

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

Live Seminar & Webcast Schedule

(Times listed in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**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.

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# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

King of Prussia, PA  
Monday, October 11, 2021

Live Interactive Webcast  
Monday, October 11, 2021

Cherry Hill, NJ  
Tuesday, October 12, 2021



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We Are Back! Join In Person or Online!

# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Featuring neuroscience and anxiety expert,  
**Janene M. Donarski, PhD, LP, LMSW**

- 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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Target Audience:

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



# Rewire the Anxious Brain

## Neuroscience-Informed Treatment of Anxiety, Panic and Worry

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


Dr. Donarski 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

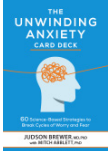
Register today for this transformational workshop and put the power of neuroplasticity to work for you and your anxious clients!

### Objectives

1. Ascertain 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. Communicate strategies for calming and training the amygdala in order to alleviate symptoms of anxiety.
5. Implement 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.



**Feeling Great**  
*The Revolutionary New Treatment for Depression and Anxiety*  
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**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Can’t attend in person? You can still join us!**  
**Watch live webcast from your home or office** – Participate live in real-time while connecting and collaborating with peers, ask the presenter questions, earn a live CE certificate, free bonus – replay on demand access for 90 days (live CE is only available when viewed live) **or Watch on-Demand** – learn at your own pace, lifetime access online to content and materials, earn a self-study certificate (CE hours, approvals and cost of CE Certificates may vary from live event, visit [pesi.com](http://pesi.com) for availability).

**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 **Cyndi Cathey** at [ccathey@pesi.com](mailto:ccathey@pesi.com) or call **715-855-5253**.

### Meet Your Speaker

**Janene M. Donarski, PhD, LP, LMSW**, 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®. Dr. Donarski is also experienced in working with victims of violence, foster care/adoption issues, sexual issues, as well as those who are seeking sex offender treatment. She often works with attorneys as a forensic psychologist/expert witness for legal cases involving custody, guardianship, social security benefits, and criminal cases. Dr. Donarski has spoken on a variety of mental health issues, including somatic ailments, behavioral disorders and mental health concerns in the geriatric population.

**Speaker Disclosures:**  
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.

### Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

**Addition Counselors:** 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.

**Pennsylvania Addition Counselors:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/85739](http://www.pesi.com/events/detail/85739). \*\*No PA ADD available for programs held outside of PA\*\*

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**New Jersey Counselors:** CE credit is available. This course consists of 6.0 contact hours of continuing education for New Jersey Counselors. The New Jersey Professional Counselor Examiners Committee (pursuant to N.J.S.A. 13:34-15.4) confirms acceptance of continuing education programs relevant to counseling that are approved by the National Association of Alcoholism and Drug Abuse Counselors (NAADAC). 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.

**Pennsylvania Counselors:** CE credit is available. This course consists of 6.25 continuing education clock hours for Pennsylvania Counselors. The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors confirms under 49 Pa. Code § 49.36 that CE providers approved by the ACE Program of the Association of Social Work Boards meet the Board standards and qualify as approved providers. PESI, Inc. is an approved provider. Please see social work approvals for this program.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Pennsylvania Marriage & Family Therapists:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** 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. Partial contact hours will be awarded for partial attendance.

**Occupational Therapists & Occupational Therapy Assistants:** 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 CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

#### Psychologists & Physicians: Physicians


PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

#### Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**New Jersey Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for New Jersey Psychologists. The New Jersey Administrative Code, Title 13 Law and Public Safety, Chapter 42, Board of Psychological Examiners, Section 13:42-10.21 Continuing Education Programs, confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Pennsylvania Psychologists:** CE credit is available. This course consists of 6.0 continuing education credit hours for Pennsylvania Psychologist. The Pennsylvania Board of Psychology, 41.59(d)(3) confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 6.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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**Speech-Language Pathologists:** 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.

**Social Workers:** 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 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.

**Social Workers (NASW):** This activity is pending approval from the National Association of Social Workers.

**New Jersey Social Workers:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/85739](http://www.pesi.com/events/detail/85739).

**Pennsylvania Social Workers:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

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(make copy for your records)

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Recommended Reading

☐ **\$26.99 \$19.99\*\* Feeling Great** book PUB086345

☐ **\$19.99 \$14.99\*\* The Unwinding Anxiety Card Deck** PUB087010

\*\*Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

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As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

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

**SAME DAY REGISTRATION**  
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