

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

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.

Target Audience: Counselors • Psychotherapists • Psychologists • Social Workers • Addiction Counselors • Occupational Therapists  
Occupational Therapy Assistants • Marriage & Family Therapists • Case Managers • Therapists • Nurses • Other Mental Health Professionals

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 Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

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

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).



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.

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NEUROSCIENCE FOR CLINICIANS

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

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

By Neuroscience Expert - Sherrie All, Ph.D.

FAIRFAX, VA  
Wednesday  
June 3, 2020

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Thursday  
June 4, 2020

TIMONIUM, MD  
Friday  
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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

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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

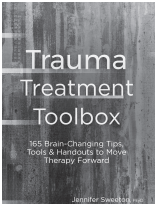
- Communicate how an understanding of neuroscientific research and neurological processes can help mental health professionals improve clinical outcomes.
- Establish the interrelationship of depression and anxiety and communicate how this information can be used in relation to treatment planning.
- Employ 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.

**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.

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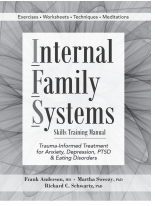


#### Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

By Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.



#### 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 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](mailto: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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**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.

**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.

**District of Columbia (DC) Counselors:** CE credit is available. This course consists of 7.5 continuing education clock hours for DC Counselors. The District of Columbia Municipal Regulations for Professional Counseling (S.6612.3) confirm acceptance of continuing education programs relevant to counseling by organizations that have been approved by a counseling board in another state. PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours.

**Maryland Counselors:** CE credit is available. This course is approved for 6.0 clock hours of continuing education instruction for Maryland Counselors. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board. 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.

**New York Counselors:** CE credit is available. PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Virginia Counselors:** CE credit is available. This course is approved for 6.0 clock hours of continuing competency instruction for Virginia Counselors. The Virginia Board of Counseling recognizes continuing competency activities in the behavioral health field offered by organizations that are approved by NAADAC (18VAC115-20-105). 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.

**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.

**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.

**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.

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**Kentucky Psychologists:** CE credit is available. PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 6.25 contact hours.

**Maryland Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for Maryland Psychologists.

Pursuant to COMAR 10.36.02, the Maryland Board of Examiners of Psychologists accepts continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This program is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Virginia Psychologists:** CE credit is available. This course consists of 6.25 continuing education credit hours for Virginia Psychologists.

The Virginia Board of Psychology (S.18VAC125-20-122) confirms acceptance of programs by any continuing education provider approved by a psychological association or psychology board in another state or jurisdiction. PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content.

**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, 2020 - January 27, 2023. 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.

**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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#### 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

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*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.*

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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 (on live seminar and live video webcast tuition). *Advance online registration required.*

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