

Outline

Understand the Key Brain Regions and Chemicals Involved

Prefrontal cortex, limbic system, striatum
Neurotransmitters: serotonin, dopamine, norepinephrine, oxytocin, etc.
How it all fits together

Apply Key Principles From Proven Cognitive-Behavioral Interventions

Behavioral Activation Therapy (BAT)
Acceptance and Commitment Therapy (ACT)
Mindfulness-Based Cognitive Therapy (MBCT)

Utilize the Benefits of Exercise

Benefits on serotonin and dopamine systems, as well as stress reductions
Intensity and frequency of exercise required
How simply being outdoors can help

Minding the Amygdala: Mindful Awareness of Emotions

Labeling feelings to reduce amygdala activity
Making the most of ACT to reduce stress

Set Goals, Make Decisions, and Top-Down Regulation of Brain Activity

The impact of goal-setting on lower-level processing
Choice, decisions and happiness
The importance of intention and voluntary choices
Simple strategies for applying BAT

Low-Tech Biofeedback: Using the Body's Signals to Heal the Brain

The mind-body connection, meditation and MBCT
Understanding heart-rate variability
The power of breathing
How postural changes, muscle tension and facial expressions can affect mood

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.



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.

How the Brain Encodes Habits and How to Change Them

The distinction between impulses and routines
Cognitive and emotional habits
The relationship between habits and stress
Cognitive-behavioral approaches to changing habits

Social Solutions

The impact of social support on the brain's stress response
The power of physical touch
Why social interactions are rewarding
How social support can improve the efficacy of medication

The Power of Gratitude

The impact of gratitude on key neural circuits
How to operationalize gratitude in order to implement it in daily life

Make the Most of Sleep

How sleep affects mood
Key changes in sleep hygiene that improve sleep quality

Objectives

1. Analyze the key brain regions and neurotransmitters that contribute to depression and anxiety.
2. Explore why the future of mood and anxiety disorder treatments relies on a dynamic understanding of the brain.
3. Implement changes in sleep hygiene to improve sleep quality.
4. Discriminate between planning, worry and anxiety, and understand how they impact the brain.
5. Assess how a client's actions, interactions, thoughts and environment are impacting their disorder.
6. Determine how mindfulness, meditation and gratitude affect the brain and are used in the treatment of anxiety disorders and depression.
7. Establish how the prefrontal cortex can regulate the emotional limbic system and habitual striatum.
8. Formulate a treatment plan that takes into account the domains of modulating brain activity and chemistry.

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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The Upward Spiral

Evidence-Based Neuroscience Techniques for Rewiring the Pathways of Anxiety, Depression and Related Disorders

Featuring Neuroscience expert and author
Dr. Alex Korb



Arlington, VA
Monday, December 18, 2017

Columbia, MD
Tuesday, December 19, 2017

Towson, MD
Wednesday, December 20, 2017



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The Upward Spiral

Evidence-Based Neuroscience Techniques for Rewiring the Pathways of Anxiety, Depression and Related Disorders



Featuring Neuroscience expert and author
Dr. Alex Korb

Dr. Korb offers powerful and practical ways you can use neural knowledge to enhance relationships, decrease worry and anxiety, and lessen the burden of depressive thinking and moods.

Daniel J. Siegel, MD
Executive director of the Mindsight Institute and author of *The Mindful Brain*

- Apply the latest neuroscience research to improve treatment outcomes
- Utilize evidence-based therapies like ACT, MBCT, and BAT for mood and anxiety disorders
- Discover how simple interventions modulate the activity and chemistry of key brain regions
- Learn how to teach clients about their brain

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The Upward Spiral

Evidence-Based Neuroscience Techniques for Rewiring the Pathways of Anxiety, Depression and Related Disorders

Early in my career, I recognized a disconnect between neuroscience research and popular treatment strategies. While depression and anxiety are clearly rooted in altered brain function, most clinicians were not taught about specific neural circuits and neurotransmitters that contribute to these disorders. As a result, treating mood and anxiety disorders were often incomplete – many solutions uncovered by research were overlooked and strategies relied heavily on medication without any changes in a client's action, activity and environment. There had to be a better way to treat these clients and improve outcomes!

