

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 ▪ Physicians ▪ Psychiatrists ▪ Other Mental Health Professionals

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Rewire the Anxious Brain

Neuroscience-Informed Treatment
of Anxiety, Panic and Worry

Davenport, IA
January 22, 2020

Cedar Rapids, IA
January 23, 2020

Des Moines, IA
January 24, 2020

Davenport, IA
Wednesday
January 22, 2020

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Details Inside

Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

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

Dr. Donarski 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

Janene M. Donarski, PhD, LP, LMSW, is a fully licensed clinical psychologist and licensed master social worker who works in counseling therapy as well as psychological testing for mental health issues. Dr. Donarski specializes in neuropsychological assessment of children, adolescents, adults and geriatric populations including head injury, organic issues, emotional and complex behavior disorders. Dr. Donarski works extensively with anxiety issues including panic, hypervigilance and PTSD. She trains others in techniques of relaxation, reduction of fear, and exposure therapies to reduce triggers and symptoms in daily life. She assists in testing within the academic areas including ADHD, learning disabilities and autism for IEPs and/or 504 plans/behavior plans. Dr. Donarski works with all populations in counseling/therapy, including individual, marital/couple, family, LGBTQ, and group counseling. She is a certified EMDR Level II counselor, as well as a certified hypnotherapist and practitioner for Neuro-Linguistic Programming and Time Line Therapy®. Dr. Donarski is also experienced in working with victims of violence, foster care/adoption issues, sexual issues, as well as those who are seeking sex offender treatment. She often works with attorneys as a forensic psychologist/expert witness for legal cases involving custody, guardianship, social security benefits, and criminal cases. Dr. Donarski has spoken on a variety of mental health issues, including somatic ailments, behavioral disorders and mental health concerns in the geriatric population.

Speaker Disclosures:

Financial: Janene Donarski has an employment relationship with Family Therapy & Development Centers, Inc. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janene Donarski is a member of the American Psychological Association; Michigan Psychological Association; and National Association of Social Workers.

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.

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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.

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 715-855-8166.

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.



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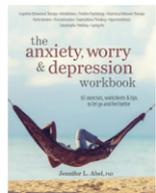


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By Jennifer L. Abel, Ph.D.

Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.



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. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios.

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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 Addition Counselors: This course has been submitted to the IAODAPCA for review.

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Psychologists & Psychiatrists & Physicians:

Psychiatrists & Physicians

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

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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

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