviate emotional suffering



Emotional Freedom Techniques

“Tapping Therapy”



- What is upsetting the client?
Rate it on a scale of 1-10
- Using a couple of fingers, tap around the different points for as long as feels right
- Stop tapping, take a deep breath and re-rate the upset
- Repeat until the intensity comes right down

<https://abetterlifetapping.com/eft-tapping/>

Emotional Freedom Techniques

“Tapping Therapy”

- There is a growing body of research on EFT, but the results are mixed
- Some studies suggest that EFT can be effective in reducing symptoms of anxiety, depression, and PTSD
- Other research has found mixed or inconclusive results, and some critics argue that any benefits observed may be due to the placebo effect or “nonspecific therapeutic factors”
- Like many alternative therapies, EFT may be influenced by the placebo effect, where individuals experience improvement in their condition simply because they believe the treatment is effective
- Controlled studies often face challenges in creating a placebo-controlled group, as participants can easily tell whether they are receiving the genuine EFT treatment or a placebo intervention

Emotional Freedom Techniques

“Tapping Therapy”

- Dr Peta Stapleton, Associate Professor at Bond University, Queensland, Australia
- She has lead world-first randomized clinical trials investigating EFT, and the results have been outstanding
- This treatment has now been compared to a gold standard, Cognitive Behavioural Therapy, and also in an online and self-directed format



<https://youtu.be/GMa6Dv4OUrc?si=9MCE608KxyrKRVLC>

Buddy Group 2

Share your own experiences. Which of these issues and techniques interest you most?

