

Catalysing Brain Change: Transforming adversity into learning and growth: Video Course

Linda Graham

Video Course
CPD/CE credits: 2

Price: £60



Online video access remains available for 1 year from the date you receive the video course.

Adversity can be present in our clients' (and our) lives in many shapes and forms – as everyday disappointments, as after-effects of Trauma and even as extraordinary disasters. At this practical, clinically-oriented seminar, we start with the premise that helping our clients develop flexible and adaptive strategies for coping with adversity is at the heart of the therapeutic process. Linda considers neuroscientific evidence to explain how our clients can actively cultivate their innate capacities for resilience – allowing them to **rewire coping strategies which may otherwise be defensive, dysfunctional and / or blocking of growth.**

The seminar shows how we can use the brain's neuroplasticity to modify coping behaviours, even when these appear to be seemingly 'stuck' or intractable. Linda helps us **identify empirically-validated therapeutic techniques that can be applied across modalities.** Specifically, we consider how we can:

- Use **body-based tools to help clients reverse the impact of stress and trauma** on their nervous system, returning to an inner sense of safety and equilibrium – their natural range of resilience
- Help clients manage disruptive emotions, deepen self-compassion and empathy, and cultivate the positive emotions that work as an **antidote for the brain's negativity bias**– the idea is to shift the brain's default option from survival to learning and growth
- Cultivate the self-awareness and self-appreciation that help clients heal from toxic shame; keep their inner critic in check and recover their inner well-being
- Assist our clients in building their relational skills – reaching out for help, communicating without shame or blame, repairing ruptures and practicing forgiveness
- Help our clients **identify dysfunctional patterns of coping** and discern new choices of behaviour
- Help our clients apply evidence-based tools for the five factors that predict genuine post-traumatic growth:
 - Acceptance of reality (and the consequences of what happened)



- Resourcing with family, friends, family and community
- Recognising the positive in the midst of the difficult; finding the gifts in the mistakes
- Writing a coherent narrative of events within the larger life story
- Appreciating the new life that emerges because of the difficulties, not just in spite of them

About the speaker:

Linda Graham is an experienced psychotherapist in the San Francisco Bay Area. She is the author of *The Resilience Handbook: Powerful Practices to Bounce Back from Disappointment, Difficulty, even Disaster* (September 2018, New World Library) and *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, winner of the 2013 Books for a Better Life award and the 2014 Better Books for a Better World award. She integrates modern neuroscience, mindfulness practices, and relational psychology in her international trainings on resilience and well-being. She publishes a monthly e-newsletter and weekly *Resources for Recovering Resilience*, archived at www.lindagraham-mft.net.

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customerservices@nscience.co.uk

US: +18337161044

UK/Europe:
+44(0)2070961722

Australia:
+1800861953



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