

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

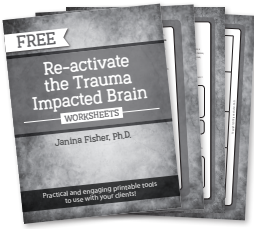
- Empirical versus clinical and anecdotal evidence
- Clinical considerations for specific clients and settings
- Efficacy of particular interventions may vary

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

Corpus Christi, TX
Monday, December 2, 2019

San Antonio, TX
Tuesday, December 3, 2019

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry


Featuring neuroscience and anxiety expert,
Daniel van Ingen, Psy.D.

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

Dr. van Ingen 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

Daniel van Ingen, Psy.D., is passionate about the treatment of anxiety and believes that his strategy of anxiety tolerance training requires non-medication treatment strategies. He has developed easy-to-understand explanations and techniques that quickly fuel the road to recovery.

A licensed clinical psychologist in Florida, Dr. van Ingen maintains a private practice that specializes in anxiety treatment called Anxiety Shrinks! Prior to private practice, he worked at a VA hospital, colleges, a drug treatment program, and outpatient clinics.

Dr. van Ingen, trained as a scholar-practitioner, has many empirical studies published on cognitive behavioral therapy for anxiety disorders, parenting research, and disabilities. He has presented at national and international conferences for over 15 years and has trained providers in 30 states over 5 years. His book, *Anxiety Disorders Made Simple: Treatment Approaches to Overcoming Fear and Building Resiliency* (PESI, 2014), has received outstanding reviews from psychologists, psychiatrists, and social workers alike. He has been dubbed the Sarasota Parenting Doctor in his private practice work with families. Dr. van Ingen blogs anxiety articles and posts weekly parenting podcasts on his “Parenting Doctors Podcast” on iTunes.

Speaker Disclosures:

Financial: Daniel van Ingen maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Daniel van Ingen has no relevant non-financial relationship to disclose.

Questions? Call Customer Service: 800-844-8260

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.

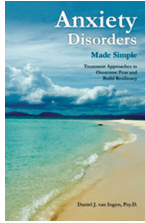
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Anxiety Disorders Made Simple:

Treatment Approaches to Overcome Fear and Build Resiliency

By Daniel J. van Ingen, PsyD - **Seminar Speaker!**

This book presents proven strategies to provide breakthroughs in anxiety treatment. Contains practical examples to empower people to build anxiety tolerance, gain freedom, and experience resiliency as they confront their fears.



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.

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Texas Counselors: This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

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Texas Marriage & Family Therapists: This activity consists of 6.0 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

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.

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.

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

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.

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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.

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Advance registration required. Cannot be combined with other discounts.

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- **\$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.

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