15 minutes





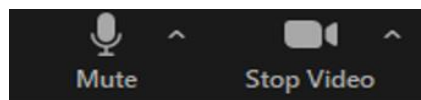
Take a 10-minute break



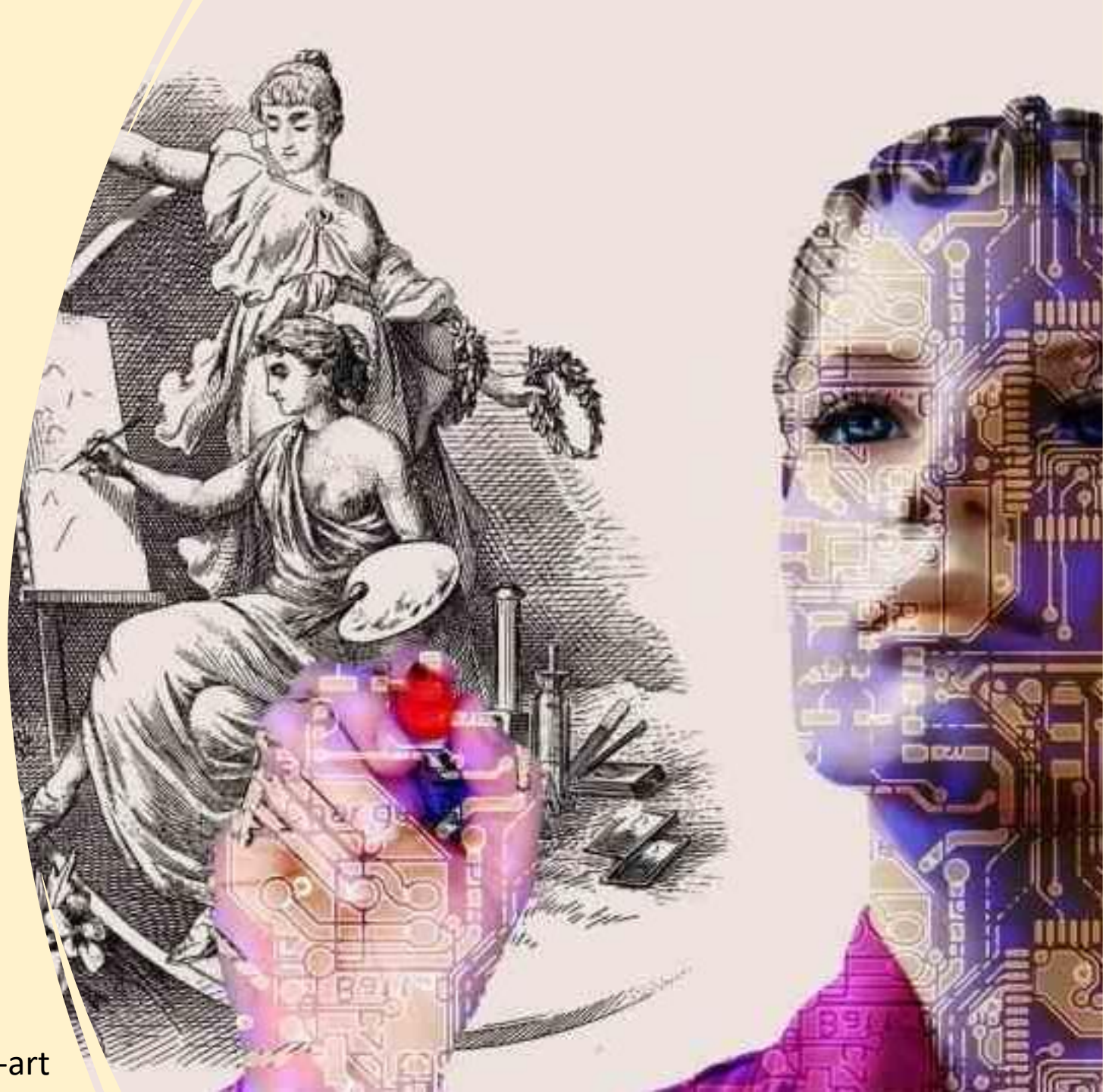


Taking a Look at Neurofeedback with Sean

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for better sound and
sync – thank you!

