Outline

Understand the Key Brain Regions and Chemicals Involved
Prefrontal cortex, limbic system, striatum
Neurotransmitters: serotonin, dopamine, norepinephrine, oxytocin, etc.
How it all fits together

Key Principles From Proven Cognitive-Behavioral Interventions
Behavioral Activation Therapy (BAT)
Acceptance and Commitment Therapy (ACT)
Mindfulness-Based Cognitive Therapy (MBCT)

Utilize the Benefits of Exercise
Benefits on serotonin and dopamine systems, as well as stress reductions
Intensity and frequency of exercise required
How simply being outdoors can help

Minding the Amygdala: Mindful Awareness of Emotions
Labeling feelings
Making the most of ACT to reduce stress

Set Goals, Make Decisions, and Top-Down Regulation of Brain Activity
The impact of goal-setting on lower-level processing
Choice, decisions and happiness
The importance of intention and voluntary choices
Simple strategies for applying BAT

Low-Tech Biofeedback
The mind-body connection, meditation and MBCT
Understanding heart-rate variability
The power of breathing
How postural changes, muscle tension and facial expressions can affect mood

How the Brain Encodes Habits and How to Change Them
The distinction between impulses and routines
Cognitive and emotional habits
The relationship between habits and stress
Cognitive-behavioral approaches to changing habits

Social Solutions
The impact of social support on the brain's stress response
The power of physical touch
Why social interactions are rewarding
How social support can improve the efficacy of medication

The Power of Gratitude
The impact of gratitude on key neural circuits
Operationalize gratitude to implement it in daily life

Make the Most of Sleep
How sleep affects mood
Key changes in sleep hygiene that improve sleep quality

The Limitations of Neuroscientific Research
fMRI imaging
Things to consider regarding animal studies
Simple explanations for complicated processes

Live Webinar Schedule
(Times listed in Central)

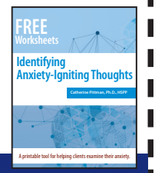
8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

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.

Objectives

1. Analyze findings from neuroscientific research exploring the connection between key brain regions, neurotransmitters, and mental health.
2. Analyze how understanding neurobiological processes can help clinicians establish realistic goals with clients and engage them in therapy.
3. Analyze the role of the amygdala in stress and anxiety and communicate how labeling feelings and mindful awareness of emotions can be used to manage symptoms.
4. Determine how habits relate to stress and connect this information to cognitive behavioral approaches that intervene in habit loops and reduce stress related symptoms.
5. Use neuroscience informed explanations of mental health disorders in discussions with clients to shift how they feel about their pathology.
6. Assess the latest scientific research on gratitude and characterize the potential benefits and research limitations found in these studies.

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Evidence-Based Neuroscience Approaches for Treating Anxiety, Depression and Related-Disorders

Featuring Neuroscience expert and author
Dr. Alex Korb



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Daniel J. Siegel, MD
Executive director of the Mindsight Institute and author of *The Mindful Brain*

- Apply the latest neuroscience research to improve treatment outcomes
- Connect evidence-based therapies for mood disorders like ACT, MBCT and BAT to complex biology and scientific research
- Discover how simple interventions modulate the activity and chemistry of key brain regions
- Learn how to teach clients about their brain

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The Upward Spiral

Evidence-Based Neuroscience Approaches for Treating Anxiety, Depression and Related-Disorders

Early in my career, I recognized a disconnect between neuroscience research and popular treatment strategies. While depression and anxiety are clearly rooted in altered brain function, most clinicians were not taught about specific neural circuits and neurotransmitters that contribute to these disorders. As a result, treatment plans for mood and anxiety disorders were often incomplete – many solutions uncovered by research were overlooked and strategies relied heavily on medication without any changes in a client's action, activity and environment. There had to be a better way to treat these clients and improve outcomes!

Today, I know that using proven cognitive-behavioral interventions like Acceptance and Commitment Therapy (ACT), Mindfulness-Based Cognitive Therapy (MBCT), and Behavioral Activation Therapy (BAT) in conjunction with exercise, social support and positive habits yields powerful therapeutic effects. Expanding your understanding of the connection between biology and mental health provides you with a pragmatic and holistic lens through which you can view your clients and accommodate their different challenges. And, when your clients understand that what feels "wrong" is actually the activity and chemistry of particular brain circuits, it improves treatment buy-in and compliance.

Join me for this must attend conference and I will show you how:

- The biology of stress, anxiety and depression informs cognitive therapies like ACT, MBCT, and BAT
- Information provided by neuroscientific research can improve treatment outcomes
- Simple interventions modulate the activity and chemistry of key brain regions
- You can effectively teach clients about complicated brain structures and functions

Let me help you take your practice to the next level by connecting complicated research and neurobiological information to the work you do with clients each day.

Your satisfaction is guaranteed. Register today!

See you there,
Dr. Alex Korb

Target Audience:

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Meet Your Speaker

Alex Korb, Ph.D., is a neuroscientist, writer and coach. He has studied the brain for over 15 years and is the author of *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*. He received a BS in Neuroscience at Brown University, before earning a PhD in Neuroscience at UCLA. His dissertation focused on measuring electrical activity in the brain to better understand and treat depression. He is an adjunct assistant professor in the department of psychiatry at UCLA where his research focuses on neuroimaging and the development of a novel brain stimulation device. He has authored over a dozen peer-reviewed journal articles on the neuroscience of psychiatric disorders.

His popular blog on PsychologyToday.com has over a million views. He speaks around the country on neuroscience and has appeared on radio shows and podcasts worldwide. He has a wealth of experience in yoga and mindfulness, physical fitness, and even stand-up comedy.

Speaker Disclosure:
Financial: Alexander Korb is an adjunct assistant professor at UCLA. He receives a speaking honorarium from PESI, Inc.
Non-financial: Alexander Korb has no relevant non-financial relationship to disclose.

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Recommended Reading:



Feeling Great
The Revolutionary New Treatment for Depression and Anxiety
David D. Burns, M.D
~~$26.99~~ **$19.99***
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The Anxiety, Worry & Depression Workbook
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better
Jennifer L Abel, Ph.D.
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