

Neuroscience and Effective Treatment of Anxiety Disorders

John B. Arden, PhD

Learning Objectives

- Describe the role that attachment plays in the development of affect regulation and recovery from trauma.
- Explain why the future of recovery necessitates a dynamic understanding of the brain and a shift away from the medical model.
- Describe the relationship between stress and mental health.
- Differentiate between implicit and explicit memory and their roles in therapy and recovery from PTSD.
- Describe how mindfulness meditation affects the brain and is used in the treatment of anxiety disorders, including PTSD, and depression.
- Explain how the fast and slow tracks to the amygdala play a role in anxiety disorders and therapy with people with anxiety disorders.

Outline

Introduction

- Psychotherapy research that are part of a sea change occurring in psychotherapy.
- New Developments in Neuroscience that informs and can be part of the dialogue in therapy. Learn how to communicate these finding to enhance therapeutic outcome
- Affect asymmetry—how depression and anxiety is processed in the brain
- Neuroplasticity—how to help clients rewire their brains
- Neurogenesis—how new neurons can develop into social brain networks—the capacity for or impairment of empathy
- The prefrontal cortex—the executive brain
- The fast and slow routes to the amygdala

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
 - **O**bserve (turning on the prefrontal cortex)
 - **R**emind (detach)
 - **D**o another more productive habit
 - **E**xpose (to habituate)
 - **R**esponse 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