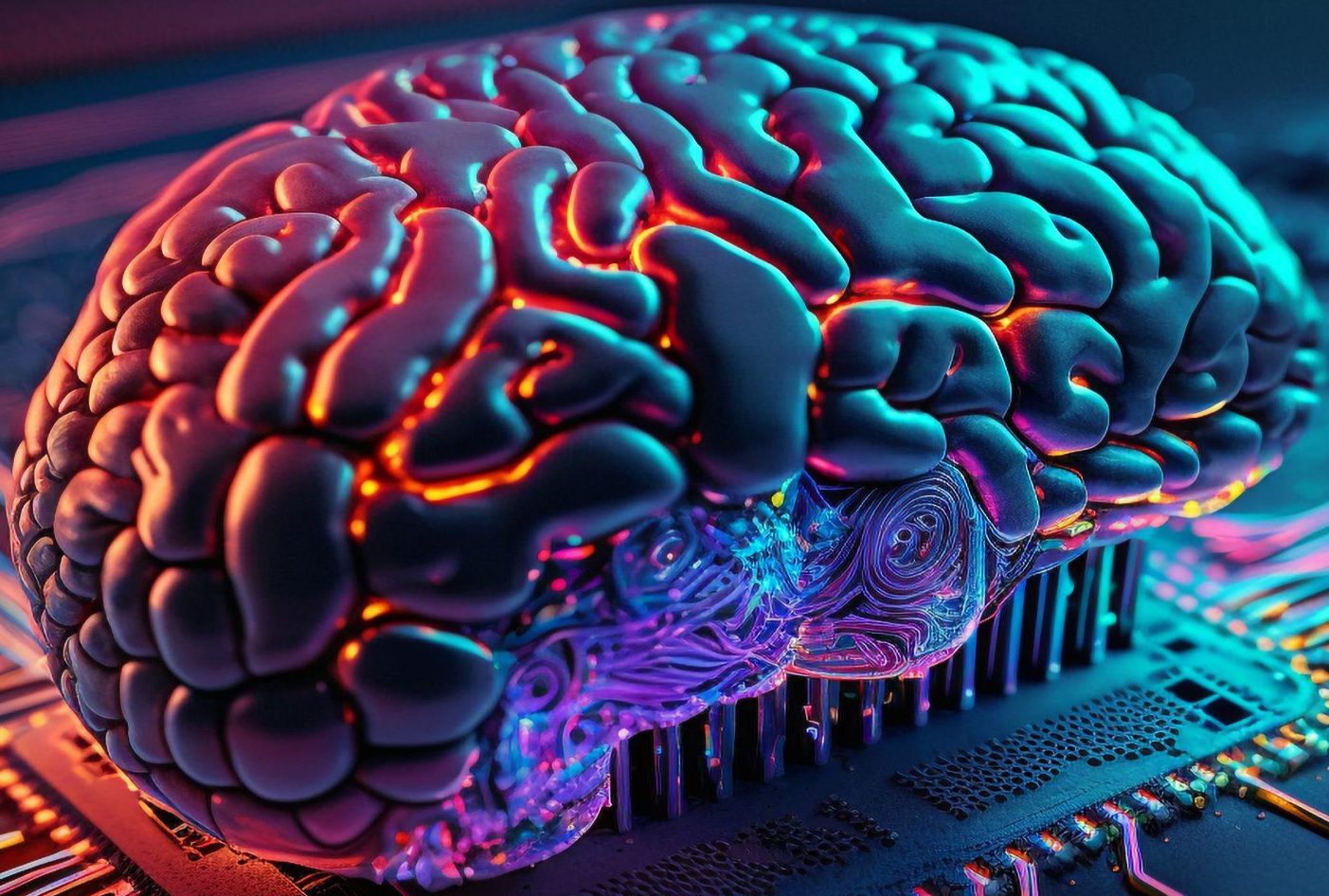


Artificial Intelligence A.I.



<https://fromlight2art.com/ai-art-vs-human-art>

Where is it all heading?



AI

Excitement or Fear?



Ai-Da, a robot with a humanoid face and robotic limbs with a sleek black bob and the ability to paint self-portraits

Virtual Reality



Offers a wide range of therapeutic techniques such as:

- **Gradual exposure**
- **Relaxation**
- **Mindfulness**
- **Systematic desensitisation**
- **Psychoeducation**
- **Attention training**
- **Coping strategies**



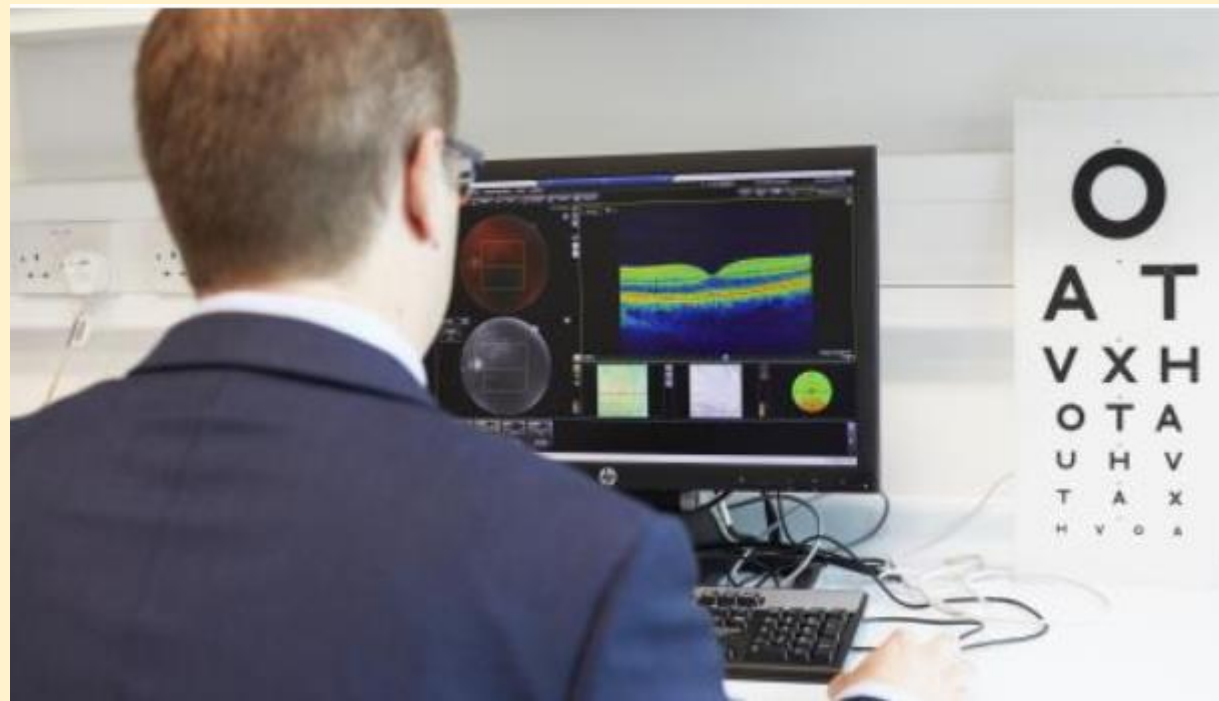
ameliavirtualcare.com

Breakthrough in AI technology to improve care for patients



Two years ago, Moorfields Eye Hospital NHS Foundation Trust and DeepMind Health, came together to announce a five-year partnership to explore whether artificial intelligence (AI) technology could help clinicians improve the care for our patients.

