Outline

Tour through the Brain: What clinicians need to know from neurons to structures, to pathways, to networks

Feel your neurons activate
See brain structures in 3-D
Experience how the brain processes top-down, bottom-up, and horizontal
Actively engage your brain structures for change
Work with implicit and explicit memories
Learn how to rebalance key pathways with your interventions:
- Pain Pathway
- Reward Pathway
- Fear-Stress Pathway

Nervous System Networks and the Social Brain: We are wired for attunement

Default Mode (DMN) and Task Mode Networks (TMN)
Healing attachment
Activate mirror neurons bottom-up

Neuroplasticity and Neurogenesis: How the brain can change

Three timeframes for change
Neuroplasticity at the synapse
How to foster neuroplasticity in clients
Neuroplasticity in action: Exercise your brain!

Practice the Interventions for Healing: Bottom-up, top-down, and horizontal

Sensory Awareness
Meditation and Mindfulness
Body Work
Unconscious and the DMN
Experience and activate the direct Mind-Body Link

Integrate the Brain into Treatments

Stress

How stress alters the nervous system
Calm the stress/fear pathway
Develop alert/relaxed attention for better coping

Trauma

Develop security through self-soothing methods
Foster confidence with yoga body positioning
Extinguish traumatic memories
Reconsolidate implicit memories

Anxiety

The anxious brain reaction
Work top down/ bottom up/ horizontally
Calm the limbic system bottom up with movement
Soothe the insula through meditative sensory awareness
Deconstruct sensations mindfully
Balance the nervous system

Substance Abuse

Brain areas involved in addictions
Rewire the reward pathway
Detach from pleasure and pain
Activate the parietal lobes for sensory relaxation and enjoyment
Develop prefrontal connections for better judgment

Depression

The depressed brain pattern
Activate an under-activated nervous system with yoga postures and energy meditations
Regulate the limbic system by activating links to prefrontal cortex and cingulate gyrus with mindfulness turned outward
Practice the 4-step method to overcome negative self-suggestions
Unify real and ideal
Foster joyful relationship through mirror neurons
Develop compassion and gratitude

6 Principles for Incorporating the Brain into your Therapy

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.

Target Audience:

Counselors • Psychotherapists • Psychologists • Social Workers • Addiction Counselors
Occupational Therapists • Occupational Therapy Assistants • Marriage & Family Therapists
Physicians • Case Managers • Therapists • Nurses • Other Mental Health Professionals

FREE INFOGRAPHICS



Trauma-Informed Chair Yoga

Get yours today at www.rehab.pesi.com/1342infographic

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

NEUROSCIENCE FOR CLINICIANS

BRAIN CHANGE FOR STRESS, ANXIETY, TRAUMA, MOODS AND SUBSTANCE ABUSE

By Neuroscience Expert - Sherrie All, Ph.D.

LIVE Interactive Webinar

Friday, June 18, 2021

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

PESI® www.pesi.com

REGISTER NOW:
pesi.com/webcast/85116

NEUROSCIENCE FOR CLINICIANS

BRAIN CHANGE FOR STRESS, ANXIETY, TRAUMA, MOODS AND SUBSTANCE ABUSE

Join us online, for this live training!

By Neuroscience Expert
Sherrie All, Ph.D.

- Integrate the new brain science into your practice!
- Activate the brain for change and wellbeing
- Overcome anxiety, stress, trauma, depression and substance abuse!
- From neurons to structures to pathways to networks - how common psychological disorders alter them

Live Interactive Webinar

Friday, June 18, 2021

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

PESI® www.pesi.com

REGISTER NOW:
pesi.com/webcast/85116

A Non-Profit Organization Connecting Knowledge with Need Since 1979

NEUROSCIENCE FOR CLINICIANS

Neuroscience has given us incredible insights into the workings of the brain and its connection to our mental health. Recent research reveals that neuroplasticity takes place all through life, so you can offer hope for real change no matter how long your client has suffered.

This seminar will connect complicated science with your clinical practice, and transform how you view and work with traumatized, stressed, addicted, anxious and depressed clients!

Discover how and where neuroplasticity occurs, and ways to use it therapeutically. Participate in enjoyable learning experiences that provide you with the clear principles and background you need for utilizing neuroscience in your work. Draw on multiple modalities to overcome resistance, activate creative responses, and turn problems into potentials. Add new dimensions to each therapy session and initiate change using top-down, bottom-up, and horizontal methods that can be creatively individualized.

Leave this seminar feeling confident in bringing the latest findings from neuroscience into your treatments!

Objectives

- Communicate how an understanding of neuroscientific research and neurological processes can help mental health professionals improve clinical outcomes.
- Determine the interrelationship of depression and anxiety and communicate how this information can be used in relation to treatment planning.
- Employ psychoeducation techniques that improve engagement in therapy by making neuroscience and neurobiology understandable for clients.
- Analyze how neural pathways regulating stress and reward are related to mental health disorders, and connect this information to your utilization of therapeutic interventions to reduce stress and manage addiction.
- Evaluate the relationship between memory malleability and trauma and communicate how this information can be utilized therapeutically to help clients cope with traumatic memories.
- Investigate how mindfulness and meditation impact the nervous system and articulate how mindfulness interventions can be used in your treatment plans for depression.

Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!
To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at **www.pesi.com/faq** or contact us at **www.pesi.com/info.**

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Ryan Bartholomew** at **rbartholomew@pesi.com** or call **715-855-8225.**

Meet Your Speaker

Sherrie All, Ph.D., is a neuropsychologist and an engaging speaker and writer whose expertise in the principles of neuroscience, functional neuroanatomy, and diagnostics give her a unique insight into the correlation between mental health disorders, therapeutic approaches, and what happens in the brain itself.

Dr. All is the owner of the Chicago Center for Cognitive Wellness where she combines her strong background in CBT with mindfulness techniques, motivational interviewing and dynamic interpretations to help her clients manage depression, stress, anxiety, mental illness and cognitive challenges. A trained neuropsychologist who received her Ph.D. from Rosalind Franklin University, she also brings her detailed understanding of the brain to uniquely address the needs of people with traumatic brain injuries, dementia, and other conditions.

Speaker Disclosure:
Financial: Sherrie All is the owner of the Chicago Center for Cognitive Wellness. She receives a speaking honorarium from PESI, Inc.
Non-financial: Sherrie All has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

Earn up to 6.25 CE Hours for one low price!

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

For specific credit approvals and details, visit pesi.com/webcast/85116

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, for 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.

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

This program is Approved by the National Association of Social Workers (Approval # 886759332-5364) for 6.0 Social Work continuing education contact hours.

Case Managers: This course has been submitted to the Commission for Case Manager Certification for approval. Full attendance is required.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

For all credit approvals and details, visit: **www.pesi.com/webcast/85116**

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/85116

Live Interactive Webinar *(Option 1)*

June 18, 2021 PWZ85115
$219.99 tuition
8am Eastern time
Live Webinar Experience:
- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar
**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar *(Option 2)*

$219.99 POS055285
Digital Seminar Experience:
- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

DVD *(Option 3)*

$219.99 RNV055285
DVD Experience:
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Feeling Great
The Revolutionary New Treatment for Depression and Anxiety
David D. Burns, M.D
~~$26.99~~ **$19.99***
PUB086345



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***
PUB086470

* Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-844-8260
Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS
We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS
Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING
Taxes and shipping apply where applicable, see website for details

©2021