



CPD



Date - Monday 2nd September 2019

Trainer - Nick Cooke

Venue - Central England College, Birmingham

## Self-Directed Neuroplasticity (SDN)

Neuroscience (the science of the brain) is, of course, nothing new. The fact that our state of body, including our brain affects our thoughts and feelings, is as 'old as the hills', and very well-proven science. However, in the past 30 years brain science has made spectacular advances in understanding the way in which our mind, and the way we think and feel, has a very real physical effect on the chemical composition of our brain, in effect burning new neural pathways (neuroplasticity). This offers remarkable new ways in which we can most effectively help our clients, particularly when it comes to dealing with anxiety, depression and stress.

The fee is £130 for students and graduates of CEC / Mindfulness Now, and £160 to all others.

Book and pay by phone on 0121 444 1110 or email [info@mindfulnessnow.org.uk](mailto:info@mindfulnessnow.org.uk)