

## 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

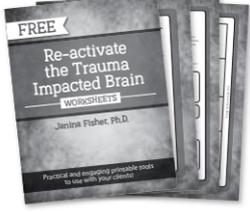
- Empirical versus clinical and anecdotal evidence
- Clinical considerations for specific clients and settings
- Efficacy of particular interventions may vary

## 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 ▪ Speech-Language Pathologists ▪ Therapists ▪ Nurses ▪ Occupational Therapists  
Other Mental Health Professionals

**FREE**  
**Worksheets & Video**  
To Help The Traumatized Brain



[www.pesi.com/traumabrainws](http://www.pesi.com/traumabrainws)

**Bring any Training On-Site!**

- Cost Effective for Groups
- Customizable
- Flexible

**CE credits included!**

[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

NON-PROFIT ORG  
US POSTAGE PAID  
EAU CLAIRE WI  
PERMIT NO 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

**Birmingham, AL**  
Wednesday  
February 12, 2020

**Montgomery, AL**  
Thursday  
February 13, 2020

**Mobile, AL**  
Friday  
February 14, 2020

**REGISTER NOW: [pesi.com/express/77180](http://pesi.com/express/77180)**

# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Featuring neuroscience and anxiety expert,  
**Janene M. Donarski, PhD, LP, LMSW**

- 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

<b>Birmingham, AL</b> Wednesday February 12, 2020	<b>Montgomery, AL</b> Thursday February 13, 2020	<b>Mobile, AL</b> Friday February 14, 2020
---	--	--

**Birmingham, AL** Wednesday February 12, 2020  
**Montgomery, AL** Thursday February 13, 2020  
**Mobile, AL** Friday February 14, 2020

 **PESI**<sup>®</sup>  
[www.pesi.com](http://www.pesi.com)

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

**REGISTER NOW: [pesi.com/express/77180](http://pesi.com/express/77180)**

# 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.

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

**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](mailto: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 self-study package on the subject (CE credits 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.**

## SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

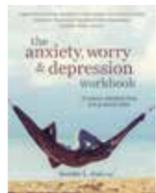


### Melt Worry and Relax Card Deck

56 CBT & Mindfulness Strategies to Release Anxiety

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.

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

## 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 [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 profession's 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.

**Alabama 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 the Alabama Board of Examiners in Counseling prior to the activity to determine requirements. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation.

**Florida Counselors:** PESI, Inc. is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. 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.

**Florida Marriage & Family Therapists:** PESI, Inc. is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 6.25 continuing education credits.

**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.

**Florida Nurses:** PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 6.0 contact hours.

**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.

**Florida Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 6.0 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

**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 ACCME 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.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Florida Psychologists:** PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number 50-399. This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

**APPROVED PROVIDER**

**PESI, Inc.** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**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.

**Florida Social Workers:** PESI, Inc. is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 6.25 continuing education credits.

**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.



SCAN HERE

FOR A SPECIAL OFFER ON BOOKS & CARD DECKS

## REGISTRATION FORM

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

**SAVE TIME! Express Register Online: [pesi.com/express/77180](http://pesi.com/express/77180)**

**1 Please complete entire form if sending by mail** *please print legibly* ©2019

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

\*E-mail address \_\_\_\_\_  
**\*Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Billing Address \_\_\_\_\_  Home  Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_  
**\*Required for event updates**

**2 Select Location** (make copy for your records)

**BIRMINGHAM, AL • February 12, 2020** (77180BIR)  
 Embassy Suites Hotel  
 2300 Woodcrest Pl • 35209 • (205) 879-7400

**MONTGOMERY, AL • February 13, 2020** (77180MON)  
 Hilton Garden Inn Montgomery East  
 1600 Interstate Park Drive • 36109 • (334) 272-2225

**MOBILE, AL • February 14, 2020** (77180MOB)  
 Renaissance Battle House Hotel  
 26 North Royal Street • 36602 • (251) 338-2000

**3 Select Tuition**

**TUITION** including seminar manual  
**\$219.99** – choose one of the options below:  
 per person for 2 or more preregistering together —OR—  
 single registration postmarked 3 weeks prior to seminar date

**\$249.99** standard

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

**\$16.99\* Melt Worry and Relax Card Deck** (PUB084385)  
 **\$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.**

Purchase order enclosed (Fed ID # 26-3896894)

MC  VISA  AE  Discover Novus  
 16 digits 13-16 digits 15 digits 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#\*: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

PLEASE RETURN ENTIRE REGISTRATION FORM

**ADA NEEDS**  
 We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto: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](http://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](http://www.pesi.com/students) for details.

**QUESTIONS**  
 Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

**OTHER WAYS TO REGISTER**

Fax: 800-554-9775  
 Mail: PESI, Inc.  
 PO Box 1000  
 Eau Claire, WI 54702-1000  
 Phone: 800-844-8260  
 Online: [pesi.com/express/77180](http://pesi.com/express/77180)

**CAN'T ATTEND THE SEMINAR?**

**Rewire the Anxious Brain: Neuroscience-Informed Treatment of Anxiety, Panic and Worry**

— **Online Digital Seminar\***  
 \$219.99 (POS051415)  
 (Email required)

— **Seminar on DVD\*\***  
 \$219.99 (RNV051415)

Product total \_\_\_\_\_  
 \*Shipping - \$6.95 (DVD only) \_\_\_\_\_  
**Subtotal** \_\_\_\_\_  
 \*\*Tax \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IN, IA, KY, LA, ME, MI, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.  
 \*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR  
 CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.