# Outline

### Use Neuroscience in the Treatment of Anxiety

Positives: We know more about anxietybased 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 amydgala 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

## Obiectives

- 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



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# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

# LIVE WEBCAST Tuesday, August 18, 2020

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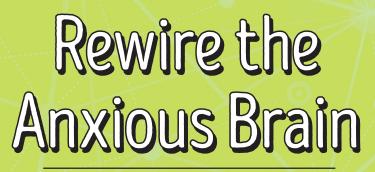


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# Join us online, for this live training!



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

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# 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<sup>®</sup>. 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 Webcast Schedule (Times listed in Central)

8:00 Program begins

11:50-1:00 Lunch Break

**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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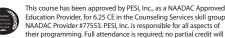
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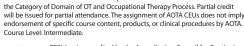
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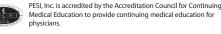
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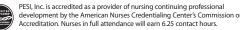


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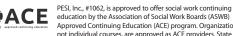
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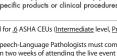
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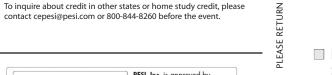


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