

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!

Integrating Mind and Brain, East and West: A network theory for understanding the mind-brain-body system

From Indra's Net to neural nets
Integration of mind and brain for more treatment options

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

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, find your event, and click on the seminar title.

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



Applications of the Adult Attachment Interview

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NEUROSCIENCE FOR CLINICIANS

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

By Neuroscience Expert & Best-Selling Author

Charles A. Simpkins, Ph.D.

- 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

By Neuroscience Expert & Best-Selling Author

Charles A. Simpkins, Ph.D.

HYANNIS, MA

Wednesday, November 15, 2017

MANSFIELD, MA

Thursday, November 16, 2017

WORCESTER, MA

Friday, November 17, 2017

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Wednesday, November 15, 2017

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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. 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

CHARLES A. SIMPKINS, Ph.D., is a psychologist specializing in neuroscience, psychotherapy, meditation and hypnosis. With his wife, Annellen, Charles has co-authored 28 books, many of them bestsellers. Their most recent books on neuroscience are *Yoga and Mindfulness Therapy Workbook for Clinicians and Clients* (PESI, 2014), *Neuroscience for Clinicians* (Springer, 2012), *The Dao of Neuroscience* (Norton, 2010) and *Neuro-Hypnosis* (Norton, 2010). They have also written about meditation for healthy mind-brain change: *The Tao of Bipolar*, (New Harbinger 2013), *Zen Meditation in Psychotherapy* (Wiley, 2012), *Meditation and Yoga in Psychotherapy* (Wiley, 2011), and *Meditation for Therapists and Their Clients* (Norton 2009). Their books have over 20 foreign editions and have won numerous awards.

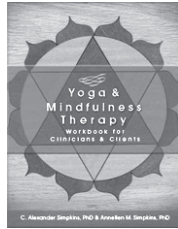
Dr. Simpkins has practiced psychotherapy for more than three decades, and taught meditative and hypnotic methods to facilitate mind-brain change to people of all ages. He has been involved in neuroscience for 18 years - integrating it into treatments and helping to bring the most recent research findings to practitioners. He presents seminars at professional conferences, state mental hospitals, university campuses and to popular and professional audiences around the world. Charles performed psychotherapy research and is doing a neuroscience study of unconscious movement. He has studied with psychotherapy masters, including Milton H. Erickson, Jerome D. Frank, Carl Rogers, Lawrence Kubie, and Ernest L. Rossi, and neuroscience innovators including Vilayanur Ramachandran, Jaime Pineda, Paul and Patricia Churchland, Stephen Anagnostaras and William Rechtel.

Speaker Disclosure:
Financial: Charles A. Simpkins is in private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: Charles A. Simpkins has no relevant non-financial relationship to disclose.

Objectives

- Communicate key nervous system structures, functions and pathways.
- Explore 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.
- Breakdown 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.
- Evaluate specific techniques that enhance attention, interoception, affect regulation and sensory-motor awareness.
- Practice six principles that guide you when including the brain during treatment.

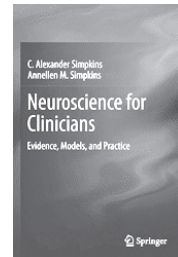
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By Your Presenter! **Charles A. Simpkins, Ph.D.** & **Annellen Simpkins, Ph.D.**

Bringing together philosophy and science with hands-on exercises, journaling, and charts, this practical workbook is organized with: tools to get you started, clear instructions to guide you in the practices of yoga and mindfulness, and application of the practice for anxiety, stress, depression, trauma, and substance abuse.



Neuroscience for Clinicians: Evidence, Models and Practice

By Your Presenter! **Charles A. Simpkins, Ph.D.** & **Annellen Simpkins, Ph.D.**

Offering conceptual models and empirical data as well as hands-on techniques and practical guidelines, it describes methods versatile enough to be used by therapists across theoretical orientations. Detailed discussion of neuroplasticity explores the brain's capacity for change and in-depth case studies of anxiety, substance abuse, cognitive problems, and mood disorders demonstrate the mind's ability to alter brain structures during the course of therapy. And the book is written at a comfort level that requires no previous neuroscience background

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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