

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

Research, Risks and Limitations

Empirical versus clinical and anecdotal evidence

Clinical considerations for specific clients and settings

Efficacy of particular interventions may vary

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

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.

Questions? Visit pesi.com/faq or e-mail us at info@pesi.com

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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Val Whitehead at vwhitehead@pesi.com or call 715-855-5260.

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Rewire the Anxious Brain

Neuroscience-Informed Treatment
of Anxiety, Panic and Worry

Springfield, IL
Monday, September 9, 2019

Maryland Heights, MO
Tuesday, September 10, 2019

St. Louis, MO
Wednesday, September 11, 2019

REGISTER NOW: pesi.com/express/73114

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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Details Inside

REGISTER NOW: pesi.com/express/73114

Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Join Hannah Smith, MA, LMHC, CGP, licensed psychologist, and learn her keys for successful anxiety treatment. Hannah Smith 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. Hannah Smith 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!

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.

Speaker

Hannah Smith, MA, LMHC, CGP is the founder of Potential Finders and is the group therapy program coordinator in a top partial-hospital rehabilitation treatment center in the Seattle area. She holds Masters degrees in both special education and counseling psychology and has nearly 20 years of experience both in the US and abroad. Her educational work has been with disorders of cognition and communication, where the role of the brain in learning and memory were primary areas of focus. Clinically, her practice is primarily devoted to the treatment of people recovering from trauma and anxiety disorders. Her experience, both personally and professionally, has allowed her to develop an expertise in incorporating neuroscience into therapeutic interventions in innovative ways. Hannah guest lectures in academic and clinical settings on a variety of topics related to neuroscience and the treatment of anxiety, trauma, and emotion regulation. She is an engaging presenter whose passion is to educate clinicians on practical, whole-person approaches and applications in therapy.

Speaker Disclosures:

Financial: Hannah Smith is the clinical supervisor at The Center; A Place of Hope. She receives a speaking honorarium from PESI, Inc.

Non-financial: Hannah Smith has no relevant non-financial relationship to disclose.

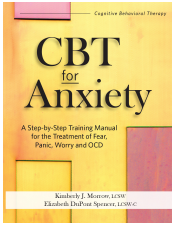


PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

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

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.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

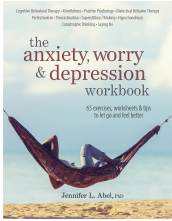


CBT for Anxiety

A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD

By Kimberly Morrow, LCSW and Elizabeth Dupont Spencer, M.S.W., LCSW-C

Concise, clear and practical, this workbook will provide immediate tools to motivate, encourage and effectively treat even your most anxious clients. A key highlight of the book are guided opportunities to work through treatment obstacles to enhance your clinical skills. Dozens of reproducible worksheets, exercises and handouts.



The Anxiety, Worry & Depression Workbook

65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

By Jennifer L Abel, Ph.D.

Jennifer Abel, PhD, has compiled **an interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises and scripts** for you to start changing your habits, and start changing your life.



BECOME CERTIFIED!

This course counts toward the educational hours required for certification or Recertification as a Certified Clinical Anxiety Treatment Professional (CCATP).

Visit icatp.com for the full certification requirements.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 cepesi@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 profession's 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 6.0 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 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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EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

ILLINOIS EDUCATORS: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University. Those requesting ISBE Professional Development Clock Hours will be required to complete and return the ISBE "Evaluation for Workshop" form available at the seminar and submit the \$20 enrollment fee (cash or check payable to PESI only) if you have not already paid with and in addition to your registration fee.

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.

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 6.0 credits.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACE provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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OHIO PSYCHOLOGISTS ONLY: PESI must have your license number on file in order for your hours to be valid. While completing the online post-test/evaluation, please answer YES to the question: "Are you an Ohio Psychologist?" and include your license number when prompted. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be filed. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. 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 6.0 contact hours.

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.

REGISTRATION FORM

REWIRE THE ANXIOUS BRAIN

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

SAVE TIME! Express Register Online: pesi.com/express/73114

1 Please complete entire form if sending by mail *please print legibly*

Mail Code: _____ *See mail code box on reverse side above your name & address*

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Company Name (if work address): _____

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2 Select Location (make copy for your records)

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☐ **MARYLAND HEIGHTS, MO • September 10, 2019** (73114MDH)
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☐ **ST. LOUIS, MO • September 11, 2019** (73114SLO)
Holiday Inn St. Louis-Southwest
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3 Select Tuition

TUITION including seminar manual

\$199.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$229.99** standard

☐ **\$20.00** IL ISBE Certificate Processing Fee
For more information on this fee contact cepesi@pesi.com

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

- ☐ **\$24.99*** *CBT for Anxiety* book (PUB085465)
- ☐ **\$29.99*** *The Anxiety, Worry & Depression Workbook* (PUB085375)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Select Payment Method

All registrations must be prepaid.

☐ Check enclosed payable to **PESI, Inc.**

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar *free* of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$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, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students for details.

QUESTIONS

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OTHER WAYS TO REGISTER

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— Seminar on DVD* (video) \$199.99 (RVN051415)
— Seminar on CD* (audio) \$169.99 (RNA051415)

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