

Mind-Brain-Gene Integration: Helping Your Client Hardwire Pathways Towards Better Mental Health and a Stress-Free Life

Presented by
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Learning Objectives

- Learn how to help clients change their brains, immune systems, and how their genes can be turned on or off.
- Help clients gain hope and motivation that their brains, bodies, DNA and minds are changeable.
- Learn that therapy integration moves us from the 20th Century's focus on parts of a person, the 21st Century's focus on the whole person instead of the clubs and franchises of the past to the discovery of common denominators based on research.

Program Outline

- Understand the relationship between health and mental health
 - Learn about the interaction between the immune system, genes, brain dynamics, and mental health
 - Understand how genes can be expressed or suppressed
 - Teach clients that genes are turned on or off
- Understand the pandemic facing Australia with obesity and autoimmune disorders
 - Help clients understand how to eradicate chronic inflammation that clouds their thinking and dampens their moods
- Learn new research and discoveries about how early adverse childhood experiences (ACEs) can effect long-term health
 - The greater the number of ACES the greater the risk of multiple health, mental health, and social problems.
- Learn how the stress systems can be turned on and turned off
- Learn how chronic and acute stress can dysregulate the immune system
 - Teach your clients how they can prevent chronic diseases by controlling their stress response
 - Teach clients about their stress and survival emergency response systems and the basic steps to turn them off
- Understand how the immune system is intricately connected to brain systems
- Understand how autoimmune disorders contribute to depression, anxiety, and cognitive problems
 - Teach clients how chronic inflammation can contribute to mood dysregulation and cognitive deficits