

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

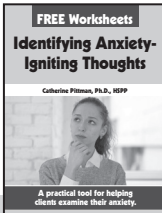
Objectives

1. Analyze 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. Demonstrate strategies for calming and training the amygdala in order to alleviate symptoms of anxiety.
5. Develop 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.

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

LIVE Interactive Webinar
Friday, June 18, 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,
Catherine M. Pittman, Ph.D., HSPP

- 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, Catherine M. Pittman, Ph.D., HSPP, and learn her keys for successful anxiety treatment. Dr. Pittman integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Catherine’s approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients.

Dr. Pittman 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!

Live Webinar 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.

Target Audience:

Social Workers • Psychologists • Counselors • Marriage and Family Therapists • Case Managers
Addiction Counselors • Speech-Language Pathologists • Therapists • Nurses
Physicians • Occupational Therapists • Other Mental Health Professionals



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Meet Your Speaker

Catherine M. Pittman, Ph.D., HSPP, is a professor of Psychology at Saint Mary’s College, Notre Dame, IN. Dr. Pitman is the author of the popular book *Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry*. She has a background in cognitive behavioral therapy, neuropsychology, fear-conditioning research, and treated anxiety-based disorders in clinical practice for over 25 years. Catherine’s experience makes her uniquely qualified to provide a clear understanding of neuroscience and how that informs the selection and application of successful anxiety treatment strategies. She regularly presents workshops at national conferences and national webinars on anxiety treatment, and is an active member of the Public Education Committee of the Anxiety and Depression Association of America.

Speaker Disclosure:

Financial: Catherine Pittman is an associate professor at Saint Mary’s College. She is an author for New Harbinger and receives royalties. Dr. Pittman receives a speaking honorarium from PESI, Inc.

Non-financial: Catherine Pittman is a member of the Anxiety and Depression Association of America.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit pesi.com/webcast/85081

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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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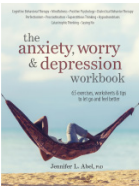
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DVD Experience:

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Recommended Reading:



PUB085375

The Anxiety, Worry & Depression Workbook
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

Jennifer L. Abel, Ph.D.

~~\$29.99~~ **\$22.99***



PUB086470

The CBT Deck for Anxiety, Rumination, & Worry
108 Practices to Calm the Mind, Soothe the Nervous System, and Live Your Life to the Fullest

Seth J. Gillihan, Ph.D.

~~\$19.99~~ **\$14.99***

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