

## Outline

### Tour through the Brain:

What clinicians need to know from neurons to structures, to pathways, to networks

Feel your neurons activate

See brain structures in 3-D

Experience how the brain processes top-down, bottom-up, and horizontal

Actively engage your brain structures for change

Work with implicit and explicit memories  
Learn how to rebalance key pathways with your interventions:

Pain Pathway

Reward Pathway

Fear-Stress Pathway

### Nervous System Networks and the Social Brain: We are wired for attunement

Default Mode (DMN) and Task Mode Networks (TMN)

Healing attachment

Activate mirror neurons bottom-up

### Neuroplasticity and Neurogenesis: How the brain can change

Three timeframes for change

Neuroplasticity at the synapse

How to foster neuroplasticity in clients

Neuroplasticity in action: Exercise your brain!

### Practice the Interventions for Healing: Bottom-up, top-down, and horizontal

Sensory Awareness

Meditation and Mindfulness

Body Work

Unconscious and the DMN

Experience and activate the direct Mind-Body Link

### Integrate the Brain into Treatments Stress

How stress alters the nervous system

Calm the stress/fear pathway

Develop alert/relaxed attention for better coping

### Trauma

Develop security through self-soothing methods

Foster confidence with yoga body positioning

Extinguish traumatic memories

Reconsolidate implicit memories

### Anxiety

The anxious brain reaction

Work top down/ bottom up/ horizontally  
Calm the limbic system bottom up with movement

Soothe the insula through meditative sensory awareness

Deconstruct sensations mindfully

Balance the nervous system

### Substance Abuse

Brain areas involved in addictions

Rewire the reward pathway

Detach from pleasure and pain

Activate the parietal lobes for sensory relaxation and enjoyment

Develop prefrontal connections for better judgment

### Depression

The depressed brain pattern

Activate an under-activated nervous system with yoga postures and energy meditations

Regulate the limbic system by activating links to prefrontal cortex and cingulate gyrus with mindfulness turned outward

Practice the 4-step method to overcome negative self-suggestions

Unify real and ideal

Foster joyful relationship through mirror neurons

Develop compassion and gratitude

### 6 Principles for Incorporating the Brain into your Therapy

**Target Audience:** Counselors • Psychotherapists  
Psychologists • Social Workers • Addiction Counselors  
Marriage & Family Therapists • Case Managers  
Therapists • Nurses • Other Mental Health Professionals

### Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50 - 1:00** Lunch (on your own)

