

## 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

### 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

### 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.

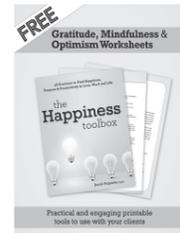
A more detailed schedule is available upon request.

Questions? Visit [pesi.com/faq](http://pesi.com/faq) or e-mail us at [info@pesi.com](mailto:info@pesi.com)

**Seminar on CD or DVD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal.

**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 Val Whitehead at [vwhitehead@pesi.com](mailto:vwhitehead@pesi.com) or call 715-855-8166.

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# Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

**Roanoke, VA**  
Monday, October 28, 2019

**Richmond, VA**  
Tuesday, October 29, 2019

**Norfolk, VA**  
Wednesday, October 30, 2019

# 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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# Rewire the Anxious Brain

## Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Join Hannah Smith, MA, LMHC, CGP, licensed psychologist, and learn her keys for successful anxiety treatment. Hannah Smith integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Her approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients. Hannah Smith 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, straightforward 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!

### 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.

### Speaker

**Hannah Smith, MA, LMHC, CGP** is the founder of Potential Finders and is the group therapy program coordinator in a top partial-hospital rehabilitation treatment center in the Seattle area. She holds Masters degrees in both special education and counseling psychology and has nearly 20 years of experience both in the US and abroad. Her educational work has been with disorders of cognition and communication, where the role of the brain in learning and memory were primary areas of focus. Clinically, her practice is primarily devoted to the treatment of people recovering from trauma and anxiety disorders. Her experience, both personally and professionally, has allowed her to develop an expertise in incorporating neuroscience into therapeutic interventions in innovative ways. Hannah guest lectures in academic and clinical settings on a variety of topics related to neuroscience and the treatment of anxiety, trauma, and emotion regulation. She is an engaging presenter whose passion is to educate clinicians on practical, whole-person approaches and applications in therapy.

#### Speaker Disclosures:

Financial: Hannah Smith is the clinical supervisor at The Center; A Place of Hope. She receives a speaking honorarium from PESI, Inc.

Non-financial: Hannah Smith has no relevant non-financial relationship to disclose.

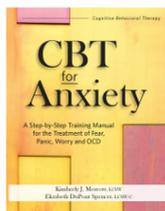


PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

**Target Audience:** Social Workers • Psychologists • Counselors • Teachers • Occupational Therapists • Marriage and Family Therapists • Case Managers • Addiction Counselors • Therapists • Nurses • Speech-Language Pathologists • Other Mental Health Professionals

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

### SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

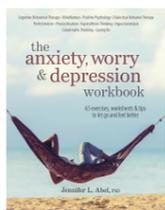


#### CBT for Anxiety

*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.



#### The Anxiety, Worry & Depression Workbook

*65 Exercises, Worksheets & Tips to Improve Mood and Feel Better*

By Jennifer L Abel, Ph.D.

Jennifer Abel, PhD, has compiled an **interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises and scripts** for you to start changing your habits, and start changing your life.



**BECOME CERTIFIED!**

This course counts toward the educational hours required for certification or Recertification as a Certified Clinical Anxiety Treatment Professional (CCATP).

Visit [icatp.com](http://icatp.com) for the full certification requirements.

### Live Seminar Continuing Education Credit Information

*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.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*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.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Addiction Counselors:** 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.

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**North Carolina Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Virginia Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Occupational Therapists & Occupational Therapy Assistants:** 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.

**Psychologists:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychology boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

**North Carolina Psychologists:** This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 380 minutes of continuing education instruction.

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



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.

**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

**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, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice 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.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

## REGISTRATION FORM

### REWIRE THE ANXIOUS BRAIN: NEUROSCIENCE-INFORMED TREATMENT OF ANXIETY, PANIC AND WORRY

**SAVE TIME! Express Register Online: [pesi.com/express/73952](http://pesi.com/express/73952)**

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\*Required for event updates

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**NORFOLK, VA • October 30, 2019** (73952NOR)  
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**3 Select Tuition**

**TUITION** including seminar manual

- \$219.99** – choose one of the options below:  
 per person for 2 or more preregistering together —OR—  
 single registration postmarked 3 weeks prior to seminar date  
 **\$249.99** standard

**ADD-ON PRODUCTS** — Save on Shipping! — Products Distributed at Seminar

- \$24.99\*** CBT for Anxiety book (PUB085465)  
 **\$29.99\*** The Anxiety, Worry & Depression Workbook (PUB085375)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

**4 Select Payment Method**

All registrations must be prepaid.

- Check enclosed payable to PESI, Inc.  
 Purchase order enclosed (Fed ID # 26-3896894)  
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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

#### SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

#### TUITION OPTIONS

*Advance registration required. Cannot be combined with other discounts.*

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) for details.

#### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or e-mail us at [info@pesi.com](mailto:info@pesi.com)

#### OTHER WAYS TO REGISTER

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