

2-DAY INTENSIVE

NEUROSCIENCE CERTIFICATE COURSE

Bring the Brain into Therapy

You work hard to stay up to date on the latest developments to bring greater healing to your clients. And the field of neuroscience is filled with research that could help you improve effectiveness and efficiency in your practice.

But how do you separate useful information from findings that aren't relevant to clinical work? How do you distinguish meaningful discoveries from dubious, even dangerous, pseudoscientific claims? And how do you link complicated scientific information to the real-world treatments you need to help clients with the mental health issues they face each day?

This 2-day workshop will connect the latest findings in the fields of neuroscience and neurobiology to therapeutic interventions you can apply to everyday clinical situations. You'll discover why neuroscience matters to therapy and learn to apply practical and adaptable tools based in cognitive therapy, attachment, mindfulness, behavioral activation, and positive psychology to the treatment of anxiety, stress, trauma, and depression.

Don't let confusing scientific jargon and research lead you toward risky misunderstandings or keep you from upgrading your practice by adding a neuroscience informed approach to your clinical work.

Register now, cut through the frustrations of interpreting complex scientific research, and build the confidence you need to bring the brain into therapy!

Certificate of completion will be awarded at the end of the course.

Course Designed Especially for:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists
Occupational Therapists • Addiction Counselors • Case Managers • Therapists
Nurses • Other Mental Health Professionals

MEET YOUR SPEAKERS

Dr. Carol Kershaw, Ed.D., author, international trainer and frequent presenter on neuroscience, has been licensed as a clinical psychologist for over 35 years. She is Board Certified in Biofeedback by the Biofeedback Certification International Alliance and serves as co-director of the Milton Erickson Institute of Houston. The co-author of *Brain Change Therapy: Clinical Interventions for Self-Transformation* and *The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*, Dr. Kershaw maintains a private practice working with clients suffering from anxiety, stress, depression, and trauma. Dr. Kershaw has been featured on numerous media outlets including ABC, CBS, Fox and NBC regarding her work.

Speaker Disclosure:

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.

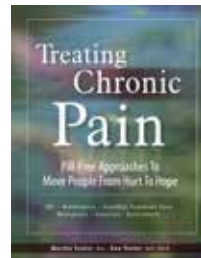
Bill Wade, M.Div., LPC, LMFT, is a licensed professional counselor and marriage and family therapist, author and international trainer. Co-director of the Milton Erickson Institute of Houston he is also a co-author of *Brain Change Therapy: Clinical Interventions for Self-Transformation* and *The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*. Bill has taught extensively in the states on neuroscience and has also taught meditation and given Dharma lectures at various Buddhist temples.

Speaker Disclosure:

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.

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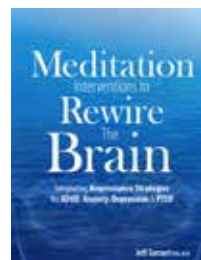


Treating Chronic Pain

Pill-Free Approaches to Move People From Hurt To Hope

By **Martha Teater, MA, LMFT, LCAS, LPC** and **Don Teater, MD, MPH**

The best treatment for chronic pain isn't found in a doctor's office or pharmacy-it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.



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.

More info and resources at www.pesi.com

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November 8 & 9, 2018

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2-DAY INTENSIVE

NEUROSCIENCE CERTIFICATE COURSE

Bring the Brain into Therapy

*Enhance Your Clinical Treatment of Trauma, Anxiety, Stress
and Depression by Connecting Biology to Psychology*

- Connect neuroscience to your practice for improved treatment effectiveness and efficiency
- Cut through complicated research and technical jargon
- Accessible interventions from CBT, Behavioral Activation, and more

NORTHBROOK, IL

Thursday & Friday
November 8 & 9, 2018

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OUTLINE

Motivate and EngageYour Clients with Neuroscience

Simple explanations on brain structure and function
The neurobiology of specific disorders
You can change - neuroplasticity and the potential for transformation

Teach Clients About Brain Health

Sleep quality and mood
Nutrition
The habit of exercise
The value of social support
Detrimental impacts of stress

How the Neurobiology of Attachment and Relationships Informs Your Clinical Practice

Neurobiological basis of attachment
How relationships impact our brains
Mirror neurons, empathy and connecting with others
Oxytocin and the individual self
How attachment style impacts your clients' relationships
Attachment and attunement in the therapeutic relationship

Trauma: Connect the Neurobiology of Trauma to Treatment

Childhood trauma and the trajectory of brain development
The fight/flight/freeze response
Implicit memory and the limbic system

Clinical techniques:

