

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.

FREE BONUS OFFER!

Easy-to-Use Anxiety Assessment Tools

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

Get yours today at [pesi.com/anxietyws](http://pesi.com/anxietyws)

Group Training Solutions Made Easy!

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

[www.pesi.com/inhouse](http://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

Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

LIVE Interactive Webinar  
Friday, January 14, 2022

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



REGISTER NOW:  
[pesi.com/webcast/86381](http://pesi.com/webcast/86381)

Join us online for this live training!

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

Live Interactive Webinar  
Friday, January 14, 2022

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



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:  
[pesi.com/webcast/86381](http://pesi.com/webcast/86381)

# 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 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:**

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

**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](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

**PESI Offers Group Discounts!**  
To save on groups of 5 or more, contact us at [www.pesi.com/info](http://www.pesi.com/info)!

**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).

**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

**Catherine M. Pittman, Ph.D., HSPP**, has a background in cognitive behavioral therapy, neuropsychology, fear-conditioning research, and treated anxiety-based disorders in clinical practice for over 25 years. Her 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.

Dr. Pittman is the author of the popular book *Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry* (New Harbinger Publications). Her new book, *Taming Your Amygdala*, will be published in Spring 2022 (PESI Publishing & Media). Dr. Pittman is a professor of Psychology at Saint Mary's College, Notre Dame, IN. 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, and Physicians.**


For specific credit approvals and details, visit [pesi.com/webcast/86381](http://pesi.com/webcast/86381)


**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.


 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.


 PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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.

 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 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 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.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 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/86381](http://www.pesi.com/webcast/86381)

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/86381](http://pesi.com/webcast/86381)**

## Live Interactive Webinar (Option 1)

**January 14, 2022** PWZ86380

**\$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](http://pesi.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

**\$219.99** POS051415

**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](http://www.pesi.com) or call 800-726-3888 to check for availability.

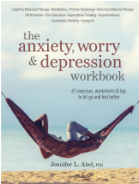
## DVD (Option 3)

**\$219.99** RNV051415

**DVD Experience:**

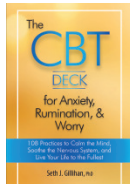
- Self-study CE certificate available  
CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing

## Recommended Reading:



**The Anxiety, Worry & Depression Workbook**  
*65 Exercises, Worksheets & Tips to Improve Mood and Feel Better*  
Jennifer L. Abel, Ph.D.

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



**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\***

*\* Discount Included with purchase of the Webinar*

## OTHER WAYS TO REGISTER

**Phone: 800-726-3888**

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](http://www.pesi.com/form) or call 800-726-3888

## ADA NEEDS

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

## QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)

## TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

