

## 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

#### Live Webinar Schedule (Times listed in Eastern)

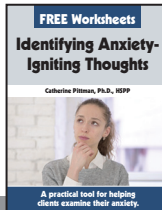
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

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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# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

**LIVE Interactive Webinar**  
**Thursday, February 11, 2021**

**BONUS!** – Registration includes FREE on-demand access for 3 months.



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# 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

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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!

Learning Objectives can be viewed at  
[pesi.com/webcast/84385](https://pesi.com/webcast/84385)

### 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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## Meet Your 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.

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For specific credit approvals and details, visit [pesi.com/webcast/84385](https://pesi.com/webcast/84385)

#### National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, 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.

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This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).  
\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program.

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February 11, 2021 PWZ84384

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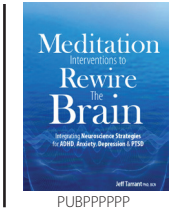
## Recommended Reading:



**Feeling Great**  
*The Revolutionary New Treatment for Depression and Anxiety*

David D. Burns, M.D.

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**Meditation Interventions to Rewire the Brain**  
*Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD*

Jeff Tarrant, PhD, BCN

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\* Discount Included with purchase of the Webinar

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