

Not Just the Brain: Neuroscience & Trauma
A Relational and Societal perspective
Video Course
Miriam Taylor

Video Course
CPD hours: 6 / CE credits: N/A

Price: £149



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

What if the brain wasn't the only part of the trauma story?

Neuroscience has reshaped our understanding of trauma, but as experienced therapists, we know that the real challenge lies in translating these insights into meaningful, life-changing interventions. **While neuroscience provides significant understanding, trauma permeates the body, relationships, and the social context, making it far more complex than brain function alone.** In this two-part workshop, Miriam Taylor presents a comprehensive approach that integrates neuroscience with a holistic view of trauma, equipping us to address it in all its complexity.

Why this training is essential:

Clients often present with trauma-related symptoms—dissociation, hypervigilance, or emotional shutdown—but we know that trauma extends beyond the brain. It influences the body, unravels relationships, and is compounded by societal dynamics. Focusing solely on brain function leaves these crucial layers unaddressed.

This training goes beyond neuroscience-centred approaches, enabling us to expand our therapeutic toolkit and address trauma holistically, encompassing the body, relationships, and the broader socio-cultural environment. We will go beyond the brain-neuroscience axis to explore:

- How do we support relational healing as a core component of recovery?
- How can we integrate relational and societal perspectives into our trauma work?
- What if healing could encompass not only personal wounds but also collective societal scars?

Apart from focusing on trauma recovery, we will learn how to restore relational balance for clients, rebuilding trust within themselves and in their relationships. We will also evaluate the limitations of a purely



neuroscientific approach and discover broader emotional, relational, and societal strategies for addressing trauma.

Session 1: Comprehending Neuroscience in Trauma Therapy

This training will offer a sophisticated exploration of how core neuroscience principles translate into clinical practice, building on our existing knowledge and deepening our ability to apply these insights with precision.

- **Neuroplasticity in Action:** Trauma reshapes the brain's pathways, but how do we help clients rewire those pathways in practice? This session will guide us through **specific methods to harness neuroplasticity**, empowering our clients to reshape entrenched trauma responses. How can we facilitate this change with intentionality and insight?
- **Regulating the Nervous System:** Trauma disrupts the body's natural regulation systems, affecting fight, flight, and freeze responses. We will **explore strategies to detect dysregulation early and offer practical interventions** that help clients return to balance. How can we support clients in feeling safe in their bodies again?
- **Mind-Body Integration:** Trauma is stored in the body, not just the brain. This training will help us **explore somatic techniques—such as grounding, body scans, and breathwork**—that can assist clients in reconnecting with themselves and finding safety. What does it mean for healing to begin in the body?

Illustrative Example:

Imagine a client whose personal trauma is compounded by experiences of marginalisation, intensifying feelings of isolation and disconnection. This webinar will guide us in recognising how societal forces amplify personal suffering and provide us with nuanced strategies to address both layers of trauma—ensuring our client feels fully seen, validated, and supported in their journey to healing.

Session 2: Beyond Neuroscience—Healing Trauma in Relationships and Social Contexts

What if trauma were understood as more than an individual issue? In this session, we will expand our lens to explore how trauma manifests in relationships and is shaped by broader social forces.

- **Healing in Relationships:** Trauma often plays out in relational dynamics, leaving clients disconnected or mistrustful. This webinar will help us explore how to restore balance in clients' relationships, focusing on the mind-body connection and how relational healing is a vital part of trauma recovery. How do we support relational healing as a core component of recovery?
- **Challenging the Limits of Neuroscience:** While neuroscience provides critical insights, it doesn't explain everything. This session will discuss **where a brain-centric approach falls short** and how we can integrate relational and societal perspectives into our trauma work. How do we bring these essential layers into our practice?
- **Addressing Societal Trauma:** Trauma is not just personal—it is often compounded by systemic oppression, marginalisation, and intergenerational trauma. We will explore these broader dynamics and develop strategies to support clients who carry both personal and societal trauma. **What if healing could encompass not only personal wounds but also collective societal scars?**

Illustrative Example:

Consider a client whose personal trauma is also layered with experiences of marginalisation. This webinar will help us navigate how these social forces exacerbate personal trauma and offer strategies to address both levels, ensuring our client's full experience is validated and supported.

Learning Outcomes: What We'll Take Away

Session 1: Neuroscience for Practical Integration

By the end of this session, we will:

- Understand how neuroplasticity reshapes trauma-affected brain pathways and learn how to apply this understanding to break entrenched patterns in our clients.
- Develop strategies to detect dysregulated nervous system responses and apply real-time interventions to restore balance.
- Explore practical somatic techniques that integrate mind and body, helping clients feel present and connected.
- Confidently use neuroscientific tools like grounding, breathwork, and relational attunement to support trauma healing in-session.

Session 2: Expanding Trauma Perspectives

By the end of this session, we will:

- Learn how to **restore relational balance for clients, rebuilding trust within themselves and in their relationships.**
- Evaluate the limitations of a purely neuroscientific approach and discover broader emotional, relational, and societal strategies for addressing trauma.
- Develop skills to work with systemic and intergenerational trauma, offering our clients a more holistic path to healing.
- Reflect on **alternative approaches, such as relational-cultural theory**, to deepen our practice in trauma therapy.

Why This Training is Different:

While many trauma workshops focus exclusively on neuroscience, this training offers a much more expansive perspective. It combines neuroscience with somatic, relational, and societal healing strategies, helping us navigate the complexities of trauma from multiple angles. We'll leave with not only theoretical knowledge but also practical, actionable insights to deepen our trauma work and support long-term healing.

About the speaker

Miriam Taylor is a British Gestalt psychotherapist (UKCP registered), supervisor and trainer who has been in private practice since 1995. Her background was in adult education before training as a counsellor and psychotherapist. She was clinical lead of a young peoples' service and for several years worked in a specialist trauma service. Miriam's particular interest is in the integration of trauma and the role of the body from a wide relational field perspective. She supports her work in part through her deep connection to the natural world and has undertaken a Wilderness Experience in the USA. She teaches in the UK and internationally, has been a trainer, Academic Consultant and examiner for Metanoia Institute, London, and is on the Leadership Team of Relational Change. Publications include her book *'Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body'* 2014, and several peer reviewed and invited articles. Her second book *'Deepening Trauma Practice'* was released in 2021.

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