

Program

Brain Therapy: Planting SEEDS for a Healthy Brain and Better Mental Health

Presented by

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Learning Objectives

- Learn about brain architecture and the roles that different parts of the brain can play in both the creation and resolution of emotional distress.
- List Brain- based principles for working more effectively with mental disorders, addictions and stress.
- Understand the latest science on the long term impact of Adverse Childhood Experiences (ACEs) on the social and emotional brain and what can be done so that the epigenetic changes can switch back to promote better health.
- Learn which traditional therapeutic interventions are counter therapeutic from a brain based perspective and why.
- List ideas for client education that assist to frame problems and behaviours in a neuroscience context with the goal of increasing insight and increasing motivation for positive change.
- Identify five major components and radical lifestyle changes that will assist in:
 - Improving wellbeing
 - Mood stabilization
 - Reduced risk of cognitive decline and diminished rumination
 - Protecting the brain from rapid aging
 - Improving memory consolidation.

Program Outline

Practical Neuroscience: How to use new developments in neuroscience to improve client outcome and improve motivation:

- Neuroplasticity: How the brain is rewired
- Neurogenesis: How to grow new neurons
- Affect Asymmetry: The difference between the two hemispheres and changing mood
- The Default Mode Network: Our tendency to spend 30% of our waking ours someplace other than where we are
- Mindful Presence: How to be here now

Mood cognitive dampers:

- Alcohol: downregulating neurotransmitter systems
- Marijuana: dampening neurogenesis
- Fat cells: the destructive role of chronic inflammation

The SEEDS Factors:

The Social Factor: How to explain and use the social brain systems

- **Strong Social Support** is identified with greater longevity, positive mood and cognitive skills. The social brain networks are critical for affect regulation, the orbitofrontal cortex and amygdala.

The Exercise Factor: How to promote exercise as a treatment factor

- **Describing How Exercise Alters Brains:** It is the best antidepressant and antianxiety treatment. It is associated with the stimulation of brain-derived neurotrophic factor (BDNF), a growth factor that supports the rebirth of neurons, elevates mood and reduces anxiety.

The Education Factor: How to work with the memory systems and promote client learning

- **Explaining the Importance of Cognitive Reserve:** How evidence that lifelong learning enhances brain span, reduces risk of dementia, and increases longevity. On-going learning helps those suffering from depression and/or anxiety look ahead to possibilities and builds interest in life beyond their psychological problems.

The Diet Factor: Explaining the details of a balanced diet to promote brain health

- **Describing How Brain Structure and Neurotransmitter Reserve:** How these factors are dependent upon a balanced diet. Key amino acids are essential for synthesizing neurotransmitters needed for positive emotions, calm focused awareness and learning.

The Sleep Factor: Explaining how to get a good night sleep for brain health

- **Promoting good quality sleep:** how consolidates new memories and may help erase remove unessential memories; how dreams may contribute to memory-consolidation.