

# Outline

## "Self"-Organization

- How does the feeling of individuality emerge?
- How do body sensations, emotion, and cognition interact to self-organize into the emergence of self?
- The mind's operating systems; The Salient, Executive, and Default Mode networks
- The interactions and dysregulations of implicit and explicit memory
- The social self
- How we thrive
- Kindling the social brain networks in psychotherapy
- The mind's operating networks

## Behavior-Gene Interactions

- The health and mental health ramifications of the Adverse Childhood Experiences (ACEs) study
- The rapidly evolving field of epigenetics reveals: how the gene-environment interaction brings about the expression or suppression of the genes

## Body-Mind

- The interface between the immune system, mind, and the brain
- Inflammation from adversity and the several dimensions of the interface between mind, brain, and body
- Inflammation's contribution to a bidirectional causal relationship with anxiety, depression, and cognitive impairment

## Self-Maintenance

- Healthy habits—Planting SEEDS
- Sleep hygiene
- Exercise—BDNF—miracle grow
- Education—cognitive
- Diet—amino acids, fatty acids and vitamins
- Social medicine
- Mindfulness

## Autostress Disorders

- Allostasis and Allostatic Load: resiliency and adaptability (Allostasis) breakdown and dysfunction (Allostatic Load) & mental health
- The dysregulation in the neuroendocrine system and client health
- Hypocortisolism: systemic deficits to the central nervous system

## The Trauma Spectrum

- The range of trauma-induced responses and therapeutic approaches
- Transcend the "brand names" - and theoretical cul-de-sacs
- From so-called "simple" to complex trauma in etiology and from hypervigilance to disassociation in response
- Therapeutic approaches and how to address the nature of the dysregulation of memory systems

## Transcending Rigidity

- Significant links between depression, inflammation, ACEs, and early life deprivation
- Therapy that involves activation of the effort-driven reward system
- Life style and its role in the alleviation of depression

## Mind in Time

- The placebo effect: one of the most provocative phenomena in psychotherapy and overall healthcare
- Positive psychology research on forgiveness, compassion, and gratitude
- Mindfulness in the mainstream
- "Third Wave" therapies such as ACT, DBT, and MBSR

## Risks, Limitations and the Nature of the Evidence

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

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

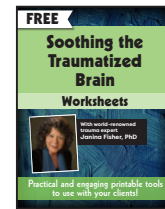
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

# Objectives

1. Evaluate the role that attachment plays in gene expression, the development of affect regulation and mood disorders with your clients.
2. Defend why effective clinical treatment necessitates a dynamic understanding of the brain and immune system.
3. Propose a treatment plan that emphasizes the relationship between diet and mental health that may improve treatment outcomes.
4. Differentiate between implicit and explicit memory and their roles in conducting effective clinical therapy sessions.
5. Theorize how mindfulness meditation affects the brain and its application in the treatment of anxiety disorders and depression.
6. Determine how the fast and slow tracks to the amygdala play a role in anxiety disorders and therapy techniques with people with anxiety disorders.

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# Body-Mind Therapy

## Toward Psychotherapy Integration with John Arden, PhD



## LIVE Interactive Webinar

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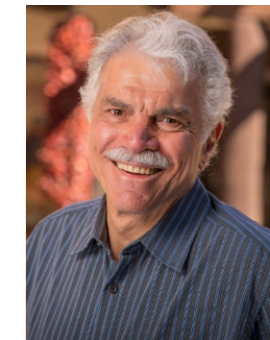


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# Body-Mind Therapy

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# Body-Mind Therapy Toward Psychotherapy Integration with John Arden, PhD

Psychotherapy in the 21st Century is all about integration. This seminar synthesizes the cutting-edge new sciences and provides practical applications to use with your clients. The timely insights from the fields of neuroscience, psychoneuroimmunology, metabolism, and epigenetics all have critical relevance to mental health and psychotherapy. We have learned that our behavior can have dramatic influences on gene expression, immune system functioning, and energy production. This interdisciplinary approach integrates the current research so that we can finally find consensus to what we mean by the terms mind, self, and the energy that makes them possible. This seminar explains how you can put it all together and bring it all down to earth so that you can use it in your practice.

This workshop from international speaker, author and clinician John Arden, PhD, ABPP focuses on **the revolution and sea change occurring in psychotherapy.**

Dr. Arden will show you how to conceptualize psychotherapy based on an **integrative model** that discards the need for the “schools of psychotherapy.” ...and you’ll learn how to talk about the brain to motivate clients to engage in evidenced-based interventions. **Interventions that work.**

**Don’t miss out!** Learn the latest research and evidence-based practices that can **optimize the therapy** you provide to **many** clients by harnessing the latest knowledge from:

- Neuroscience
- Epigenetics
- Psychoneuroimmunology
- Metabolism
- Psychotherapy research & evidence-based practice
- Attachment research
- New research on emotions and states of mind

Leave this training with new practical strategies for anxiety disorders such as **Generalized Anxiety Disorder, Panic Disorder and PTSD; as well as for depression.**

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## Meet Your Speaker

**John Arden, PhD, ABPP**, author of 15 books (translated into 20 languages) including: *Brain2Brain*, *The Brain Bible*, *Rewire Your Brain*, and *Brain-Based Therapy with Adults*. His most recent book is entitled *Mind-Brain-Gene: Toward the Integration of Psychotherapy*. He retired from Kaiser Permanente where he served as the Northern California Regional Director of Training where he developed one of the largest mental health training programs in the United States. In this capacity, he oversaw more than 150 interns and postdoctoral psychology residents in 24 medical centers. Dr. Arden’s study of neuropsychology has inspired him to integrate neuroscience and psychotherapy, synthesizing the biological and psychological. He has presented in all US States and 30 countries.

Speaker Disclosure:

Financial: Dr. John Arden is the Director of Training in Mental Health for Kaiser Permanente. He receives royalties as an author from several publishers. Dr. Arden receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. John Arden has no relevant non-financial relationship to disclose.


### CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Psychiatrists, Psychologists, Social Workers.**


For specific credit approvals and details, visit [pesi.com/webcast/84920](http://pesi.com/webcast/84920)

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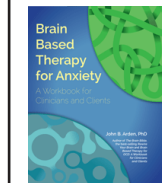
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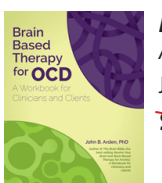
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- Self-study CE certificate available

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Recommended Reading:

 **Brain Based Therapy for Anxiety**  
A Workbook for Clinicians and Clients  
John B. Arden PhD  
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 **Brain Based Therapy for OCD**  
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