

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

Move 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

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.

Target Audience: Social Workers ■ Psychologists ■ Counselors ■ Marriage and Family Therapists
Case Managers ■ Addiction Counselors ■ Therapists ■ Nurses ■ Occupational Therapists
Speech-Language Pathologists ■ Other Mental Health Professionals

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Altoona, PA
Wednesday, November 6, 2019

Monroeville, PA
Thursday, November 7, 2019

Pittsburgh, PA
Friday, November 8, 2019

REGISTER NOW: pesi.com/express/74787

Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry


Featuring **Sherrie All, PhD**

- 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

Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Join Sherrie All, PhD. and learn her keys for successful anxiety treatment. Dr. All integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Sherrie's approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients.

Dr. All will give you proven 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, straight forward way
- Identify how the cortex contributes to anxiety, and empower clients with strategies to resist anxiety-igniting cognitions

Register today for this transformational workshop and put the power of neuroplasticity to work for you and your anxious clients!

Speaker

Sherrie All, PhD., is a Licensed Clinical Psychologist specializing in neuropsychology, cognitive rehabilitation and brain health. She owns and directs the Chicago Center for Cognitive Wellness (CCCW), a group neuropsychology practice offering assessment and treatment services in cognitive rehabilitation and psychotherapy to people affected by cognitive decline. As a leader in the field of brain health, Dr. All works to educate the public on brain-healthy behaviors and innovating brain health coaching. Her work in this area earned her the 2010 Sharpbrains Innovation Award for Most Innovative Mental Health Program as well as the attention of media outlets such as *The New Yorker* and *Crain's Chicago Business*.

Dr. All trains other professionals in how to implement cognitive rehabilitation interventions into their practice, through continuing education programs, supervision and individual consultations. She shares her detailed understanding of the brain and brain-behavior relationships in an engaging and relatable way. Dr. All's forthcoming book and current keynote address, "Brain Destiny: Everyday Choices to Lower Your Risk for Dementia and Change Your Life", offers an entertaining way of promoting a popular understanding of the scientific theory of cognitive reserve to empower people to effectively care for their brains. She has been an invited speaker by the Lifetime Education and Renewal Network (LEARN) of the American Society on Aging (ASA) and speaks regularly on the topics of brain health, cognitive rehabilitation and interventions for early-stage dementia. Dr. All's research includes examination of functional MRI (fMRI) and electrophysiological (EEG) biomarkers of cognitive deficits.

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.

Questions? Call Customer Service: 800-844-8260

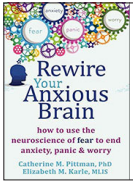
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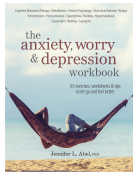


Rewire Your Anxious Brain

How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry

By Catherine Pittman, Ph.D., HSPP & Elizabeth M. Karle, MLIS

Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence-based solution to overcoming anxiety based in cutting-edge neuroscience and research.



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.

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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.

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Pennsylvania Addiction Counselors: This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 6.25 PCB Approved Hours of Education. (Valid for PA locations only)

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.

Pennsylvania Counselors: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

West Virginia Counselors: This program has been approved by the West Virginia Board of Examiners in Counseling. Approval #: WVBECE-110619, WVBECE-110719, WVBECE-110819. This course qualifies for 6.25 continuing education credits.

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.

Pennsylvania Marriage & Family Therapists: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

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.

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Pennsylvania Psychologists: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

Psychologists & Psychiatrists: Psychiatrists

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Speech-Language Pathologists: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

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Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

West Virginia Social Workers: The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

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.



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REWIRE THE ANXIOUS BRAIN: NEUROSCIENCE-INFORMED TREATMENT OF ANXIETY, PANIC AND WORRY

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- **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.

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