

# Interpersonal neurobiology and therapeutic change

An exploration of how psychotherapy works  
based on new theories of intersubjectivity and  
developmental psychology

A ONE-DAY SEMINAR LED BY  
DR JEAN KNOX AND  
MARGARET WILKINSON

Saturday 21 May 2011

# About this event

In this one-day seminar we will be introduced to the theoretical and clinical work of two ground-breaking analytical psychologists and authors, Dr Jean Knox and Margaret Wilkinson, who have both embraced developmental neuroscience to deepen their understanding of the way the human mind functions. They will discuss how new neuroscientific paradigms have led them to greater knowledge and confidence about why certain psychotherapeutic interventions are effective. They will offer an emergent model of human development that places environmental and cultural influence, especially the earliest relationships with caregivers, right at the heart of human psychological and emotional development. In the seminar we will explore how neuroscience can help us to develop and update our clinical theories by offering more accurate models to explain the clinical phenomena we work with, particularly those linked to a history of early relational trauma. The discussion will be set in the context of clinical discussion of case material and an examination of transference and countertransference dynamics. The day will conclude with a live supervision.

## The Speakers

**Dr Jean Knox** is a psychiatrist and psychotherapist in private practice in Oxford, England. She is a Training Analyst of the Society of Analytical Psychology, a Senior Member and Training Therapist of the British Association of Psychotherapists, Consultant Editor of the *Journal of Analytical Psychology* and Honorary Senior Lecturer at the University of Kent. She has written and taught extensively on the relevance of attachment theory and developmental neuroscience to psychotherapy theory and practice. Her book *Archetype, Attachment, Analysis: Jungian Psychology and the Emergent Mind* was published in 2003 and her book *Self-Agency in Psychotherapy: Attachment, Autonomy and Intimacy* in December 2010 in the WW Norton Interpersonal Neurobiology series.

**Margaret Wilkinson** is a professional member of the Society of Analytical Psychology and The West Midlands Institute for Psychotherapy, and a member of the editorial board of the *Journal of Analytical Psychology*. She teaches neuroscience research reading seminars at The Northern School of Child and Adolescent Psychotherapy. She is the author of numerous papers and two books, *Coming into mind. The mind-brain relationship: a Jungian clinical perspective* (2006, Routledge) and *Changing Minds in Therapy* (April 2010, W.W. Norton Interpersonal Neurobiology series). She is in private practice in North Derbyshire, England and her email address is [mwilkinsoncurbar@yahoo.co.uk](mailto:mwilkinsoncurbar@yahoo.co.uk)

# Programme

**9.30**      **Registration begins**

**10.00**      **Dr Jean Knox**

## **What neuroscience teaches us about the importance of relationship and relatedness: a case unpacked**

Using material from developmental studies and recent research to show how neuroscience can help us work with developmentally traumatised patients, this presentation will elaborate the importance of embracing a scientifically-based model of human development that places environmental influence at the heart of psychological and emotional development. Jean Knox will argue why, as clinicians, we simply have to become aware of the impact of empirical evidence on our theoretical models and hence on our clinical practice. The presentation will include the close-tracking of a piece of psychotherapeutic work in which the therapist's neurosensitivity led to a deepened understanding of the patient's underlying developmental trauma, and ultimately to a heartening capacity for relatedness.

**11.15**      **Coffee**

**11.45**      **Margaret Wilkinson**

## **Patterns in the Mind: transference, countertransference and the process of 'changing minds' in psychotherapy**

We will explore how attention to the unique interactive experience between therapist and patient is crucial for our understanding of the deeply established patterns of reacting to the other of the patient. Research concerning the neural basis for empathy enables understanding of transference-countertransference processes, and establishes an indissoluble link between these interactive dynamics and the development of mind.

**13.00**      **Lunch**

**14.00**      **Live supervision and clinical inquiry**

In this final session of the seminar Dr Jean Knox will offer live supervision session to a psychotherapist who is struggling with a piece of clinical work in the areas covered by the theoretical presentations. Following the supervision, Margaret Wilkinson will offer her observations, and the audience will be invited to form small groups to discuss the themes highlighted.

**16.00**      **End**