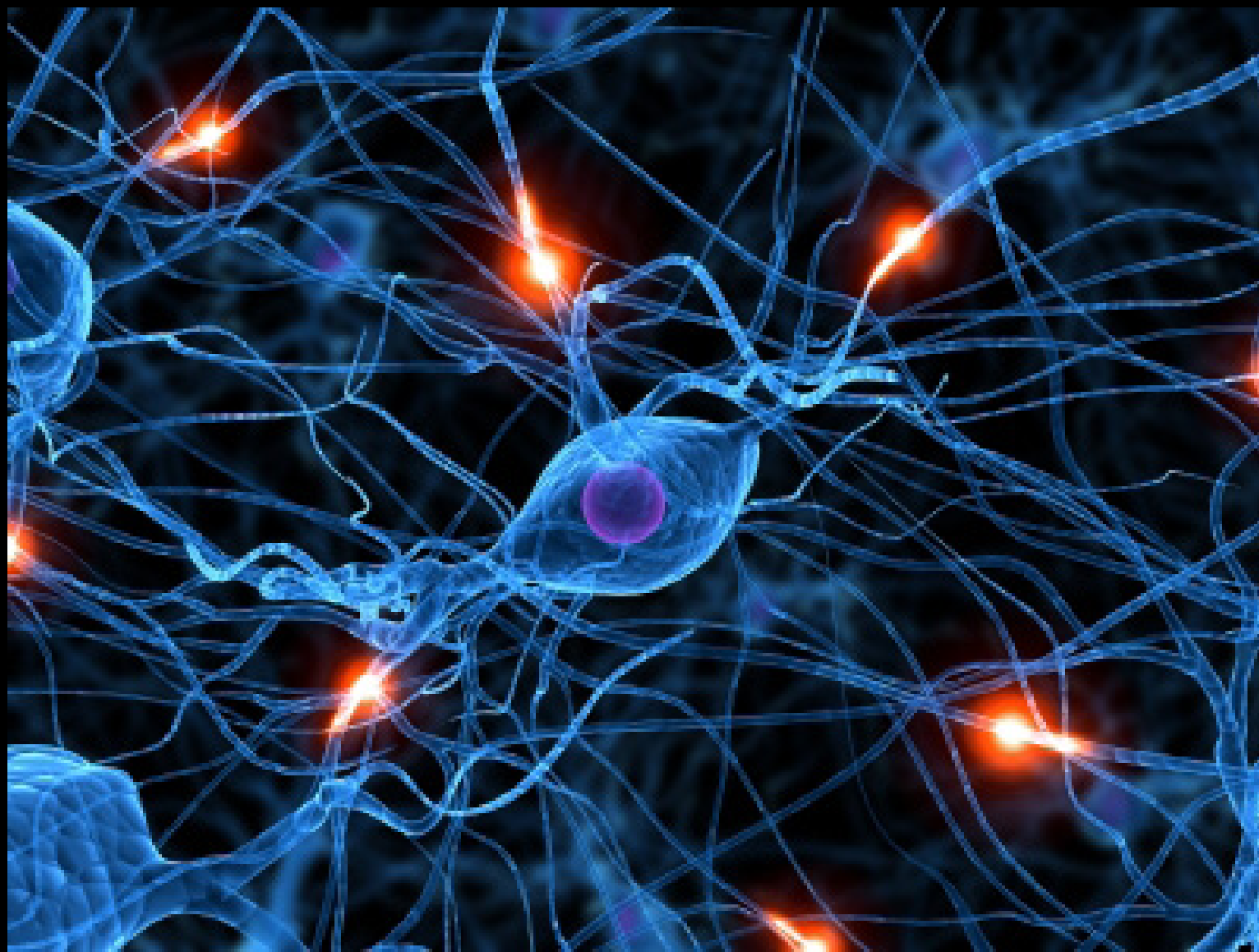


New Therapist presents

Brain-Based Therapy

A workshop with Dr John Arden



Recent advances in the neurosciences have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, and attachment theory into a hybrid therapeutic model. This model helps identify which elements of theoretical psychology are relevant and which may be counter-therapeutic.

About the workshop:

The workshop will cover the following terrain:

- Discuss the role of attachment in the development of affect regulation and hemisphere asymmetry
- Recognize how activity in the brain's right and left frontal lobes affects mood
- Explain how attachment styles and temperament influence later behaviour
- Describe the effects of chronic stress on memory
- Differentiate between implicit and explicit memory and their roles in therapy
- Discover how mindfulness meditation affects the brain
- Examine brain-based therapy approaches to treating anxiety, depression, trauma and attention deficit disorders
- Translate knowledge of the brain into client education and motivation strategies

When:

Saturday, July 28, 2012

Time:

08h00 to 16h00

Where:

Akeso Psychiatric Clinic, Pietermaritzburg (see attached map)

Cost:

