

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!

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

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

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.

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NEUROSCIENCE
FOR CLINICIANS

Powerful Brain-Centric Interventions to Help Your Clients
Overcome Anxiety, Trauma, Substance Abuse and Depression

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

TULSA, OK
Monday, February 26, 2018

OKLAHOMA CITY, OK
Tuesday, February 27, 2018

DALLAS, TX
Wednesday, February 28, 2018

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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

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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. 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!

Speakers

Carol Kershaw, Ed.D., is a 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.
- Analyze 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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Brain Change Therapy: Clinical Interventions for Self-Transformation

By Carol Kershaw, Ed.D. and J. William Wade, MDIV, LPC, LMFT **YOUR SPEAKERS!**

In this groundbreaking book, Kershaw and Wade present Brain Change Therapy (BCT), a therapeutic protocol in which clients learn to manage their emotions and behaviors, and thus reduce stress and control emotional reactivity. Drawing from the latest neuroscientific research as well as integrative principles from hypnosis, biofeedback, and cognitive therapy, BCT helps clients reach stable neurological and emotional states and thus shift perspectives, attitudes, beliefs, and personal narratives toward the positive.



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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 cepesi@pesi.com or 800-844-8260 before the event.

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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.

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TEXAS COUNSELORS: PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Professional Counselors. Provider #: 2477. This course qualifies for 6.0 continuing education credits.

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.

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