

AGENDA

Narrative Therapy: Spirituality, Neuroscience, and Narrative **Joan Borysenko, Ph.D.**

Note: All Times are Pacific Time

- 9:00-9:10 Welcome and Introduction
- 9:10- 10:30 **Neuroscience, Narrative, and Mental Health**
- Attachment style and core beliefs
 - How core beliefs (the heart of story) are wired into the brain
 - Developing a growth mindset to counter anxiety and depression created by self-destructive narratives
- 10:30-10:40 Morning Break
- 10:40-12:10 **Writing, Reflection, and Mindfulness Tools to Change Story, Mind and Body**
- Writing as narrative therapy
 - Introduction to self-directed neuroplasticity
 - Three mindfulness tools to change your brain and your story
- 12:10-12:50 Lunch Break
- 12:50-2:20 **Positive Psychology: Identifying and Growing Character Strengths**
- Introduction to positive psychology
 - Identifying the 24 character strengths
 - How to utilize native character strengths and develop new ones to build resilience
- 2:20-2:30 Afternoon Break
- 2:30-4:00 **The Human Story: The Role of Spirituality, Meaning, and Hope**
- Spirituality, meaning, and the wise self
 - The neuroscience of spirituality
 - Nostalgia (retrieval of positive memories) as a tool to increase hope, while decreasing physical and emotional pain