



Brain Based Therapy for Mental Health Professionals

with Dr Jonathan Baylin

Brain-based psychotherapy aims to change brain function through experiences. It can produce long-term changes in behavior based on strengthening neural pathways to create structural changes to the pattern of interconnections between nerve cells in the brain. This one day course focuses on the integration of therapeutic processes from a neuroscience perspective. Dr. Baylin will present a working model of how different therapeutic processes “work” to promote healthier brain functioning in our clients. He will provide a brain-based explanation of “top down” and “bottom up” approaches targeting improved balance of functional brain circuits supporting affective and cognitive functioning. This will include discussion of 3 key brain networks, the Salience System, the Default Mode Network, and Executive Task System and the interplay of these systems in different clinical conditions.

Objectives:

- To provide non-scientists with understanding of the latest research about the effects of life experiences on the structure and functioning of our brains.
- To explain how therapy can help to strengthen our brains to support greater resilience and personal growth.
- To show how treatment, using different processes, can improve the dynamic interplay of these core systems to support healthier functioning.

Suitable For:

Professionals who support children and young people who have experienced developmental trauma.

Details:

Date: 19 October 2022
Times: 12pm to 6pm GMT
Venue: Online
Price: £150 + VAT, (£180 inc VAT)
Booking: Book your place [here](#).

About the Trainer:

Dr Jonathan Baylin, PhD, is Co-author of Brain Based Parenting with Daniel Hughes.

As a clinical psychologist interested in parent-child relationships he is continually working to deepen his understanding of how children learn to trust and mistrust adults and how parents can help these children learn to feel safe and secure in their care. He has developed a brain-based model of parent-child relationships that focuses both on the parent’s challenge of sustaining loving feelings and the child’s challenge of making the shift from deep mistrust to trust. Several years ago, he began to collaborate with Daniel Hughes, an expert in working with children with serious attachment problems leading to their book. Most recently, he has been working more and more with parents to help them recover from or prevent “blocked care” and to help them understand their complicated children. He believes strongly that the more deeply we understand the neurodynamics of attachment and parenting, the more effective we can be at helping families build strong bonds.