Today, I know that using proven cognitive-behavioral interventions like Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), and Behavioral Activation Therapy (BAT) in conjunction with exercise, social support and positive habits yields powerful therapeutic effects. Expanding your tool kit of brain-based interventions allows you to accommodate your clients' different challenges. And, when your clients understand that what feels "wrong" is actually the activity and chemistry of particular brain circuits, it improves treatment buy in and compliance.

Join me for this must attend conference and I will show you how to put the power of neuroscience to work for you and your clients:

- Utilize brain-based cognitive therapies like ACT, MBCT, and BAT for mood and anxiety disorders
- Apply new techniques informed by the latest neuroscience research to improve treatment outcomes
- Discover how simple interventions modulate the activity and chemistry of key brain regions
- Learn how to teach clients about their brain

Are you ready to expand your treatment tool box with the latest in neuroscience techniques?

Let me help you take your practice to the next level. Your satisfaction is guaranteed. Register today!

See you there,
Dr. Alex Korb

Speaker



Alex Korb, Ph.D., is a neuroscientist, writer and coach. He has studied the brain for over 15 years and is the author of *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*. He received a BS in Neuroscience at Brown University, before earning a PhD in Neuroscience at UCLA. His dissertation focused on measuring electrical activity in the brain to better understand and treat depression. He is an adjunct assistant professor in the department of psychiatry at UCLA where his research focuses on neuroimaging and the development of a novel brain stimulation device. He has authored over a dozen peer-reviewed journal articles on the neuroscience of psychiatric disorders.

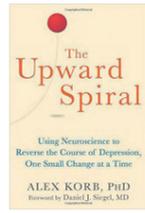
His popular blog on PsychologyToday.com has over a million views. He speaks around the country on neuroscience and has appeared on radio shows and podcasts worldwide. He has a wealth of experience in yoga and mindfulness, physical fitness, and even stand-up comedy.

Speaker Disclosures:

Financial: Alexander Korb is an adjunct assistant professor at UCLA. He receives a speaking honorarium from PESI, Inc.
Non-financial: Alexander Korb has no relevant non-financial relationship to disclose.

Target Audience: Psychologists ■ Social Workers ■ Licensed Counselors ■ Marriage and Family Therapists ■ Nurses ■ Nurse Practitioners ■ Psychotherapists ■ Addiction Counselors ■ Occupational Therapists

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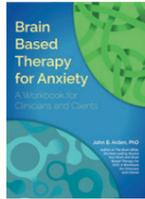
The Upward Spiral:

Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time

By Alexander Korb, Ph.D.

Seminar presenter!

Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects-giving you the power to become your best self as you literally reshape your brain, one small change at a time.



Brain Based Therapy for Anxiety:

A Workbook for Clinicians and Clients

By John B. Arden, PhD

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.



Private Practice Essentials:

Business Tools for Mental Health Professionals

By Howard Baumgarten, MA, LPC

Private Practice Essentials is an innovative, practical guide and workbook for creating business and clinical success in your counseling and therapy practice. You'll be guided through numerous exercises that provide a solid and personalized plan with realistic and attainable goals. It's like having a professional business consultant right at your fingertips.

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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 cepsi@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.

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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.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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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.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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.

How to Register:

THE UPWARD SPIRAL: EVIDENCE-BASED NEUROSCIENCE TECHNIQUES FOR REWIRING THE PATHWAYS OF ANXIETY, DEPRESSION AND RELATED DISORDERS

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

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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:

\$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.

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- \$16.95*** *The Upward Spiral* book
- \$29.99*** *Brain Based Therapy for Anxiety* workbook
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*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

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