

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

Combating 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

Moving 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. 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.

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Columbus, GA
Wednesday, July 10, 2019

Marietta, GA
Thursday, July 11, 2019

Atlanta, GA
Friday, July 12, 2019

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

- 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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Details Inside

Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Join Dr. Heidi Schreiber-Pan and learn her keys for successful anxiety treatment. Dr. Schreiber-Pan integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Heidi's approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients. Dr. Schreiber-Pan will give you 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 workshop and put the power of neuroplasticity to work for you and your anxious clients!

Speaker

Heidi Schreiber-Pan, Ph.D., LCPC, NCC, is a successful psychotherapist, author, clinical director and sought-after nationwide speaker on topics of resilience, anxiety, neuroscience, and occupational burnout. As an affiliate and former faculty member of Loyola University, Maryland, her past research has focused on resiliency and psychological well-being, including nature-based mental health.

Dr. Schreiber-Pan has worked with various organizations, schools and corporations to reduce stress on a communal level and to increase structural well-being through training in positive psychology as well as emotional intelligence coaching.

Dr. Schreiber-Pan has developed unique continuing education courses that combine established clinical methods such as CBT with innovative treatment approached including nature-based psychotherapy and neuro-counseling. She is the author of *Taming the Anxious Mind: A guidebook to relieve stress and anxiety*.

Speaker Disclosures:

Financial: Heidi Schreiber-Pan is in private practice. She receives a consulting fee from Loyola University. Dr. Schreiber-Pan receives a speaking honorarium from PESI, Inc.

Non-financial: Heidi Schreiber-Pan is a member of the Association for Counselor Education and Supervision; the American Counseling Association; and Maryland Association for Counseling and Development.

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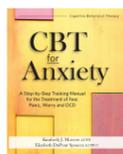
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Live Seminar Schedule

- 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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CBT for Anxiety

A Step-By-Step Training Manual for the Treatment of Fear, Panic, Worry and OCD

By Kimberly Morrow, LCSW and Elizabeth Dupont Spencer, M.S.W., LCSW-C

Concise, clear and practical, this workbook will provide immediate tools to motivate, encourage and effectively treat even your most anxious clients. A key highlight of the book are guided opportunities to work through treatment obstacles to enhance your clinical skills. Dozens of reproducible worksheets, exercises and handouts.



Melt Worry and Relax Card Deck

56 CBT & Mindfulness Strategies to Release Anxiety

By Jennifer L. Abel, Ph.D.

Do you worry too much? Feel anxious, stressed, or tired? This deck provides you with 56 useful and effective anti-anxiety strategies to help you relax. Based in cognitive therapy, mindfulness, relaxation and behavioral therapy, each card will help you melt worry and anxiety quickly and easily.



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Questions?
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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" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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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 profession's standards.

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