

7 EMOTIONAL POWERS:

A GESTALT INQUIRY INTO THE NEUROBIOLOGICAL RESEARCH OF JAAK PANKSEPP

KINGSTON UPON THAMES | 28 & 29 MARCH 2025

DOUGLAS SHARP

This CPD is aimed at Therapists, Supervisors, and OD practitioners who wish to develop their Gestalt and Neuroscience knowledge and practice.

A novel blend of lenses will support our inquiry:

- the neurobiological basis of *Jaak Panksepp's 7 Affective Primes* (Panksepp, J. 1998) which provides a framework to understand the 7 emotional systems and their deep evolutionary roots.
- a Gestalt relational approach, centred around the *SOS (Self-Other-Situation) model*, (Denham-Vaughan, S., & Chidiac, M.-A, 2013).

Combining these two approaches provides us with a scientific framework for primary emotional systems, as well as a method of inquiry that is phenomenological, relational, and environmentally focused. This opportunity will provide you with a powerful framework in which to situate a neurobiological exploration of emotions and support more effective practice.

Gestalt inquiry is relational, creative, and experimental. Openness to know each other and become involved in the process will facilitate a deeper experience.



Venue: Kingston Quakers Centre, Fairfield East, Kingston upon Thames, KT1 2PT.

Dates: 28 & 29 March 2025 (from 10.00 to 18.00 on Friday and 9.00 to 15.00 on Saturday).

Cost: £300 (or £250 early bird discount if booked before 31 January 2025).



Douglas Sharp

Douglas Sharp is a Gestalt Therapist & Supervisor, Trainer & Organisational Development Consultant in private practice who is passionate about connecting Gestalt practice and neuroscience. He brings 25 years experience in social work practice, with more than 10 years as a supervisor, and extensive work with the University of Dundee.

Douglas is passionate about integrating the world of Gestalt practice and Deep Brain work and is committed to awareness-based learning and development in all fields of life.

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