

Outline

Use Neuroscience in the Treatment of Anxiety

Positives: We know more about anxiety-based disorders than any other disorders
Science gives explanations, evidence, authority, destigmatizes difficulties

Concerns: It can be difficult to explain, answer questions

Clients may feel a lack of responsibility
Oversimplification is inevitable

Enhancing Engagement in Treatment

Don't neglect the therapeutic relationship!
Address the challenges of anxious clients
Remember that strategies are effortful
Guide the process using client's goals
Maintain motivation

The Promise of Neuroplasticity

Define Neuroplasticity in everyday language
Therapy is about creating a new self
Make the brain more resistant to anxiety
Clients and creating new, improved circuitry
"Rewiring" as an accessible concept for change
Re-consolidation: the modification of emotional memories

Identify Two Neural Pathways to Anxiety

Amygdala – bottom-up triggering of emotion, physicality of anxiety
Cortex – top-down emotion generation based in cognition
Explain the two pathways to clients
How anxiety is initiated in each pathway and how pathways influence each other

Client Friendly Explanations

Use illustrations to create concrete understanding
Fight/flight/freeze responses
The "language of the amygdala"
Anxiety-igniting processes in the cortex
How to stay off the "anxiety channel"
Help clients recognize the two pathways to anxiety

Neuroplasticity in the Amygdala (Essential for all Anxiety Disorders, PTSD, OCD, Depression)

Effective strategies using sleep to calm the amygdala
The influence of exercise
Breathing techniques to reduce activation
Relaxation, meditation, and yoga to modify responses

★ Satisfaction 100% Guaranteed ★

Exposure as opportunities for the amygdala to learn
Combating avoidance
When anxiety indicates that the amygdala can learn new responses
Push through anxiety to change the amygdala

Neuroplasticity in the Cortex (Essential for GAD, SAD, OCD, PTSD, Depression)

"Survival of the busiest" principle—strengthen or weaken specific circuitry
The healthy (adaptive) use of worry in the cortex
Staying off the "anxiety channel"
"You can't erase: You must replace."
Recognize and modify the impact of uncertainty
Training correct uses of distraction
Left hemisphere techniques- cognitive defusion, coping thoughts, fighting anticipation
Right hemisphere techniques – imagery, music
Mindfulness and anxiety resistances

Neuroplasticity and Medications for Anxiety Disorders, OCD, PTSD, Depression

Medication's effects in the rewiring process
The myth of the chemical imbalance
The danger of sedating the brain with benzodiazepines
Promoting neuroplasticity with SSRIs, SNRIs
The effectiveness of CBT and meds

Moving Beyond Diagnostic Categories to Focus on Anxiety Pathways

Anxiety is a component of many diagnoses (depression, substance abuse, etc.)
Amygdala- and cortex-based techniques help in other disorders
Targeting brain-based symptoms rather than disorders
Worry, obsessions, rumination respond to similar cortex-based techniques
Panic, phobic responses, and compulsions respond to amygdala-based techniques

Objectives

1. Teach the neurological processes underlying anxiety in a clearly understandable manner.
2. Individualize client engagement using personalized goals and focusing efforts on making lasting changes in the brain.
3. Evaluate the differences between amygdala-based and cortex-based anxiety symptoms.
4. Communicate proven strategies for calming and training the amygdala.
5. Implement proven methods for retraining the cortex to resist anxiety rather than ignite it.
6. Analyze how medication can promote or impede neuroplasticity.

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Rewire the Anxious Brain

Using Neuroscience to End
Anxiety, Panic and Worry

Tinley Park, IL

Wednesday, January 31, 2018

Lisle, IL

Thursday, February 1, 2018

Northbrook, IL

Friday, February 2, 2018

REGISTER NOW: pesi.com/express/59957

Rewire the Anxious Brain

Using Neuroscience to End
Anxiety, Panic and Worry

Featuring neuroscience and anxiety expert,
Heidi Schreiber-Pan, Ph.D., LCPC, NCC

- Apply proven brain-based strategies for Panic, Social Anxiety, OCD, GAD, and PTSD
- Understand the difference between cortex-based and amygdala-based anxiety
- Motivate clients and calm the anxious brain using the power of neuroplasticity
- Increase client engagement by focusing on changing the brain - not simply decreasing anxiety

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Rewire the Anxious Brain

Using Neuroscience to End Anxiety, Panic and Worry

Join Dr. Heidi Schreiber-Pan and learn her keys for successful anxiety treatment. Dr. Schreiber-Pan integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Heidi's approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients.

Dr. Schreiber-Pan will give you proven tools and techniques to:

- Identify and treat the roots of anxiety in both the amygdala and the cortex
- Explain "the language of the amygdala" in an accessible, straight forward way
- Identify how the cortex contributes to anxiety, and empower clients with strategies to resist anxiety-igniting cognitions

Therapy is about change - it's about creating a new self - and incorporating the concept of "rewiring the brain" is a potent method for stopping anxiety in its tracks.

Register today for this transformational workshop and put the power of neuroplasticity to work for you and your anxious clients!

Speaker

Heidi Schreiber-Pan, Ph.D., LCPC, NCC, is a licensed professional clinical counselor in Baltimore, Maryland, and clinical director of the Chesapeake Mental Health Collaborative (CMHC). Dr. Schreiber-Pan specializes in anxiety disorders, stress reduction and occupational burnout. She works with various organizations, schools and corporations to reduce anxiety and stress on a communal level. Dr. Schreiber-Pan is also affiliated with Loyola University Maryland, teaching/supervising for the department of Pastoral Counseling, a premier CACREP approved counseling education program that integrates the spiritual, clinical, and scientific dimensions of counseling psychology. Her workshops and seminars are offered all over the East Coast. Her past research has investigated the role of resiliency and the effect of nature on psychological well-being and spirituality.

Speaker Disclosures:

Financial: Heidi Schreiber-Pan is in private practice. She receives a consulting fee from Loyola University. Dr. Schreiber-Pan receives a speaking honorarium from PESI, Inc.

Non-financial: Heidi Schreiber-Pan is a member of the Association for Counselor Education and Supervision; the American Counseling Association; and Maryland Association for Counseling and Development.

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

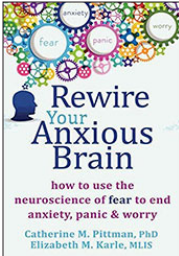
11:50-1:00 Lunch (*on your own*)

4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.


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Rewire Your Anxious Brain
How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry
By Catherine Pittman, Ph.D., HSPP & Elizabeth M. Karle, MLIS

The principles of happiness - gratitude, kindness, mindfulness, forgiveness, self-compassion, optimism and connection - are masterfully presented with fresh ideas and insight. 35 easy-to-implement exercises increase awareness to achieve lasting change. It is indeed possible to become happier; Real Happiness shows you the way.



Melt Worry & Relax Card Deck
56 CBT & Mindfulness Strategies to Release Anxiety
By Jennifer L. Abel, Ph.D.

Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.

Target Audience: Social Workers ■ Psychologists ■ Counselors ■ Marriage and Family Therapists ■ Case Managers ■ Addiction Counselors ■ Therapists ■ Nurses ■ Other Mental Health Professionals

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Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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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ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

ILLINOIS ADDICTION COUNSELORS: This course has been submitted to the IAODAPCA for review.

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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.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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____ Seminar on CD* (audio) \$169.99 (RNA051415)

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