The AI system can recommend the correct referral decision for over 50 eye diseases with 94% accuracy, matching world-leading eye experts. It is hoped that the technology could revolutionise the way professionals carry out eye tests, allowing them to spot conditions earlier and prioritise patients with the most serious eye diseases before irreversible damage sets in.



Buddy Group 3

*Share your
responses to
Sean's video
and/or AI*

15 minutes





Buddy Group 4

*Time to say
Goodbye and
exchange details
if required*

15 minutes





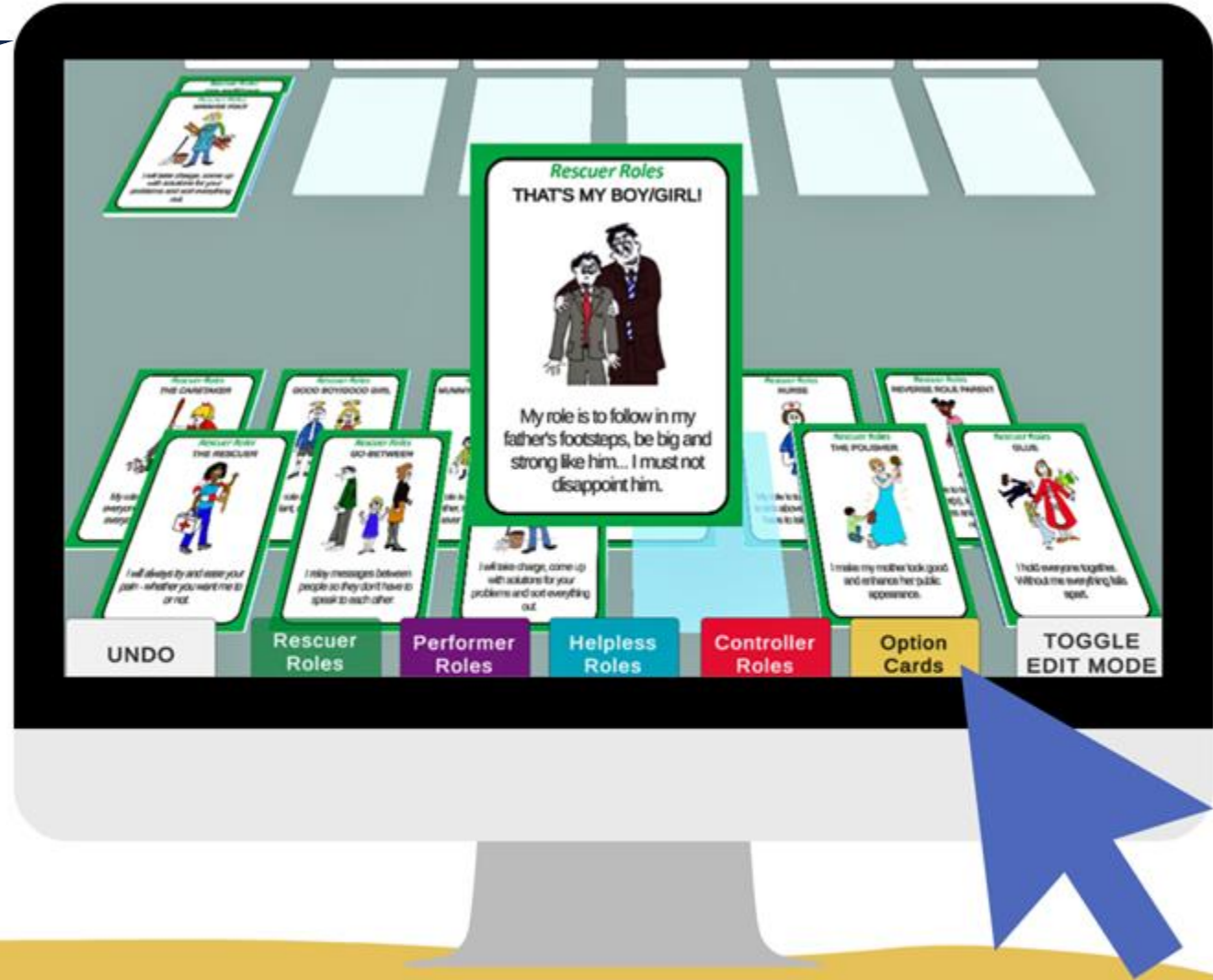
Resources

PACT-RESOURCES.CO.UK

