



*Deze workshops worden ondersteund door Moedige Moeders*

## **The Unseen Past: How It Influences the Way We Think, Feel & Behave**

Een serie workshops die op drie verschillende manieren belicht hoe ons verleden beïnvloedt hoe wij in het heden waarnemen, denken, voelen en ons gedragen. Kennis van de verschillende wijzen waarop het verleden invloed heeft op hoe wij allen beslissingen in het hier en nu nemen, kan ons enorm helpen beter voor ons zelf te zorgen en ons beter te verhouden tot anderen.

Human Givens Netherlands (VHGN) organiseert deze drie workshops omdat zij een beter begrip wil bevorderen van hoe onze persoonlijke ervaringen uit het verleden en onze evolutionaire gedragspatronen de wijze beïnvloeden waarop aan onze huidige fysieke, emotionele en sociale behoeften wordt voldaan.

Deze workshops zijn bedoeld voor iedereen die een meer inzicht wil krijgen over zichzelf en iedereen die werkt met andere mensen, bijvoorbeeld therapeuten, coaches, hypnotherapeuten en iedereen die werkt in het onderwijs, de gezondheidszorg en het maatschappelijk werk.

Deze workshops kunnen individueel of als volledige reeks worden gevolgd. Zij worden in het Engels gegeven.

Alle workshops worden gegeven in **Van der Valk Hotel Breukelen, Stationsweg 91, 3621 LK Breukelen. <https://www.hotelbreukelen.nl/contact>**

Het hotel is goed bereikbaar met het openbaar vervoer en de auto.

## **Workshop One: Friday 1<sup>st</sup> December 2023, 10.00 am - 5.00 pm**

Tutor: Jenny Edwards

### **Encouraging Our 'Predictive' Brain to Work for Our Own and Other People's Wellbeing**

During this seminar which includes reflective exercises you will learn about:

- Why we have a predictive brain and how it works.
- The wisdom of not always believing what our predictive brain is telling us.
- Using other sources of knowing and making sense of what is going on.
- How we can check the accuracy and validity of what our predictive brain is telling us.
- A range of 'hidden' beliefs' that influence how our brain predicts what is happening and will happen.
- How to make conscious our own and other people's 'limiting beliefs'.
- A range of tools to help change 'limiting beliefs' in order to better serve our current situation.

We will explore how we can't always rely on what our brain and body are telling us about what is going on.

We will look at how our brain is continuously and invisibly making sense of our external and internal environments by pattern matching information that comes through our senses and internal sensations, to what we already know, believe and have experienced.

This 'pattern matching' enables our brain to continuously make predictions about what is going on, what will happen next and what we can do.

While hugely energy efficient and very quick, it can sometimes obscure what is really going on, and what is currently in our own and other people's best interest.

Being aware that we cannot always rely on what we immediately think and feel can allow us to take more time to check whether there are other things we need to be paying attention to, and opting for choices that are not immediately obvious, but which will enable us make decisions that are best suited to our own and other people's interests.

**Workshop Two: Date. Tuesday 16<sup>th</sup> April 2024, 10.00 am - 5.00 pm**

Tutor: Dr Andrew Morrice

**Food, Exercise and Mental Health – or “Can a Hunter-Gatherer find happiness in the Gym or Supermarket?”**

An engaging combination of presentations and discussions which will inform you about:

- The profound links between physical activity and mental processes including memory and creativity.
- How our brains are built to fix on goals to meet our needs, but how easily this motivational system can lead us astray.
- The simple, memorable features of healthy physical activity and how to give sensible advice in this area.
- How our original non-rational 'food guidance systems' have difficulty coping with the modern food environment.
- The relationships between diet, microbiome, inflammation and mental health
- The simple, memorable features that all healthy diets share and how to give safe, sensible advice in this area.
- (and a good deal more!)

For millions of years our ancestors evolved a way of life based on gathering and hunting, developing the richest social and mental life of any land creature on the planet.

But now we have the technologies to make our wildest dreams come true, we find we are often less happy and probably less healthy as a result. In our efforts to come to terms with this, by addressing diet and exercise, we are often confronted with confusing and contradictory claims.

This workshop will take you on a journey through a series of ideas, topics and techniques that will bring perspective and calm to these vitally important topics.

We can do this without resorting to fairy tales or just-so-stories, developing a clear framework that helps us see past the fads, fashions and false claims that too often characterise these subjects.

## **Workshop Three: Thursday 19<sup>th</sup> September 2024, 10.00 am - 5.00 pm**

Tutors: Dr Jenny Wakelin and Jenny Edwards

### **The Developing Human Being: How Childhood Experiences Can Shape our Journey through Adulthood**

Through a series of inputs combined with reflective exercises you will learn about:

- The developmental phases we go through when growing up that help us self-regulate our feelings, thoughts and behaviours and connect us to others and our world.
- How different types of trauma and neglect during those development phases can affect how we think, feel, and behave both then and now.
- The range of automatic survival responses we use during childhood that help us to survive trauma and neglect.
- How these can later lead to unhelpful and socially isolating behaviours, thoughts and feelings which are often labelled as personality flaws or some kind of mental instability.
- Using our brain's plasticity, how we can learn as adults to meet our needs so we can thrive rather than just survive.
- The importance of a supportive and favourable environment in helping us to learn how not just to survive but thrive.
- The ingredients that go into creating a supportive and favourable environment

This workshop will look at the developmental phases we go through when growing up, and how different types of trauma and neglect at different stages of childhood through to young adulthood can adversely affect how we think, feel, and behave now and in the future.

We will look at how trauma and neglect during key developmental stages can lead to unhelpful and socially isolating behaviours, thoughts and feelings which often incorrectly, come to be seen as personality flaws or some kind of mental instability.

Since the 90's we know that our brains remain plastic throughout most of adult life –our neural connections are not set in stone.

We now know it is possible with the right kind of supportive environment, to bring about new positive learning and change to replace ways of surviving that are no longer serving us and those around us in our current situation.

We will look in some detail at what the important ingredients are that make for the supportive environment required for the kind of learning that enables people to go on to live a fulfilling life after trauma and neglect.

## **Tutors**

**Jenny Edwards** was a secondary school teacher and then an organisational change consultant and trainer working in industry and the voluntary sector. Since 2014 she worked in the UK as a Human Givens therapist specialising in trauma recovery. Since coming to live in the Netherlands she works as a coach, and trainer. As well as co-writing a website about trauma, she is helping adults and young people to understand and work positively with their 'predictive' brain.

**Dr Andrew Morrice** is a medical doctor working as a family physician in Scotland, a Human Givens Therapist, and has two degrees in the History of Medicine. He has wide experience of teaching in both informal group settings and in formal presentations and has developed an entertaining and engaging approach to sharing ideas and information.

**Dr Jenny Wakelin** is a psychologist, Human Givens therapist and counsellor. Her career began in clinical psycho-pharmacological research, specialising in depression and anxiety disorders. After some years as CEO and medical consultant of two clinical research organisations she moved on to work as a therapist in the field of addictions. She is experienced in teaching and training in her specialised areas and is also involved with counselling families of addicts and those with mental health problems.