

Estuary Psychology Group

Discussion Topics presented over the last three years including some repeats

Attachment theory
TA (guest speaker)
Unconscious processes in Society
Mindfulness
Psychology of Ageing
Jung's Archetypes
Psychometric Testing
Positive Psychology – Seligman
Humanistic Psychology – May, Maslow, Rogers
Thinking Fast & Slow – Kahnemann
Flow Happiness & Wellbeing
Mind-body Healing & the Placebo Effect
Lateral thinking – De Bono
Memory, how it works & how to enhance it.
Beliefs, Reality & the Placebo Effect
Body Language
OCD
EFT/TFT (guest speaker)
EMDR
NLP Roots & Fruits
Neuroscience
The Myth of Talent – Syed & others
The Psychology of Habits - Duhigg
The Psychology of Leadership – Functional Approach
The Nature/Nurture Debate
Managing stress

NOT DONE but appeared on a menu of choices

Gestalt Psychology- Fritz Perls
Discretionary Change (New Years resolutions)
Extraversion/Introversion – Eysenck
Personality types – Enneagram, Myers Briggs
Multiple Intelligence (Howard Gardner)
Gender differences
Anxiety/Neuroses/ Depression/Bi- polar disorder/ Schizophrenia
Evolutionary Psychology
Developmental Psychology
Consciousness
Emotional containment
Ericsonian Hypnotherapy
Psychology of power
Resilience
Emotional Intelligence – Goleman etc
Transpersonal Psychology- Assagioli, Wilber
Identity & Consciousness