ORIGINAL & CREATIVE
COUNSELLING RESOURCES

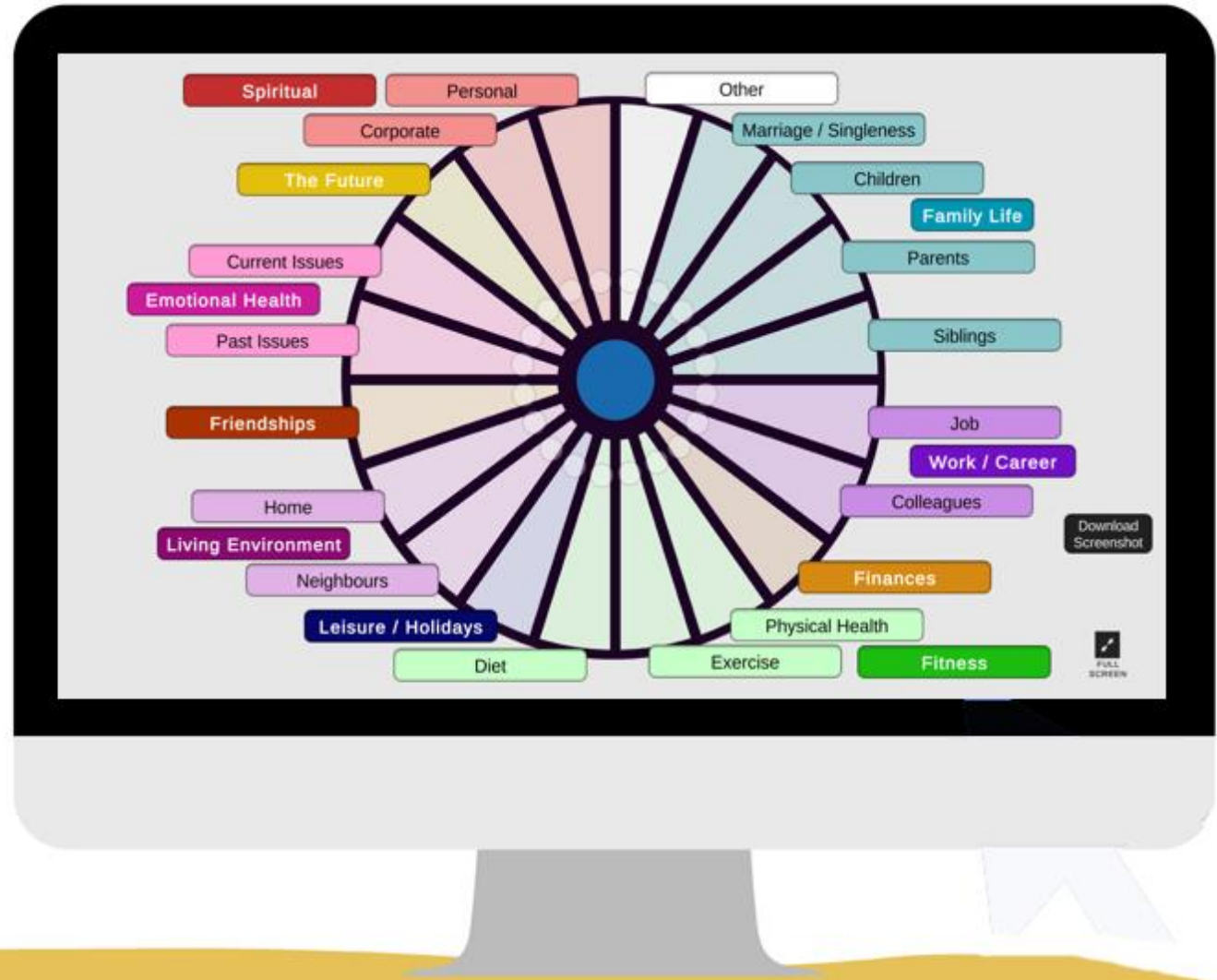
Now
Available!

Use the Roles
Played in Families
& other cards
online!



pact-resources-online.co.uk

The Wheel of Life
Web App will soon
be available for you
to use!



pact-resources-online.co.uk

Cards



e-Resources



Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack



Therapeutic Sandscapes™
Online Pack

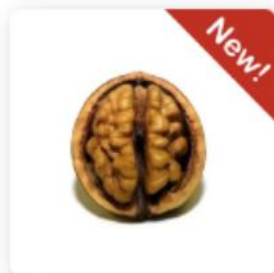
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3 for 2 on all videos

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Neuroscience in a Nutshell
£30.00



