



Neuroscience & Psychotherapy Hub

N&P Hub Dates And Links 2026

- **Wednesday Sep 23, 2026 06:00 PM GMT (Intro into the neuroscience of emotion and emotion regulation)**
- <https://us06web.zoom.us/j/86926184150?pwd=jeWihdzDKcSXvj4PxTjHcpBssoNYKl.1>

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Topics: **Meet-and-greet.** I want to hear about who you are, what your work is about, and what you expect from N&P hub.

Intro into the neuroscience of emotion and emotion regulation (including the ANS)

90 minutes (to account for meeting everyone and settling in)

- **Wednesday Oct 21, 2026 10:00 AM GMT (Intro Attachment & Neuroscience of Attachment)**
- <https://us06web.zoom.us/j/81930450418?pwd=Vd4rSb8Exq4HHbtraSShokaVahYsiL.1>

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Topics: **Quick meet-and-greet (for those I have not met, mainly from Down Under).** I want to hear about who you are, what your work is about, and what you expect from N&P hub. We will dive into attachment and neuroscience of attachment.

1h

- **Wednesday Nov 18, 2026 06:00 PM GMT (Neuroscience of Attachment: Avoidant Attachment)**
- <https://us06web.zoom.us/j/89883233578?pwd=N9aPPaSLy9MywZRXYZfQaT8MFeJUgf.1>

[Google Calendar Outlook Calendar \(.ics\)](#)

Topic: Avoidant attachment, how to work with notoriously difficult attachment style for the therapy room

1h

- **Friday Dec 18, 2026 10:00 AM GMT (Q&A clinical session)**

<https://us06web.zoom.us/j/81929394136?pwd=bOQ4T49JbENbhj3iDcNrJAnAJgtndl.1>

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Topics: this is a Q&A session, so start collating your questions and send them in advance, so that we can discuss them together in this session

1h