

New Therapist presents

Brain-Based Therapy, with a special focus on trauma

With Dr John Arden

This two-day workshop will be presented at three different venues:

Johannesburg

When: 22-23, February, 2014

Time: 08h30 – 16h30

Where: Sunnyside Park Hotel, Johannesburg

Cape Town

When: 26-27, February, 2014

Time: 08h30 – 16h30

Where: Atlantic Imbizo Conference and Function Studio

Durban

When: 1-2, March, 2014

Time: 08h30-16h30

Where: Makaranga Lodge, Kloof

Dr John Arden begins this two-day workshop with an introduction to the core concepts and practices of Brain-Based Therapy. This ground-breaking model synthesises a range of proven therapeutic practices into a cohesive approach underpinned by the most recent neuropsychological understandings of how therapy works.

In the second day of the workshop, Dr Arden will focus these principles on their application in enhancing outcomes with victims of trauma. He will explore a new way of looking at the therapeutic process, enabling you to move beyond the traditional theoretical schools and into a more integrative, neurologically informed approach that incorporates the most effective brain-based approaches of the past century.

Brain-Based Therapy weaves together neuroscience, evidence-based treatment, psychotherapy research, and attachment theory into a powerful hybrid therapeutic model that can explain why it works. It envisions the therapeutic process as a method to change the brain to change mood and behaviour. The role that brain function plays in mood, memory and behaviour will be outlined, including the effect of diet and alcohol on the brain, and mental health over the life span. Special attention will be given to the neurodynamics of PTSD and the crucial role of memory. You will learn how to use Brain-Based Therapy to more effectively educate and treat clients with PTSD.

CPD Accreditation

12 CPD points will be awarded for attending this workshop.
New Therapist CPD accreditation number: UP0402.

Cost

Early-bird discounted rate (payment due by December 15, 2013): **R2,380**

Bookings made after December 15, 2013 and before February 14, 2014): **R2,780**

Registration guidelines

To register online, visit <http://www.newtherapist.com/conferences.html> and follow the link to our online shop.

To register for the workshop, complete and return the attached form to New Therapist at:

Email: conferences@newtherapist.com

Mail: 27 Kitchener Rd, Clarendon, Pietermaritzburg, 3201

Fax: (033) 342 7644

Who should attend?

Psychologists, especially those with an interest in neuropsychology; Psychiatrists; Social workers; Occupational therapists; Mental health counsellors; Primary care trauma counsellors

About the presenter



John Arden, Ph.D., has served since 1999 as the Director of Training for Mental Health for Kaiser Permanente, Northern California, USA. He has developed one of the largest mental health training programs in the USA and oversees more than 100 interns and postdoctoral psychology residents in 22 medical centres.

Dr. Arden's study of neuropsychology has inspired him to integrate neuroscience and psychotherapy, synthesising the biological and psychological into a new vision for psychotherapy: Brain-Based Therapy. 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.

Author of 12 books, his most recent publication, Rewire Your Brain, describes how the general audience can utilise the practices of Brain-Based Therapy. He is one of the lead authors of 2 volumes for the practitioner entitled Brain-Based Therapy: Adults and Brain-Based Therapy: Children and Adolescents.

Registration form <i>Kindly complete all fields marked with an asterisk *</i>	
Workshop venue: Johannesburg (Feb 22-23, 2014)	<i>Tick appropriate box</i> <input type="checkbox"/>
Cape Town (Feb 26-27, 2014)	<input type="checkbox"/>
Durban (March 1-2, 2014)	<input type="checkbox"/>
* Full name:	
* Email:	
* Mobile phone:	
HPCSA Registration Number (for inclusion on your CPD certificate):	
Payment method:	
<input type="checkbox"/> <i>Credit card</i> Card type:	Master <input type="checkbox"/> Visa <input type="checkbox"/>
Card number:	
Expiry date: (mm/yy)	
CVC (three digits on back of card):	
Signature:	
<input type="checkbox"/> <i>Cheque enclosed</i> (made out to New Therapist and sent to 27 Kitchener Rd, Clarendon, 3201, South Africa)	
<input type="checkbox"/> <i>PayPal</i> : Please send payment to datepalm@newtherapist.com and include full name as note to seller.	

The closing dates for registrations are final and non-negotiable. Registrations will not be confirmed until full payment is received. A receipt will be mailed to you once payment has been received. Please bring your receipt to the workshop for proof of registration. An administration fee of R500 applies to all cancellations made before 21/01/2014. Registration, once paid, cannot be cancelled after 21/01/2014, regardless of personal circumstances. Registration may be transferred to another delegate. One-day registrations are available at R1,800 per day. Please contact us by email at help@newtherapist.com to inquire about booking for a single day attendance.

DAY ONE The foundations of Brain-Based Therapy
SESSION 1 The sea change in mental healthcare practice <ul style="list-style-type: none"> • The demise of Pax Medica • Evidence-based practices and what clients say works
SESSION 2 New developments in neuroscience that inform and can be part of the dialogue in therapy <ul style="list-style-type: none"> • Affect asymmetry • Neuroplasticity • Neurogenesis • Social brain networks • The prefrontal cortex and the amygdala
SESSION 3 How healthy brains can be enhanced or destabilised by diet <ul style="list-style-type: none"> • Amino acids—precursors to neurotransmitters, essential fatty acids • Simple carbs—how glycation impairs the brain The role of alcohol and other drugs in creating symptoms of dysfunction <ul style="list-style-type: none"> • Alcohol: Understanding residual cognitive and mood effects • Marijuana: Factoring out memory and mood problems
SESSION 4 The developing brain through to old age <ul style="list-style-type: none"> • Temperament and attachment • Adolescence: The development of the prefrontal cortex • The middle years—enhanced affect regulation • The senior years—assessing and minimising deficits • The foundational role of memory • Implicit and explicit memory

DAY TWO – Brain-based therapy and the treatment of trauma
SESSION 1 How stress is reconceptualised <ul style="list-style-type: none"> • Allostasis • How allostatic load affects the brain and psychological functioning • Brain-based therapeutic approaches for panic and flashbacks • The fast and the slow track to the amygdala • Interceptive exposure
SESSION 2 Post Traumatic Stress Disorder <ul style="list-style-type: none"> • Pathophysiology • Dual processing theory
SESSION 3 Post Traumatic Stress Disorder (continued) <ul style="list-style-type: none"> • Simple and Complex PTSD Intrusion • Avoidance and arousal • EMDR • EFT • The orienting response • The reconsolidation of memory
SESSION 4 Brain-based therapeutic approaches for clients with PTSD with depression <ul style="list-style-type: none"> • The role of anxiety • Cytokines and “sickness behaviour” • The effort-driven reward system • The use of mindfulness