R1,080 per person (payable before the workshop to ensure a place, see banking details below)

7 ethics CPD points will be awarded for attending this workshop

To confirm your attendance, please go to our online reservation form at <https://www.pulseaudit.com/ardenbooking.htm>

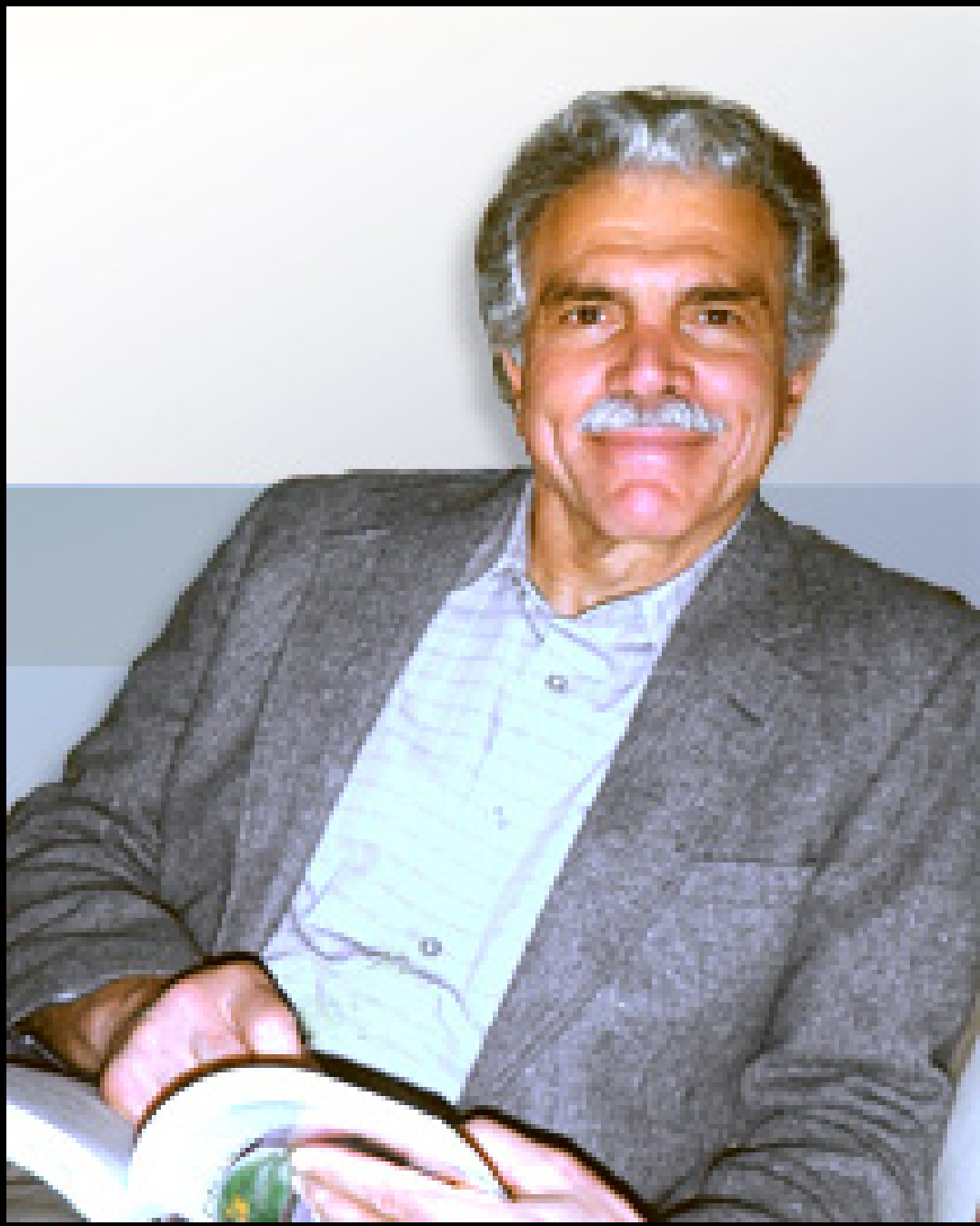
Banking details for New Therapist:

Bank: Standard Bank

Branch: Pietermaritzburg (code 057525)

Account type: Current/cheque account

Account number: 05 214 337 6



About the author

Dr. John Arden is the author/co-author of 12 books, including Brain-Based Therapy with Adults and Brain-Based Therapy with Children and Adolescents (with Lloyd Linford). He serves as Director of Training in Mental Health for Kaiser Permanente in the Northern California region in the USA and oversees the training programs in 24 medical centres where over 100 postdoctoral residents and interns are trained each year.

For further enquiries contact:

John Soderlund
Tel. 033 342 7644.
Email: datepalm@newtherapist.com

Map to Akeso



New Therapist CPD accreditation number: UP/SP/0002