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 attunement
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
Experience how the brain processes top-down, bottom-up, and horizontal
Sensory Awareness

Practice the Interventions for Healing:
Bottom-up, top-down, and horizontal
Sensory Awareness
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 lobes for sensory relaxation and enjoyment

6 Principles for Incorporating the Brain into Therapy
Target Audience: Counsellors • Psychotherapists • Psychologists • Social Workers • Addiction Counsellors • Marriage & Family Therapists • Career Managers • Therapists • Nurses • Other Mental Health Professionals

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

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Brain Change Therapy: Clinical Interventions for Self-Transformation
By Carol Kershaw, Ed.D. and J. William Wade, MDV, LPC, LMT-F

Objectives
- Communicate key nervous system structures, functions and pathways.
- Explore brain alterations that occur from trauma, anxiety, stress, substance abuse, and depression.
- Support how commonly applied strategies such as CBT, DBT, yoga, 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, interruption, affect regulation, and sensory-motor awareness.
- Practice six principles that guide you when including the brain during treatment.

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AHA's Mindful Ways to Build Resilience: 101 Mindful Ways to Build Resilience
By Carol Kershaw, Ed.D. and J. William Wade, MDV, LPC, LMT-F

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