

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

★ Satisfaction 100% Guaranteed ★

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.

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Rewire the  
Anxious Brain  
Neuroscience-Informed Treatment  
of Anxiety, Panic and Worry

Timonium, MD

Thursday, August 9, 2018

Columbia, MD

Tuesday, June 12, 2018

Fairfax, VA

Wednesday, June 13, 2018

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Rewire the  
Anxious Brain  
Neuroscience-Informed Treatment  
of Anxiety, Panic and Worry

- Apply brain-based strategies for panic, social anxiety, OCD, GAD, and PTSD
- Understand the difference between cortex-based and amygdala-based anxiety
- Motivate clients and calm the anxious brain using the power of neuroplasticity
- Increase client engagement by focusing on changing the brain - not simply decreasing anxiety

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# Rewire the Anxious Brain

## Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Join Heidi Schreiber-Pan, Ph.D., LCPC, NCC, and learn her keys for successful anxiety treatment. Dr. Schreiber-Pan 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. Dr. Schreiber-Pan 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!

## Speaker

**Heidi Schreiber-Pan, Ph.D., LCPC, NCC,** is a licensed professional clinical counselor in Baltimore, Maryland, and clinical director of the Chesapeake Mental Health Collaborative (CMHC). Dr. Schreiber-Pan specializes in anxiety disorders, stress reduction and occupational burnout. She works with various organizations, schools and corporations to reduce anxiety and stress on a communal level. Dr. Schreiber-Pan is also affiliated with Loyola University Maryland, teaching/supervising for the department of Pastoral Counseling, a premier CACREP approved counseling education program that integrates the spiritual, clinical, and scientific dimensions of counseling psychology. Her workshops and seminars are offered all over the East Coast. Her past research has investigated the role of resiliency and the effect of nature on psychological well-being and spirituality.

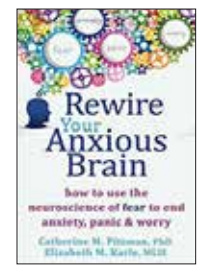
### Speaker Disclosures:

Financial: Heidi Schreiber-Pan is in private practice. She receives a consulting fee from Loyola University. Dr. Schreiber-Pan receives a speaking honorarium from PESI, Inc.

Non-financial: Heidi Schreiber-Pan is a member of the Association for Counselor Education and Supervision; the American Counseling Association; and Maryland Association for Counseling and Development.

**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](http://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 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

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*56 CBT & Mindfulness Strategies to Release Anxiety*  
By Jennifer L. Abel, Ph.D.

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

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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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