**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com), find your event, and click on the seminar title.

**CANCELLATION POLICY:** Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



A Bold New Paradigm  
For Healing Trauma

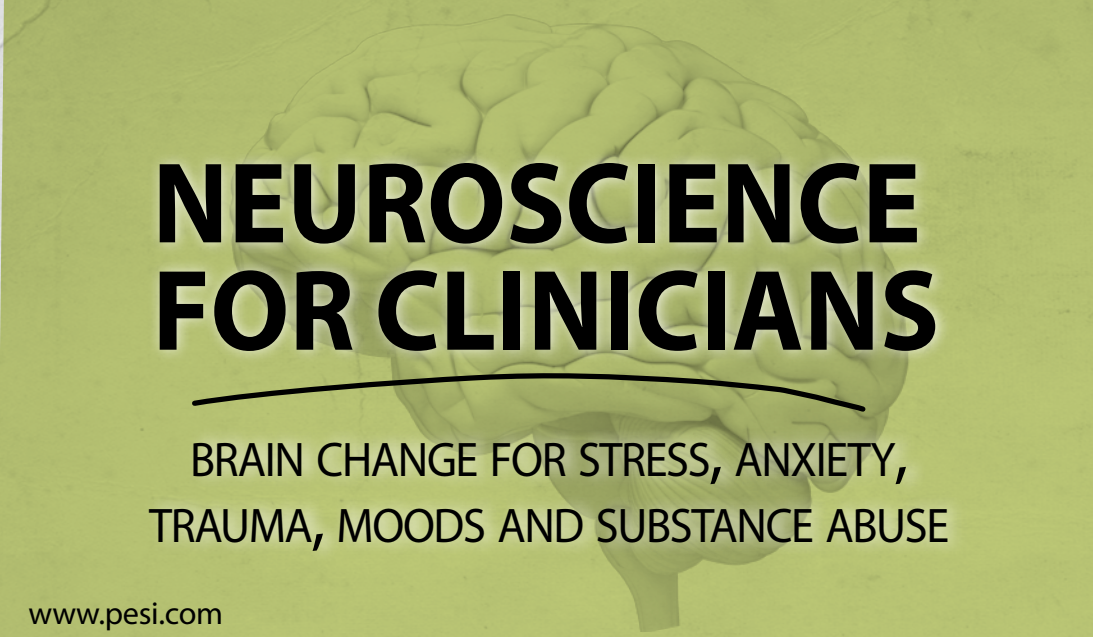
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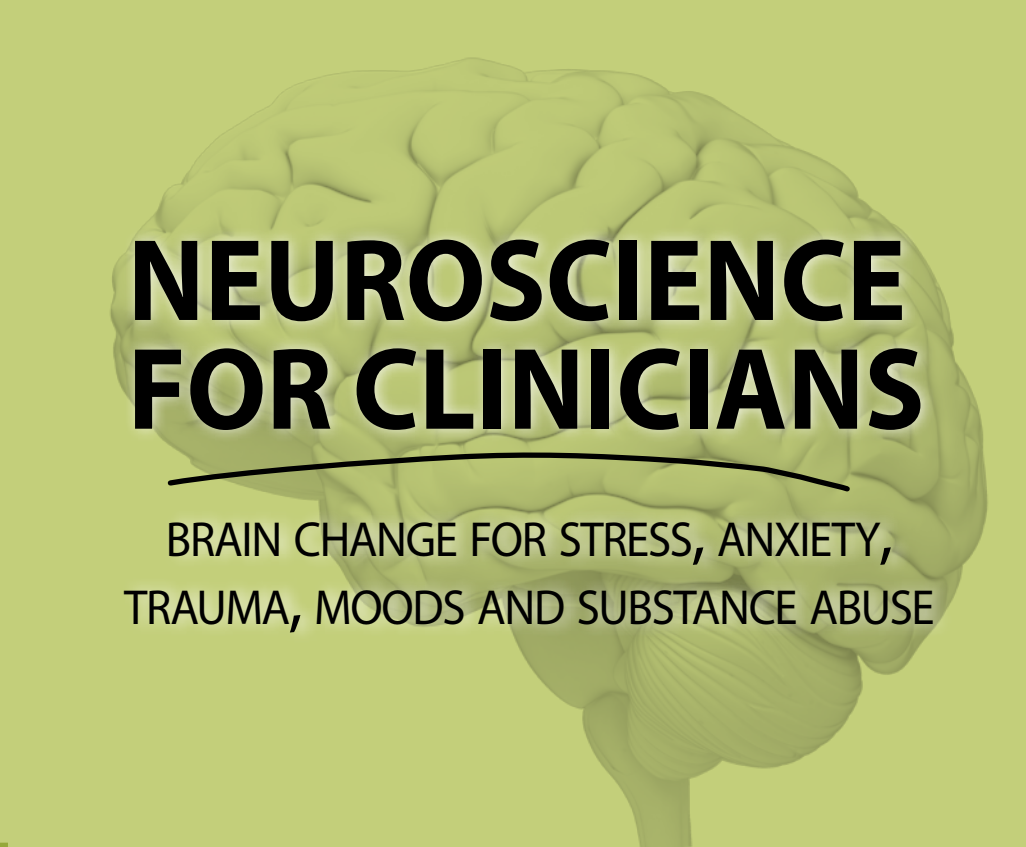
# NEUROSCIENCE FOR CLINICIANS

BRAIN CHANGE FOR STRESS, ANXIETY, TRAUMA, MOODS AND SUBSTANCE ABUSE

[www.pesi.com](http://www.pesi.com)

By Neuroscience Expert - Jennifer Sweeton, Psy.D., M.S., M.A.

PITTSBURGH, PA Wednesday, August 23, 2017	YOUNGSTOWN, OH Thursday, August 24, 2017
CLEVELAND, OH Friday, August 25, 2017	



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By Neuroscience Expert

Jennifer Sweeton, Psy.D., M.S., M.A.

