

Aberdeen Counselling Forum

“The transformative power of validation” The neuroscience of facilitating change & growth Led by Avigail Abarbanel

Saturday 25th November 2023 (10.00am-4.30pm)

Venue:

Midstocket Parish Church, Harcourt Road, Aberdeen AB15 5NZ

As therapists, are we fully aware of the true power of validation? Validation is a transformational tool available to all and at our fingertips, but do we use it with full knowledge of its power and intent? External & internal validation changes our brain architecture, which is essential for therapeutic change. This will be the focus of this workshop, which is based on the framework I have used in my practice for over two decades. The workshop will offer practitioners an opportunity to think about their therapy work in concrete terms that our clients can also understand. It will be useful for therapists who are interested in removing the ‘mystique’ out of how therapy works and what it is for. There will be a balance of theory, practice and discussion, for a full and lively learning experience. The intention is to learn while feeling nourished and inspired. Aims: To learn to work with external and internal validation in a more conscious, coherent and targeted way as a powerful tool for therapeutic change; to develop a clearer way of thinking about therapy, therapeutic change and effectiveness; and to tie in principles from [Interpersonal Neurobiology \(IPNB\)](#) with the process and goals of therapy, all in the service of enhancing participants’ existing practice.

About the presenter:

Avigail Abarbanel has been a psychotherapist in private practice since 1999. She started practising in Australia, and in 2010 moved to the Scottish Highlands, where she re-established her practice ‘Fully Human Psychotherapy’.

Avigail is BACP Snr. Accredited. She is qualified to work with adult individuals, relationships, families and groups. She is also a supervisor, trainer, consultant and writer. Avigail is passionate about sharing everything she knows, and about removing the mystery and ‘mystique’ out of mental health and therapy. Her way of working therapeutically is a coherent synthesis of a wide range of humanistic, existential, and experiential modalities, framed by Dan Siegel’s Interpersonal Neurobiology (IPNB). Avigail’s practice website is at fullyhuman.co.uk

Contact person for enquiries and booking:

Diane Crowe - Email: diane.crowe@gizgiz.co.uk

ACF Booking Form for Workshop Saturday 25.11.23

PARTICIPANT NAME:

EMAIL ADDRESS:

TELEPHONE NUMBER:

PLEASE INDICATE APPROPRIATE PAYMENT BOX

EARLYBIRD – RECEIVED BY 11.11.23	
ACF MEMBER - £50	
ACF CONCESSION MEMBER - £45 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON-MEMBERS - £65	

PAYMENT FROM 12.11.23	
ACF MEMBER - £60	
ACF CONCESSION MEMBER - £55 (Low income, 60+, F/T student, counselling diploma student)	
ALL NON-MEMBERS - £75	

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