

Applied Neuroscience

Dr John Arden (USA)

Recent advances in the neurosciences have increased our knowledge of how and why people change. This training will examine the use of brain-based interventions to enhance outcomes with a variety of client populations.

When a client is working on eliminating harmful thought patterns or behaviors, the therapeutic process can feel like a battle against their own brain. Many clients are unaware that there are multi-directional interactions between behavior, thoughts, emotions, the immune system, and the brain.

Brain-based therapy envisions the therapeutic process as a method to change the brain in order to change mood and behavior. It synthesizes neuroscience, memory research, developmental psychology, and evidence-based treatments into a hybrid therapeutic model. This model helps identify which elements of theoretical psychology are relevant and which may be counter-therapeutic. By bringing neuroscience into the treatment plan, practitioners can shift the client's perspective to a more collaborative mind-set, focused on the positive aspects of change and moving beyond the traditional theoretical school paradigm. John will discuss how practitioners can teach clients to work with their brain's innate processes to reinforce progress and achieve healthier, more positive outcomes.

Some of the key content John will cover includes

- Find common denominators among therapy traditions that are efficacious
- Discover therapeutic traditions that are counter therapeutic
- Learn healthy brain behaviors such as diet, sleep, exercise
- How you can explain to clients the issues and behaviors explored in therapy in brain-based terms and talk about real neurological structures that can help clients make positive changes

JOHN ARDEN Ph.D., is the Director of Training in Mental Health for Kaiser Permanente in Northern California. He oversees the training programs in 24 medical centres, where over 130 postdoctoral residents and interns are trained each year. His work incorporates what is currently known about the brain and its capacities, including neuroplasticity and neurogenesis, with psychotherapy research, mindfulness, nutritional neuroscience and social intelligence. John is an award winning author of 14 books (translated into 16 languages), including the recently released "*Brain2Brain- Enacting Client Change through the Persuasive Power of Neuroscience*" as well as *The Brain-Bible*, *Brain-Based Therapy for Adults*, and *Brain-Based Therapy for Children and Adolescents*. He has presented in 19 countries and 45 US States.

