



Clinical Mastery with Dr Frank Anderson

Inside the Clinical Mind:

Working with Parts, Memory, and the Body in Trauma Treatment

Mastery Session Live Online with

Dr Frank Anderson

Zoom Webinar

25 March 2026, Wednesday

Times:

7:00 pm – 8:30 pm, London UK

3:00 pm – 4:30 pm, New York, USA

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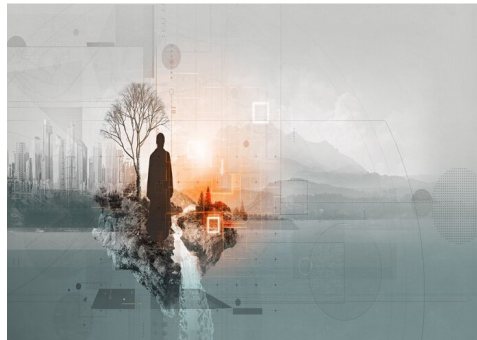
Transcending Trauma:

Understanding and Healing Trauma through IFS and Neuroscience

Video Course

CPD hours: up to 10.5 CPD hours depending on the ticket type

Includes Video Course + Exclusive 90-Minute Mastery Session Live Online (optional)



Location: Online streaming only

(webinar tickets for the video course & live mastery session bundle include complimentary access to a video recorded version for 2 years, the individual ticket for accessing video course only, includes complimentary access to video course for 1 year)

Inside the Clinical Mind: Working with Parts, Memory, and the Body in Trauma Treatment

25 March 2026 | 7 pm UK | 90 minutes | Live Online | 1.5 CPD Hours



When theory meets the moment

Every trauma therapist recognises the critical moment when the clinical field suddenly shifts: the client's system fragments, protectors surge, the body tightens, the narrative disintegrates.

In that moment, models alone aren't enough.

What matters is the therapist's internal clarity, attunement, and capacity to track multiple layers at once — parts, memory, body, affect, and their own autonomic response.

This Mastery session offers a rare chance to step inside the clinical mind of Dr Frank Anderson — psychiatrist, trauma expert, and leading voice in parts-informed, neuroscience-integrated therapy.

★ **This Mastery evening is built around Frank Anderson's comprehensive video series**

Transcending Trauma: Understanding and Healing Trauma through IFS and Neuroscience

9 hours | 9 CPD Hours | 2-year access in the combined option

This 12-module series blends parts work, neurobiology, somatic awareness, and relational repair into one integrative trauma framework.

What the full video course covers

- Fundamentals of IFS (6 Fs, 8 Cs) integrated with EMDR, SE, AEDP
- How trauma shapes the brain, nervous system, and internal parts
- Working respectfully with protectors, exiles, and internal conflict
- Neurobiologically informed pacing, titration, and memory reconsolidation
- Regulating the therapist's own parts and preventing overwhelm
- Direct clinical demonstrations, guided meditations, and experiential practice
- Applying the model to attachment trauma, dissociation, and intergenerational wounds

The video gives the **model**.

The Mastery session shows the **moment-to-moment orchestration** of that model under pressure.

★ **How the Video + Mastery Session Work Together**

You'll see Frank integrate:

- parts awareness
- somatic regulation
- neurobiological timing
- protector negotiation
- implicit memory processes
- the therapist's own autonomic state

The combined learning arc shows how deep trauma therapy actually unfolds — when systems fragment, overwhelm threatens, or protectors dominate the field.

★ **How to Join**

We offer two pathways:



- Full Video Course (1-year access) — £199

Ideal if you want Frank's full theoretical and experiential training.

- Video Course (2-year access) + 90-Minute Mastery Session — £219

For **£20 more**, you gain two-year access plus the live session + replay.

This combined option is strongly recommended: the Mastery evening assumes familiarity with the model taught in the video.

★ Inside the Mastery Session

Clinical Orientation (10 min)

How parts, memory, and neurobiology interact when trauma fragments the system.

Live Case Exploration (40 min)

Frank works with anonymised case submissions, showing how to assess readiness, negotiate with protectors, and pace activation safely.

Clinical Commentary & Dialogue (30 min)

How implicit memory reconsolidation, mirror-neuron attunement, and nervous system regulation shape Frank's therapeutic choices.

Integration & Closing (10 min)

A guided reflection on what integration feels like — for therapist and client.

★ You'll come away with

- ✓ A live window into how parts, memory, and body interact in trauma treatment
- ✓ **Practical strategies for maintaining regulation amid complex internal systems**
- ✓ **Neurobiologically grounded frameworks for pacing, titration, and repair**
- ✓ Approaches for working compassionately with protectors without losing momentum
- ✓ Renewed confidence in applying integrative models to real-world clinical challenges

★ About Dr Frank Anderson

Frank Anderson, MD, is a Harvard-trained psychiatrist and internationally recognised trauma specialist whose work bridges neuroscience, psychotherapy, and compassion-based healing. Author of *Transcending Trauma* and *To Be Loved*, he has trained thousands of clinicians worldwide through his integrative approach to parts work and neurobiological repair.

Experience how Dr Frank Anderson thinks, feels, and intervenes in real time — and discover how parts, memory, and the body can realign through compassion and connection.

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There is no known commercial support for this program.

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>



Questions and requests for information: cpd@nscience.world

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

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