

## Outline

### Using Neuroscience in the Treatment of Anxiety

- Positives:
  - Causes and treatments known
  - Can explain the neurological symptoms
  - Science provides evidence, authority
  - De-stigmatizes disorders
- Clinician concerns:
  - You don't have to be a neuroscientist
  - Oversimplification is inevitable
  - Finding the right level of explanation is essential

### Enhancing Engagement in Treatment

- Don't neglect the therapeutic relationship
- Focus on personalized goals
- Address the challenges of anxious clients
- Remember that strategies are effortful
- Guide the process using client's goals
- Maintain motivation

### Neuroplasticity

- Defined in everyday language
- Neurologically informed therapy goal
  - "Change the brain" in desired ways
  - Make the brain more resistant to anxiety
  - Create a new self
- Re-consolidation: The modification of emotional memories

### Neuropsychologically Informed CBT

- Strategies can be used to effectively "rewire" the brain
- Long history of evidence supporting efficacy
- Skills-based approach
- Strong focus on the present
- Psychoeducation is essential

### Identify the Two Neural Pathways to Anxiety

- Amygdala – bottom-up triggering of emotion, physicality of anxiety
- Cortex – top-down emotion generation based in cognition
- How to explain the pathways to clients
- How anxiety is initiated in each pathway
- The pathways influence on 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

### 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
- Combating avoidance
- Indications 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
- Promote neuroplasticity with SSRIs, SNRIs
- The effectiveness of CBT and meds

### Moving Beyond Diagnostic Categories to Focus on Anxiety Pathways

- Address anxiety as a component of many diagnoses
  - Depression, substance abuse, etc.
- Amygdala and cortex-based techniques that can help in other disorders
- Target brain-based symptoms rather than disorders
- Worry, obsessions, rumination respond to similar cortex-based techniques
- Panic, phobic responses, compulsions respond to amygdala-based techniques

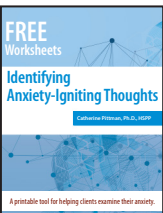
### Research, Risks and Limitations

## Objectives

- Analyze the underlying neurological processes that impact anxious symptoms for clients.
- Evaluate the neurological processes underlying anxiety in a clearly understandable manner that enhances client motivation.
- Develop client engagement in treatment using personalized goals and attending to the therapeutic relationship.
- Prepare personalized goals to increase client engagement and focus client efforts on making lasting changes in the brain.
- Evaluate the differences between amygdala-based and cortex-based anxiety symptoms and identify how these symptoms inform treatment interventions.
- Apply strategies for calming and training the amygdala to alleviate symptoms of anxiety.
- Develop methods for teaching clients to retrain the cortex so that anxiety is resisted rather than exacerbated.
- Assess appropriate treatment interventions by determining whether the client is experiencing rebound anxiety or relapse symptoms.
- Analyze how psychotropic medication impacts neuroplasticity in the brain; identify related treatment implications.
- Use reframing exposure as an opportunity to teach the amygdala new responses to improve client engagement and treatment compliance.
- Execute client education exercises that can be utilized in session to train clients in the use of mindfulness techniques.
- Employ clinical strategies for managing comorbid depression that reduce worry, rumination, and common cognitive errors while promoting positive thinking and social interaction.

## FREE WORKSHEETS!

### Identifying Anxiety-Igniting Thoughts



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# ANXIETY

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# ANXIETY

## CERTIFICATION COURSE

Advances in neuroscience have provided a roadmap for the brain that shows us the key to working with anxious minds. But knowing how to interpret the complex map neuroscience provides has left many clinicians wondering...How do I unlock the complicated inner works of the brain to guide my client sessions?

In this new, comprehensive certification training program, you'll see how neuroscience can inform why, how and what techniques can help your clients stop the symptoms of anxiety – even tough to treat panic attacks, worry, rumination, nausea, and pounding hearts.

Now you can join Janene Donarski, Ph.D., LP, LMSW, CCATP, for a comprehensive step-by-step clinical training on how you can revolutionize your anxiety treatment approach with the power of neuroplasticity.

More than just the neurobiological “whats and whys,” you'll also learn the “hows” of actual treatment – so you'll know exactly how to empower your clients with strategies to resist anxiety-igniting cognitions.

You'll leave this program confident in your ability and be fully prepared to integrate brain-based strategies that motivate lasting change for calming the mind – even in your most anxious, worried, or obsessive clients.

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Anxiety Treatment Professional (CCATP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of anxiety counseling. Professional standards apply. Visit [www.evergreencertifications.com/CCATP](http://www.evergreencertifications.com/CCATP) for details

Sign up today!

### Live Webinar Schedule - both days (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.

### Target Audience:

Psychologists • Social Workers • Counselors • Speech-Language Pathologists  
Physicians • Addiction Counselors • Marriage and Family Therapists • Psychiatric Nurses  
Nurse Practitioners • Occupational Therapists • Occupational Therapy Assistants



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*Attendees will receive documentation of CCATP certification from Evergreen Certifications 4 to 6 weeks following the program.*

*\*Professional standards apply. Visit [www.evergreencertifications.com/CCATP](http://www.evergreencertifications.com/CCATP) for professional requirements.*

## Meet Your Speaker

**Janene M. Donarski, PhD, LP, LMSW, CCATP**, 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®.

### Speaker Disclosure:

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.

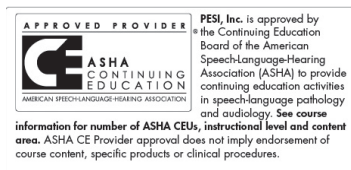
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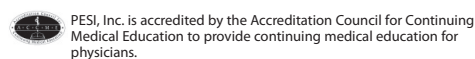
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**National CE Credit Approvals For Live Webinar:** Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score).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



This course is offered for 1.25 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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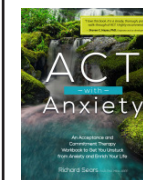
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Richard Sears PsyD, PhD, MBA, ABPP  
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PUB085375

**The Anxiety, Worry & Depression Workbook**  
*65 Exercises, Worksheets & Tips to Improve Mood and Feel Better*  
Jennifer L. Abel, Ph.D.  
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