

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.

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

By Neuroscience Expert - Sherrie All, PhD

LIVE Interactive Webinar Tuesday, June 14, 2022

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

By Neuroscience Expert
Sherrie All, PhD

- 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

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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.



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Meet Your Speaker

Sherrie All, PhD, 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 Chicago Center for Cognitive Wellness. She received royalties as a published author. Sherrie All receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.
Non-Financial: Sherrie All is a member of the American Psychological Association.


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For specific credit approvals and details, visit pesi.com/webcast/87218

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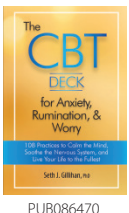
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