

## 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

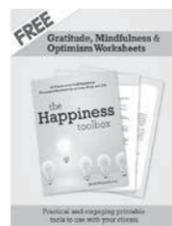
**8:00** Program begins

**11:50 -1:00** Lunch (*on your own*)

**4:00** Program ends

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.

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# NEUROSCIENCE FOR CLINICIANS

BRAIN CHANGE FOR STRESS, ANXIETY,  
TRAUMA, MOODS AND SUBSTANCE ABUSE

By Neuroscience Expert

Sherrie All, 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

LYNNWOOD, WA  
Wednesday  
October 9, 2019

FEDERAL WAY, WA  
Thursday  
October 10, 2019

SPOKANE, WA  
Friday  
October 11, 2019

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# NEUROSCIENCE FOR CLINICIANS

Neuroscience has given us incredible insights into the workings of the brain and its connection to our mental health. Recent research reveals that neuroplasticity takes place all through life, so you can offer hope for real change no matter how long your client has suffered.

**This seminar will connect complicated science with your clinical practice, and transform how you view and work with traumatized, stressed, addicted, anxious and depressed clients!**

Discover how and where neuroplasticity occurs, and ways to use it therapeutically. Participate in enjoyable learning experiences that provide you with the clear principles and background you need for utilizing neuroscience in your work. Draw on multiple modalities to overcome resistance, activate creative responses, and turn problems into potentials. Add new dimensions to each therapy session and initiate change using top-down, bottom-up, and horizontal methods that can be creatively individualized.

**Leave this seminar feeling confident in bringing the latest findings from neuroscience into your treatments!**

## Speaker

**Sherrie All, Ph.D.**, is a neuropsychologist and an engaging speaker and writer whose expertise in the principles of neuroscience, functional neuroanatomy, and diagnostics give her a unique insight into the correlation between mental health disorders, therapeutic approaches, and what happens in the brain itself.

Dr. All is the owner of the Chicago Center for Cognitive Wellness where she combines her strong background in CBT with mindfulness techniques, motivational interviewing and dynamic interpretations to help her clients manage depression, stress, anxiety, mental illness and cognitive challenges. A trained neuropsychologist who received her Ph.D. from Rosalind Franklin University, she also brings her detailed understanding of the brain to uniquely address the needs of people with traumatic brain injuries, dementia, and other conditions.

Speaker Disclosures:

Financial: Sherrie All is the owner of the Chicago Center for Cognitive Wellness. She receives a speaking honorarium from PESI, Inc.

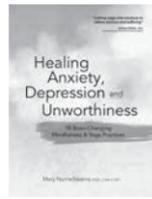
Non-financial: Sherrie All has no relevant non-financial relationship to disclose.

## Objectives

- Communicate how an understanding of neuroscientific research and neurological processes can help mental health professionals improve clinical outcomes.
- Establish the interrelationship of 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 neurobiology understandable for clients.
- Analyze how neural pathways regulating stress and reward are related to mental health disorders, and connect this information to your utilization of therapeutic interventions to reduce stress and manage addiction.
- Evaluate the relationship between memory malleability and trauma and communicate how this information can be utilized therapeutically to help clients cope with traumatic memories.
- Investigate how mindfulness and meditation impact the nervous system and articulate how mindfulness interventions can be used in your treatment plans for depression.

Questions? Call customer service at **800-844-8260**

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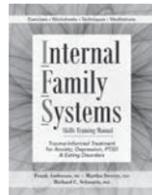
### Healing Anxiety, Depression and Unworthiness

78 Brain-Changing Mindfulness & Yoga Practices

By Mary Nurriestearns, MSW, LCSW, RYT

Transform your feelings of anxiety, depression and unworthiness into loving self-acceptance.

Mindfulness and yoga authority Mary Nurriestearns has created a compassionate and practical workbook that provides a caring healing journey. 78 brain-changing practices help you focus on life-enhancing thoughts and actions, which leads to self-understanding, and living with meaning and peace.



### Internal Family Systems Skills Training Manual

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.

**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.

**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.



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.**

## 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" 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 [cepsi@pesi.com](mailto:cepsi@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.

**ADDITION 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.

**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.

**IDAHO COUNSELORS:** This intermediate activity consists of 6.25 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 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.

**NURSES, NURSE PRACTITIONERS, AND 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.



**PSYCHOLOGISTS:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**CALIFORNIA PSYCHOLOGISTS:** PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PE5010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**WASHINGTON COUNSELORS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**WASHINGTON MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**WASHINGTON SOCIAL WORKERS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**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.



PLEASE RETURN ENTIRE REGISTRATION FORM

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### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

### WALK-INS

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

• **FREE Military Tuition:** 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.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **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](http://www.pesi.com/students) or call 800-844-8260 for details.

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## 3 Check tuition:

**TUITION WITH SEMINAR MANUAL**

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**\$249.99** standard

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**\$29.99\*** *Internal Family Systems Skills Training Manual* book

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

## 4 Indicate method of payment:

**ALL REGISTRATIONS MUST BE PREPAID.**  
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\_\_\_ Seminar on CD\* (audio) \$219.99 (RNA053340)

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