- Trigger identification
- Exposure
- Guided imagery
- Grounding strategies

Anxiety and Stress: Regulate Emotion and Interrupt Anxious Rumination

How the brain is organized -- and how it organizes Homeostasis, stress pathways and stress responses

The resting state – the parasympathetic nervous system and mental health

Emotional and thinking circuits, and perception of control – and why this matters to therapy

Clinical techniques:

- Mindful awareness of emotions – labeling emotions

- Interventions that shift focus away from anxious rumination
- Interrupt worry patterns with physical exercise
- Diaphragmatic breathing exercises to regulate emotion
- Resiliency–susceptibility to stress-based damage

Depression: Techniques to Intervene in the Downward Spiral

The limitations of medication-based treatment
Brain circuits involved in positive and negative emotion
The brain's negativity bias and depression risk
The amygdala in the depressed brain
The downward spiral
Reconstructed memories

Clinical techniques:

- Behavioral Activation – get out of your head and into your life
- Cognitive therapy tools - problem solving skills in the treatment plan
- The psychology of obtainable goals
- Self-compassion as a buffer to depressive symptoms

Neurocognitive Health Checkup

Test of Variable Attention (TOVA)
Mood evaluation
Biochemical dysfunction and depression
Measuring memory
Brain injury
Neurofeedback

Simple Biofeedback Tools for Regulating Physiological Responses

Physiological control and psychology
Biofeedback games
Controlled breathing
Heart Rate Variability
EEG biofeedback training

Distractibility and the Brain: Cognitive Costs in the Land of Information Overload

The myth of multitasking – multitasking vs. task switching
Synaptic pathways, mental states, memory and learning

The pre-frontal cortex and flexible goal directed behavior

Teach clients coping strategies that can:

- Reshape detrimental behavioral patterns
- Decrease distractions
- Build organizational and time management skills

The Neuroscience of Positive Psychology

The science behind gratitude

- Overcome barriers to practicing gratitude
- Easy-to-use gratitude exercises

The neuroanatomy of forgiveness

Strengths-based interventions

Flow states

- Merge action with awareness
- Flow, the prefrontal cortex, and the inner critic

Research limitations of positive psychology approaches

The Limitations of Neuroscientific Research and Potential Risks

fMRI imaging
Things to keep in mind regarding animal studies
Simple explanations for complicated processes
Research limitations, and treatment risks



Live Course & Webcast Schedule (Both Days) (Times listed in Central)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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

OBJECTIVES

- Communicate how an understanding of neuroscientific research and neurological processes can help mental health professionals improve clinical outcomes.
- Establish the interrelationship between depression and anxiety and communicate how this information can be used in relation to treatment planning.
- Employ psychoeducation techniques that improve engagement in therapy by making neuroscience and neuroplasticity understandable for clients.
- Formulate treatment plans that consider the limitations of medication based models and give clinicians options with depressed clients when medication doesn't adequately relieve symptoms.
- Analyze how neural pathways regulating stress are related to mental health disorders, and connect this information to your utilization of therapeutic interventions to manage the symptoms of anxiety.
- Articulate how mindfulness practices can be used in therapy to shift clients to a relaxation response.
- Evaluate how memory influences emotion and understand the clinical implications for altering client's perceptions and behaviors.
- Assess how childhood trauma changes the developmental trajectory of the brain, and explore the clinical manifestations of these impacts.
- Elucidate how techniques that intervene in the neurobiological fight, flight, or freeze response can be used in the treatment of trauma.
- Characterize how attachment impacts the brain's development and informs the clinical treatment of affect regulation and mood disorders.
- Determine how an understanding of the relationship between diet, sleep and exercise can be used in-session to motivate your clients to make healthier choices in their lives.
- Appraise the latest scientific research on gratitude and establish how it could be used therapeutically to benefit clients dealing with stress, anxiety and depression.

Certificate Course 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 both full days. 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 cepes@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 12.5 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.

ILLINOIS ADDICTION COUNSELORS: This course has been submitted to the IAODAPCA for review.

COUNSELORS: This intermediate activity consists of 12.5 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.

ILLINOIS COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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.

ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 12.5 credits.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity consists of 12.5 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 this activity and contact your state board or organization to determine specific filing requirements.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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: This live activity consists of 12.5 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 this activity and contact your state board or organization to determine specific filing requirements. American Psychological Association credits are not available.

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 12.5 (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.

ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 12.5 contact hours.

OTHER PROFESSIONS: This activity qualifies for 760 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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on November 8 & 9, 2018, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$39.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/65920.

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Seminar on DVD or CD 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.

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 \$60 cancel fee. Substitutions are permitted at any time.

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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

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- \$60 Tuition:** If you are interested in being our registration coordinator for both days, 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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