

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 ▪ Speech-Language Pathologists ▪ Therapists ▪ Nurses ▪ Occupational Therapists  
Other Mental Health Professionals

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Birmingham, AL

Wednesday

February 12, 2020

Montgomery, AL

Thursday

February 13, 2020

Mobile, AL

Friday

February 14, 2020

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Rewire the Anxious Brain

Neuroscience-Informed Treatment of Anxiety, Panic and Worry

Featuring neuroscience and anxiety expert,  
Janene M. Donarski, PhD, LP, LMSW

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

Dr. Donarski 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**

**Janene M. Donarski, PhD, LP, LMSW,** is a fully licensed clinical psychologist and licensed master social worker who works in counseling therapy as well as psychological testing for mental health issues. Dr. Donarski specializes in neuropsychological assessment of children, adolescents, adults and geriatric populations including head injury, organic issues, emotional and complex behavior disorders. Dr. Donarski works extensively with anxiety issues including panic, hypervigilance and PTSD. She trains others in techniques of relaxation, reduction of fear, and exposure therapies to reduce triggers and symptoms in daily life. She assists in testing within the academic areas including ADHD, learning disabilities and autism for IEPs and/or 504 plans/behavior plans. Dr. Donarski works with all populations in counseling/therapy, including individual, marital/couple, family, LGBTQ, and group counseling. She is a certified EMDR Level II counselor, as well as a certified hypnotherapist and practitioner for Neuro-Linguistic Programming and Time Line Therapy®. Dr. Donarski is also experienced in working with victims of violence, foster care/adoption issues, sexual issues, as well as those who are seeking sex offender treatment. She often works with attorneys as a forensic psychologist/expert witness for legal cases involving custody, guardianship, social security benefits, and criminal cases. Dr. Donarski has spoken on a variety of mental health issues, including somatic ailments, behavioral disorders and mental health concerns in the geriatric population.

Speaker Disclosures:

Financial: Janene Donarski has an employment relationship with Family Therapy & Development Centers, Inc. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janene Donarski is a member of the American Psychological Association; Michigan Psychological Association; and National Association of Social Workers.

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**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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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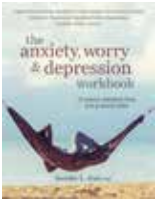


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56 CBT & Mindfulness Strategies to Release Anxiety

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.



### 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.

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

## 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.*

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**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.

**Florida Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 6.0 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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**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

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**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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#### ADA NEEDS

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