

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

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.

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.

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

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.



Applications of the Adult Attachment Interview

DR. DAN SIEGEL

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NEUROSCIENCE FOR CLINICIANS

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

By Neuroscience Experts & Authors
Carol Kershaw, Ed.D. & Bill Wade, Ph.D.

LANSING, MI
Wednesday, November 1, 2017

KALAMAZOO, MI
Thursday, November 2, 2017

GRAND RAPIDS, MI
Friday, November 3, 2017

NEUROSCIENCE FOR CLINICIANS

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

By Neuroscience Experts & Authors
Carol Kershaw, Ed.D. & Bill Wade, 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

LANSING, MI
Wednesday, November 1, 2017

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Thursday, November 2, 2017

GRAND RAPIDS, MI
Friday, November 3, 2017

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 will 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. 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, 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!

Speakers

Carol Kershaw, Ed.D., licensed psychologist and co-director of the Milton Erickson Institute of Houston co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012 WW Norton) and author of *The Couple's Hypnotic Dance* published by Brunner/ Mazel in the U.S. and in South America in Spanish. She is an international trainer and frequent presenter in the states on the most cutting edge interventions based in neuroscience.

Speaker Disclosures
Financial: Carol Kershaw receives royalties as an author for W.W. Norton and Company. She receives a speaking honorarium from PESI, Inc.
Non-financial: Carol Kershaw has no relevant non-financial relationship to disclose.

Bill Wade, Ph.D., is a licensed professional counselor and marriage and family therapist and co-director of the Milton Erickson Institute of Houston. He is co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012, WW Norton). Bill is an international trainer and has taught extensively in the states on cutting edge neuroscience approaches to change. He has taught meditation and given Dharma lectures at various Buddhist temples.

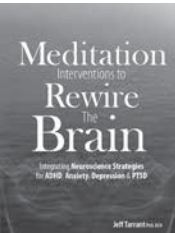
Speaker Disclosures
Financial: J. William Wade maintains a private practice. He receives royalties from W.W. Norton, Amazon Books and CDS. He receives a speaking honorarium from PESI, Inc.
Non-financial: J. William Wade is a member of the American Association for Marriage and Family Therapy; American Counseling Association; and Texas Association for Marriage and Family Therapy.

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.



SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Brain Change Therapy: Clinical Interventions for Self-Transformation

By Your Presenters! Carol Kershaw, ED.D. & J William Wade, PhD

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

Meditation Interventions to Rewire the Brain

Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD

By Jeff Tarrant, PhD, BCN

Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.

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

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 **Ryan Bartholomew** at rbartholomew@pesi.com or call 715-855-8225.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

Questions? Call customer service
at **800-844-8260**



Live Seminar Continuing Education Credit Information

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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

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.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



PLEASE RETURN ENTIRE REGISTRATION FORM

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ADA needs:

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

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

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please print; staple duplicate forms.

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\$199.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
☐ single registration postmarked 3 weeks prior to seminar date
☐ **\$219.99** standard

Add-On Products
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☐ **\$37.50*** *Brain Change Therapy* book

☐ **\$29.99*** *Meditation Interventions to Rewire the Brain* book

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Neuroscience for Clinicians

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___ Seminar on CD* (audio) \$169.99 (RNA045265)

___ *Brain Change Therapy* book* \$37.50 (SAM084250)

___ *Meditation Interventions to Rewire the Brain* book* \$29.99 (PUB085030)

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