



## Cambridge Forum

For Children's Emotional Wellbeing

# How do children change?

with Margaret Wilkinson

Saturday 7<sup>th</sup> May 2016  
10am to 12:30pm

## Forum Overview

**How does a child become distressed and in need of help?**

**How can we bring about effective change that means a child develops a more robust sense of self and a confident approach to living?**

In this session we will explore the relevance of contemporary neurobiology, trauma theory and attachment research for clinical practice. Traditionally we have emphasized words, interpretations, and meaning-making. Currently we have come to a greater appreciation of the affective, relational, embodied, empathic aspects of our work and the way in which they relate to the very early, embodied, experience of the child in relation to the primary caregiver, in particular traumatic early interactive experience that is held in implicit memory, in the memory store of the right hemisphere, unavailable to conscious mind.

This Forum session seeks to provide an opportunity to explore, experience and discuss some aspects of the best of 21st-century thinking and research that is relevant to the process of changing individuals who have been damaged by early relational trauma and abuse.

## Speaker Biography

Margaret Wilkinson is a training analyst and former chair of the Society of Analytical Psychology London, registered with the British Psychoanalytic Council and a member of the editorial board of the Journal of Analytical Psychology. She leads interpersonal neurobiology research reading and clinical seminars for The Northern School of Child and Adolescent Psychotherapy in Leeds, Cambridge and Edinburgh, and for The Institute of Mental Health at the University of Nottingham.

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' (2010, Norton Interpersonal Neurobiology series).

**Venue** Faculty of Education, Donald McIntyre Building  
184 Hills Road, Cambridge CB2 8PQ

**How to book / Fee** Please book at this link:  
<http://tinyurl.com/ForumMay2016>  
£35.00 / £20.00 for Faculty of Education students and staff

### More info

Please email [graduate@educ.cam.ac.uk](mailto:graduate@educ.cam.ac.uk)