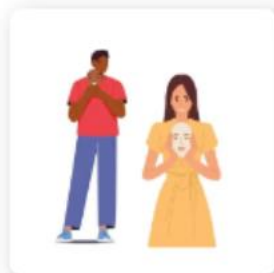
Using Erikson's Life Stages
in Counselling
£30.00



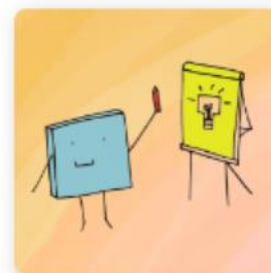
6 Ways of Working with
the Inner Child - Training
Video
£30.00



Building Boundaries
Breaking Barriers -
Training Video
£30.00



Imposter Syndrome -
Training Video
£30.00



Psycho-integration for
Counsellors - Training
Video
£30.00



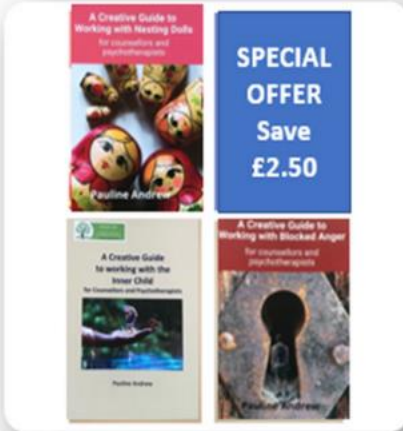
Trust and Betrayal -
Training Video
£30.00



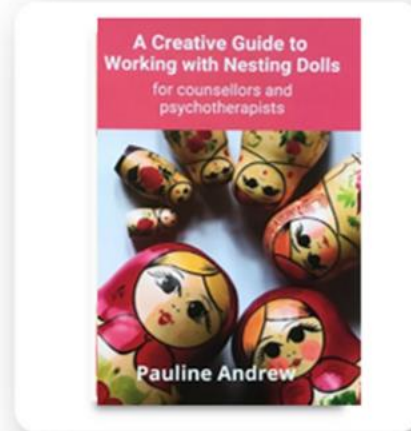
Attachment and Shame -
Training Video
£30.00

pact-resources.co.uk

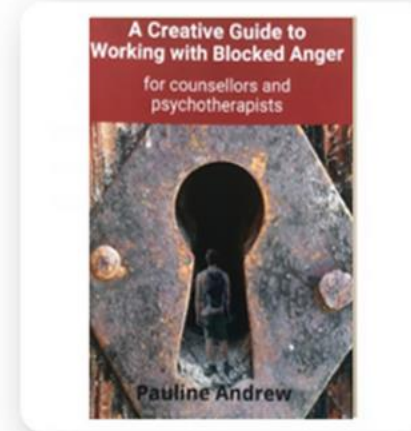
Books



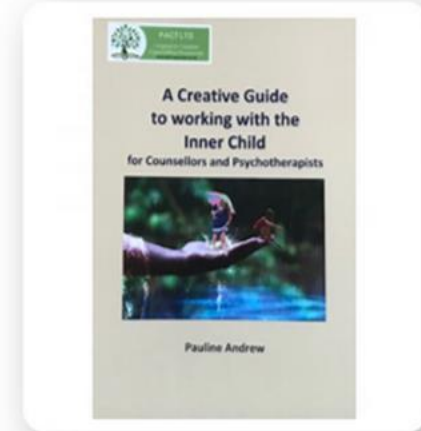
Special offer – save
£2.50 when you buy
all 3 books
£32.00



A Creative Guide to
Working with Nesting
Dolls
£11.50



A Creative Guide to
Working with
Blocked Anger
£11.50



A Creative Guide to
Working with the
Inner Child
£11.50

Also available on Kindle

pact-resources.co.uk

What's up next?



29
NOV

Online Event

The Subtle Power of Toxic Relationships -
Wed Nov 29



02
DEC

Online Event

Working Creatively with Blocked Anger -
Sat Dec 2



**26
APR**

Working Creatively with the Inner Child in Counselling Weekend Fri Apr 26 – Sun Apr 28, 2024

Location:
Moor Hall Hotel & Conference Centre

April 26, 2024
6:30 pm - April 28, 2024 3:30 pm

deeprelease.org.uk



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'Deep Release Ltd'**

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



Deep Release Online
Professional Training for Counsellors

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YouTube

Search 'Pauline Andrew Creative Counselling'

- Lots of videos on working creatively
- Please subscribe!



Search 'Brain, Body & Beyond'

- Videos on Life, the Brain and Relationships
- Please subscribe!



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Thank you!



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