

AGENDA

Defeating the Anxious Mind with Neuroscience-Informed Treatment Janene M. Donarski, Ph.D.

Note: All Times are Pacific Time

9:00-9:10 Welcome and Introduction

9:10- 10:30 **Review the science behind neuroplasticity and the two neural pathways of anxiety**

- We know more about the causes and treatment of anxiety-based disorders than any other disorder
- Science gives neurological explanations for many symptoms and provides more evidence-based explanations for the development of anxiety disorders
- De-stigmatizing disorders
- Enhancing client engagement and personalized goals
- Focusing on changing the brain
- Definition of Neuroplasticity in everyday language
- Consolidation and Re-consolidation
- Two neural pathways to anxiety

10:30-10:40 Morning Break

10:40-12:10 **How do these two pathways influence each other and the Fight/Flight/Freeze response**

- Fight/Flight/Freeze response occurs before you can think
- Sympathetic vs Parasympathetic system
- The language of the amygdala
- Associations and pairing
- Identification of neuro-pathways

12:10-12:50 Lunch Break

12:50-2:20 **How to create specific neurocircuitry**

- Exposure therapy
- Activate to generate
- Rewiring the brain to create the brain you want
- Relationship of the cortex to the amygdala
- Management of the Cortex



2:20-2:30 Afternoon Break

2:30-4:00 **The goals for exposure therapy and effective interventions**

- Goals for exposure therapy
- Tips for treatment effectiveness
- Fighting anticipation and worry
- Interventions for effective anxiety reduction