

## 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.

### Move 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

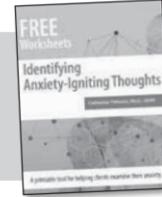
1. Ascertain the underlying neurological processes that impact anxious symptoms for clients.
2. Develop client engagement in treatment using personalized goals and attending to the therapeutic relationship.
3. Evaluate the differences between amygdala-based and cortex-based anxiety symptoms and identify 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.

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

## FREE Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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# Rewire the Anxious Brain

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

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Tuesday, February 12, 2019

**Shreveport, LA**

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# Rewire the Anxious Brain

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

Featuring neuroscience and anxiety expert,  
**Marwa Azab, Ph.D.**

- 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 neuroscience and anxiety expert, Marwa Azab, Ph.D., and learn her keys for successful anxiety treatment. Dr. Azab integrates brain-based strategies for calming the anxious mind with client communication techniques that motivate change in your clients. Marwa's approach promotes adherence to treatment and strengthens the therapeutic alliance - which is essential when working with anxious, worried, traumatized, or obsessive clients.

Dr. Azab will give you proven 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 transformational workshop and put the power of neuroplasticity to work for you and your anxious clients!

### Speaker

**Marwa Azab, Ph.D.**, teaches for the Psychology and Human Development departments at Cal State University, Long Beach, (CSULB). She has also taught for the Biology department at University of California, Irvine (UCI). Marwa studied psychology for many years and completed a masters in Counseling. She has facilitated many groups such as anger management, stress management, interpersonal communication and many others for patients suffering from a variety of mental disorders. After many years of addressing human behaviors from a psychological perspective, she realized that there were blind spots that needed to be satiated from complementary fields. Thus, she completed a PhD. in Biological Sciences with emphasis on Neuroscience. Marwa started life coaching utilizing an interdisciplinary approach that intersects psychology, biology and genetics.

Marwa is a sought after international public speaker who is invited to speak on a variety of interdisciplinary topics, including three TEDx talks. She recently published her first book titled, "Anxiety Disorders: New Science on Mind-Body Connections and Healing" and blogs for Psychology Today, her blog is called "Neuroscience in Everyday Life". You can connect with her on her Facebook page: [www.facebook.com/DrMarwaAzab](http://www.facebook.com/DrMarwaAzab).

#### Speaker Disclosures:

Financial: Marwa Azab has an employment relationship with Cal State University, Long Beach. She receives a speaking honorarium from PESI, Inc.

Non-financial: Marwa Azab writes a blog for Psychology Today called "Neuroscience in Everyday 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 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.

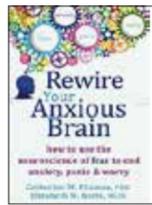


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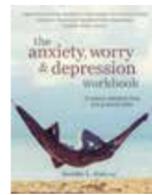


#### Rewire Your Anxious Brain

How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry

By Catherine Pittman, Ph.D., HSPP & Elizabeth M. Karle, MLIS

Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence-based solution to overcoming anxiety based in cutting-edge neuroscience and research.



#### 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.

**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.



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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 [cespesi@pesi.com](mailto:cespesi@pesi.com) or 800-844-8260 before the event.

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**LOUISIANA COUNSELORS:** This course has been submitted to the Louisiana Counseling Association for review.

**TEXAS COUNSELORS:** PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Professional Counselors. Provider #: 2477. This course qualifies for 6.0 continuing education credits.

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**LOUISIANA MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Louisiana Association for Marriage and Family Therapy for review.

**TEXAS MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. has been approved as a continuing education sponsor through the Texas State Board of Examiners of Marriage and Family Therapists. Provider #: 503. This course qualifies for 6.0 continuing education credits.

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**FLORIDA BOARD OF PSYCHOLOGY:** PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number BAP #77. This course qualifies for 6.3 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.



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**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**LOUISIANA SOCIAL WORKERS:** This program was approved for 6.25 (Clinical) contact hours of continuing education credit by the National Association of Social Workers, Louisiana Chapter as authorized by the Louisiana State Board of Social Work Examiners.

**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.

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