

Outline

Tour through the Brain: Understand Neuro-Physiology to Help Your Clients

See and understand key brain structures and their function

Work top down/ bottom up/ horizontally to help target interventions to clients' specific needs

Work with implicit and explicit memories to rewrite internal narratives and treat trauma

Learn how to rebalance key pathways with your interventions:

- Pain Pathway
- Reward Pathway
- Fear-Stress Pathway including Polyvagal Theory

Understand the physiological components of "Neuroception"

Turning on the social engagement system for co-regulation

The Social Brain – How Therapy and Relationships Regulate Stress

Understand elements of the social engagement system & use it to build rapport and heal attachment

Help clients understand how emotions are contagious

Activate mirror neuron systems for connection

Help clients build stronger self-regulation

Neuroplasticity and Neurogenesis

Neuroplasticity in all its forms – beyond neurogenesis

How to foster neuroplasticity in clients

Discover the conditions for ideal neuroplasticity

Neuroplasticity in action: Exercise your brain!

Actively engage brain structures for lasting change

Default Mode (DMN) and Task Mode Networks (TMN)

Long term potentiation (aka neuroplasticity at the synapse)

Practice the Interventions for Healing: Bottom-up, Top-down, and Horizontal

Increase comfort and experience in integrating these interventions into your clinical practice:

- Sensory awareness
- Meditation and mindfulness
- Body work
- Unconscious and the DMN
- Experience and activate the direct mind-body link

Integrate the Brain into Treatments Trauma

How stress alters the nervous system

Explore techniques to calm the stress/fear pathway

Develop security through self-soothing methods

Foster confidence with yoga body positioning

Reconsolidate implicit and explicit memories

Anxiety

Distinguish top-down anxiety from bottom-up anxiety

Implement treatments to effectively match the source of a client's anxiety

Treat worry and GAD effectively through worry exposure and planning

Calm the limbic system bottom up with movement

Develop alert/relaxed attention for better coping

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

Address habits that maintain addictions and lead to relapse

Detach from pleasure and pain

Develop prefrontal connections for better judgment

Depression

Depressed brain patterns

Practice the 4-step method to overcome negative self-suggestions

Foster joyful relationship through mirror neurons

Develop compassion and gratitude

Activate an under-activated nervous system with yoga postures and energy meditations

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

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on  therapist.com today!

Register for FREE when you go to: **therapist.com/free**



**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

NEW BRAIN SCIENCE FOR
TRAUMA, ANXIETY, DEPRESSION AND
SUBSTANCE ABUSE

By Neuroscience Expert - Sherrie All, PhD

LIVE Interactive Webinar Thursday, August 11, 2022

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



REGISTER NOW:
pesi.com/webcast/87413

Join us online for this live training!

NEUROSCIENCE FOR CLINICIANS

NEW BRAIN SCIENCE FOR
TRAUMA, ANXIETY, DEPRESSION AND
SUBSTANCE ABUSE



Featuring
Sherrie All, PhD,
Author, Neuro-rehabilitation Psychologist,
and Neuroscience Expert

Includes new and updated content!

- Activate the brain for lasting change and wellbeing
- Learn how therapists have been changing brains all along
- From neurons to structures to pathways to networks – how common psychological disorders alter them

Live Interactive Webinar Thursday, August 11, 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/87413

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. But talking to your clients about their brain and what's happening inside it is often difficult or overwhelming.

Learning how to not only communicate with clients about the brain but what specifically is going on inside of theirs has immense value in improving interventions and client compliance. Making neuroscience a must have in every clinician's toolbox when looking for creating lasting change.

In this workshop you will participate in enjoyable learning experiences that provide you with the clear principles and background you need for utilizing neuroscience in your work. You will learn:

- Ways to talk with your client about what's going on in their brain
- How to refine interventions and learn new ones through brain science
- The ways that therapy and relationships help regulate stress
- How and where neuroplasticity occurs, and ways to use it therapeutically
- Strategies for using CBT, DBT, mindfulness, and Polyvagal Theory to overcome resistance, activate creative responses, and turn problems into potentials
- Ways to add new dimensions to each therapy session and initiate lasting change using top-down, bottom-up, and horizontal methods

Easily and confidently incorporate these effective neuroscience techniques and tools into your very next treatment session!

Objectives

1. Communicate how an understanding of neuroscientific research and neurological processes can help mental health professionals improve clinical outcomes.
2. Determine the interrelationship of depression and anxiety and communicate how this information can be used in relation to treatment planning.
3. Employ psychoeducation techniques that improve engagement in therapy by making neuroscience and neurobiology understandable for clients.
4. 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.
5. Evaluate the relationship between memory malleability and trauma and communicate how this information can be utilized therapeutically to help clients cope with traumatic memories.
6. 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 800-726-3888 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!

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 **Spencer Jahnke** at sjahnke@pesi.com or call **715-855-8206**.

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 PhD 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 receives 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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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, and Physicians.**

For specific credit approvals and details, visit www.pesi.com/webcast/87413

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, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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.

This activity is pending approval from the National Association of 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.

Self-study credit: To check availability for your profession, go to 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.

Earn up to
6.25 CE
Hours for one
low price!

For all credit approvals and details, visit: www.pesi.com/webcast/87413

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/87413

Live Interactive Webinar (Option 1)

August 11, 2022 [PWZ87412]

\$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 [POS058849]

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 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 [RNV058849]

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 800-726-3888 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***



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.

~~\$22.99~~ **\$17.99***

**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 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 or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

