The foundational role of memory

- Implicit memory—nonconscious memory systems
- Explicit memory—conscious memory systems

Anxiety Disorders reconceptualized

- Allostasis
- Allostatic load affect the brain and psychological functioning.
- Generalized Anxiety
- Panic

Obsessive Compulsive Disorders:

- Using the ORDER methodology
  - Observe (turning on the prefrontal cortex)
  - Remind (detach)
  - Do another more productive habit
  - Expose (to habituate)
  - Response prevention (strengthening the inhibitory pathways)
Brain-Based Therapeutic Approaches for: clients with PTSD with depression

- Simple and Complex PTSD
  - The varieties of traumatic responses
  - Intrusion, Avoidance & Arousal
- Integrating the Somatic-based therapies
  - EMDR
  - EFT
  - Somatic Experiencing
  - Sensory Motor Integration
  - the Orienting Response
  - the Reconsolidation of Memory