

# 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

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# NEUROSCIENCE FOR CLINICIANS

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

By Neuroscience Expert - Sherrie All, PhD

**LIVE Interactive Webinar**  
**Thursday, July 27, 2023**

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# NEUROSCIENCE FOR CLINICIANS

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



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

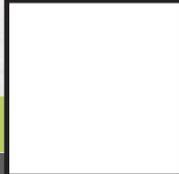
**Includes new and updated content!**

- 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**  
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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. 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.



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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 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: **Addiction Counselors, Counselors, Marriage and Family Therapists, Nurses, Physicians, Psychologists, and Social Workers.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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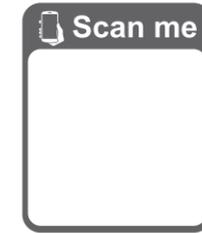
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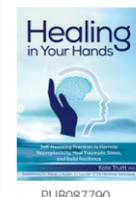
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