

Rewiring the Brain for Mental Health: Neuroscience-Based Techniques that Transform Depression, Anxiety, Trauma, and Addiction into Resilience

LEARNING OBJECTIVES

- Explain to clients the basic neuroscience of trauma and how this differs from both “normal” and “resilient” brain functioning.
- Summarize the most recent research in the area of neuroscience, and list the associated techniques that have been found to reduce symptoms of PTSD.
- Describe the link between trauma and emotion dysregulation and how to improve emotion regulation through the practice of specific mindfulness exercises.
- Demonstrate seven practical, easy-to-use techniques that promote trauma recovery and stronger, more resilient brains after trauma.
- Discuss why the best evidence-based trauma-focused therapies sometimes fail and how the techniques taught in this seminar can be used as an adjunct to improve treatment effectiveness.
- List three straightforward motivational interviewing techniques that can help clients adhere to a daily brain-boosting practice.
- Utilize multiple assessment tools to monitor symptoms and gauge readiness for trauma-focused approaches such as Prolonged Exposure, Cognitive Processing Therapy, or EMDR.

PROGRAM OUTLINES

The Neuroscience of Trauma, Emotion Regulation, and Resilience

- Neuroscience of “normal”
- Neuroscience of trauma and distress
- Emotion dysregulation: The enemy of resilience; a hallmark of PTSD
- Neuroscience of emotion regulation and dysregulation
- Positive neuroscience of resilience – better than “normal”
- Positive neuroscience, posttraumatic growth, and resilience

Build a Resilient Brain after Trauma

- Resilience through strengthened emotion regulation
- Mindfulness for trauma recovery and resilience
- The mindful brain
- It’s all connected: Emotion regulation, trauma symptoms, resilience, mindfulness associated with similar brain regions
- Neuroplasticity: Experiences can alter brain volume or functioning
- Intentional practices can promote a resilient brain

Seven Techniques for a Resilient, Self-Regulating, “Plastic” Brain

- Mindfulness techniques and the importance of specificity
- Breathing techniques
- Body-focus techniques

- 3 Meditation Techniques
- Research support
- Mindfulness interval training

Trauma Treatment You Can Use Tomorrow

- Complementary and adjunct approaches to trauma treatment
 - Evidence-informed, brain-based techniques that help clients recover
 - Improve compliance, promote completion of therapy
 - Help clients develop skills needed to persist in therapy
 - Improve therapy effectiveness
- Neuroscience/mindfulness techniques
 - Address several PTSD symptoms
 - Easy to integrate with Cognitive Processing Therapy, Prolonged Exposure, EMDR, others
- Importance of regular practice of mindfulness and arousal-reducing techniques
 - Long-term habit change and relapse prevention
 - 4 Motivational Interviewing techniques to improve practice
- Monitoring symptoms and progress
 - Assessment tools to monitor symptoms and gauge readiness
 - Build an individualized practice plan
 - Prepare for and overcome failure