- Integrate the new brain science into your practice!
- Activate the brain for change and wellbeing
- Overcome anxiety, stress, trauma, depression and substance abuse!
- From neurons to structures to pathways to networks - how common psychological disorders alter them

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# NEUROSCIENCE FOR CLINICIANS

Bring the latest findings from neuroscience into your treatments. Learn interventions to literally alter the brain's neurons, structures, pathways, and networks. Recent research reveals that neuroplasticity takes place all through life, so you can offer hope for real nervous system change no matter how long your client has suffered. You will discover how and where neuroplasticity occurs, and ways to use it therapeutically. You gain the background you need through enjoyable experiences combined with clear principles for utilizing the nervous system in your work. Learn how to think multi-dimensionally as you see the brain in 3-D and sense it in action. Then you will be able to draw on multiple modalities to overcome resistances, activate creative responses, and turn problems into potentials.

This seminar teaches you how to promote transformation in the traumatized, stressed, addicted, anxious, and depressed brain in positive ways. By initiating change using top-down, bottom-up, and horizontal methods, you add new dimensions to each therapy session. This seminar gives you tools through concepts and experiences to help you build your own techniques for creative individualizing. And in the process, you will find yourself feeling more relaxed, alert, and present as you activate your own brain in positive ways!

## Speaker

**Jennifer Sweeton, Psy.D., M.S., M.A.**, is the director of Behavioral Health at Indian Health Service, Clinton Service Unit in Clinton, OK. In addition, Dr. Sweeton owns a private practice, Mind Works Consulting and Psychological Services, and serves as the executive director of Workings of Well-Being, a non-profit organization dedicated to helping individuals and organizations develop practical skills that promote well-being. Dr. Sweeton completed her doctoral training in clinical psychology at Stanford University School of Medicine, Pacific Graduate School of Psychology, National Center for PTSD, and the University of Oklahoma Health Sciences Center (OUHSC). She completed her postdoctoral fellowship in combat stress recovery at the OKC VAMC.

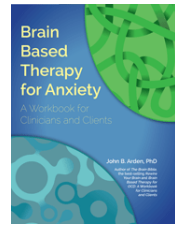
Dr. Sweeton also holds a masters degree in personality psychology, with an emphasis in affective neuroscience, from Stanford University. While at Stanford she participated in brain imaging research, and had the opportunity to work with leading experts in the areas of emotion regulation, clinical psychology, and neuroscience. Dr. Sweeton is a former U.S. Department of Homeland Security Fellow, and has published peer-reviewed articles on trauma treatment. Most recently, Dr. Sweeton was awarded a grant from the Veterans Affairs South Central Mental Illness Research, Education and Clinical Center to expand the group-based anxiety intervention manual she authored for individual therapy use.

**Speaker Disclosures:**  
**Financial:** Jennifer Sweeton is in private practice. She has an employment relationship with the Oklahoma City VAMC. Dr. Sweeton receives a speaking honorarium from PESI, Inc.  
**Non-financial:** Jennifer Sweeton has no relevant non-financial relationship to disclose.

## Objectives

- Communicate key nervous system structures, functions and pathways.
- Predict brain alterations that occur from anxiety, trauma and stress, substance abuse, and depression.
- Support how commonly applied treatments such as CBT, DBT, dynamic therapy, meditation and hypnosis can foster healthy brain change.
- Break down neuroplasticity and types of experiences that elicit it.
- Apply interventions that can be used to return the nervous system to natural balance using methods drawn from neural-feedback, psychodynamics, mindfulness, sensory awareness, hypnosis and bodywork.
- Demonstrate specific techniques that enhance attention, interoception, affect regulation and sensory-motor awareness.
- Practice six principles that guide you when including the brain during treatment.

### SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



#### Brain Based Therapy for Anxiety: Workbook for Clinicians and Clients

By John Arden, Ph.D.

A practical workbook with a clear understanding of the underlying causes of anxiety, the triggers, and practical solutions for healing. Through easy-to-complete exercises and accessible explanations, the clinician and the client explore who and what causes anxiety and how to better effectively cope. Worksheets, reflective questions, and meditations.



#### Melt Worry and Relax Card Deck: 56 CBT & Mindfulness Strategies to Release Anxiety

By Jennifer L. Abel, Ph.D.

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*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

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This activity qualifies for 6.25 contact hours.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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