

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

Neuroplasticity

Define Neuroplasticity in everyday language

Therapy is about creating a new self "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 and the cortex

Help clients recognize the two pathways to anxiety

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

Sleep and the amygdala

The influence of exercise

Breathing techniques to reduce activation

Relaxation, meditation, and yoga to modify responses

Exposure as opportunities for the amygdala to learn

Combatting 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

"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

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

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Grand Island, NE

Wednesday, December 12, 2018

Lincoln, NE

Thursday, December 13, 2018

Omaha, NE

Friday, December 14, 2018

Grand Island, NE

Wednesday, December 12, 2018

Lincoln, NE

Thursday, December 13, 2018

Omaha, NE

Friday, December 14, 2018



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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Join Hannah Smith, MA, LMHC, CGP, licensed psychologist, and learn her keys for successful anxiety treatment. Hannah Smith integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Her approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients. Hannah Smith will give you 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, straightforward way
- Identify how the cortex contributes to anxiety, and empower clients with strategies to resist anxiety-igniting cognitions



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

Objectives

1. Ascertain the underlying neurological processes that impact anxious symptoms for clients.
2. Develop client engagement in treatment using personalized goals and attending to the therapeutic relationship.
3. Evaluate the differences between amygdala-based and cortex-based anxiety symptoms and identify how these symptoms inform treatment interventions.
4. Communicate strategies for calming and training the amygdala in order to alleviate symptoms of anxiety.
5. Implement methods for teaching clients to retrain the cortex so that anxiety is resisted rather than exacerbated.
6. Analyze how psychotropic medication impacts neuroplasticity in the brain; identify related treatment implications.

Speaker

Hannah Smith, MA, LMHC, CGP is the founder of Potential Finders and is the group therapy program coordinator in a top partial-hospital rehabilitation treatment center in the Seattle area. She holds Masters degrees in both Special education and counseling psychology and has nearly 20 years of experience both in the US and abroad. Her educational work has been with disorders of cognition and communication, where the role of the brain in learning and memory were primary areas of focus. Clinically, her practice is primarily devoted to the treatment of people recovering from trauma and anxiety disorders. Her experience, both personally and professionally, has allowed her to develop an expertise in incorporating neuroscience into therapeutic interventions in innovative ways. Hannah guest lectures in academic and clinical settings on a variety of topics related to neuroscience and the treatment of anxiety, trauma, and emotion regulation. She is an engaging presenter whose passion is to educate clinicians on practical, whole-person approaches and applications in therapy.

Speaker Disclosures:

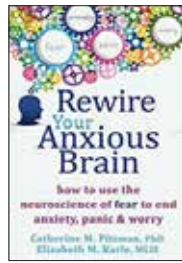
Financial: Hannah Smith is the clinical supervisor at The Center; A Place of Hope. She receives a speaking honorarium from PESI, Inc.

Non-financial: Hannah Smith has no relevant non-financial relationship to disclose.

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

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.

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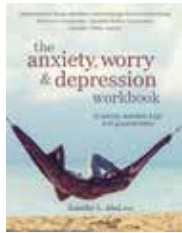


Rewire Your Anxious Brain

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.



The Anxiety, Worry & Depression Workbook

65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

By Jennifer L Abel, Ph.D.

Jennifer Abel, PhD, has compiled an **interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises and scripts** for you to start changing your habits, and start changing your life.



Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Kate Sample at ksample@pesi.com or call 715-855-5260.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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 cespi@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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___ Seminar on CD* (audio) \$169.99 (RNA051415)

___ **Rewire Your Anxious Brain** book* \$16.95 (SAM084520)

___ **The Anxiety, Worry & Depression Workbook*** \$29.99 (PUB085375)

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