Neuroscience of the Mind-Body Unity
- Your responsive nervous system: Neuroplasticity and neurogenesis, and how to activate the brain for change
- Mind-body link: How the mind changes the body and the body changes the mind to transform
- Networks of interaction and influence: Mirror neurons and attachment
- How yoga breathing, mindfulness, and meditation bring balance and well-being to disregulated nervous system and a troubled mind

Mindfulness and Yoga as an Evidenced-Based Clinical Intervention:
- A Holistic, Mind/Body Approach
  - Unifying by intention: One with your true being in mind, body, and spirit
    - Top-down: Harness the healing power of thought
      - Bottom-up: Use the body and the breath to activate the vagus nerve for calm and balance
    - Horizontal: Cross modalities and hemispheres to work around defenses and elicit new potentials
    - Vertical: Unifying by intention: One with your true being in mind, body, and spirit

Find Courage from Anxiety, Fear, and Panic
- Turn from fearful anticipation of the future to the mindful present
- Quickly reduce heightened anxiety with moving meditations
- Breathing to reverse the fight, flight, freeze stress response
- Reset the nervous system to find a calm, confident balance

The Path from Depression
- Reconnect the disconnect between frontal and limbic areas in depression to stop unproductive ruminations
- Four-Step method to observe and detach from negative thoughts that elicit depression
- Develop non-judgmental awareness, breathing and body meditations to balance energy
- Leave the past by living in the present moment
- Mindful attuning to your radiant deeper nature
- Gratitude meditations to nurture a positive life

Rewire the Compromised Reward Pathway in Addiction
- Detach from drugs
- Go beyond pleasure and pain
- Soothe with comfort practices
- Detach from negative thoughts that elicit depression
- Mindful acceptance
- Develop a healthy and wise inner compass
- Find joy from life itself in the present moment
- Resonate with inner strength: Mantra
- Soothe with comfort practices
- Meditative breathing to develop self-regulation and inner control
- Create an internal safe sanctuary
- Elicit the brain’s natural capacity to heal through the mind-body link
- Nurture compassion for self and others

The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker, or have a new topic idea, please contact Jon Olstadt at jolstadt@pesi.com or call (715) 855-5215.
Yoga & Mindfulness Therapy

Yoga and mindfulness are based in the idea that you can cultivate a healthy, happy life by intention, using mind-body meditative methods. Recent neuroscience research confirms that these evidence-based practices measurably change the brain in ways that help overcome anxiety, depression, trauma, and substance abuse. Learn an integrative approach to mind, body, spirit healing using the natural, built-in capacity to think, sense, move, and feel in the present moment. Practice interventions with Robert B. Denton, Psy.D., and help your clients regulate their emotions, clarify their thinking, and lessen physical discomforts. Deepen the therapeutic relationship as you awaken your healing presence and empower yourself and your clients to make better choices. You will come away from the seminar with a clear understanding of the neuroscience behind these practices, a profound exposure for yourself, and new techniques and protocols for your therapy sessions to improve client outcomes.

OBJECTIVES

1. Demonstrate how to teach simple yoga and mindfulness practices as clinical skills.
2. Apply breathing intervention/practice to reduce anxiety and depression.
3. Explain how to practice body awareness to stabilize.
4. Explain how to practice clients to how calm and self-sooth.
5. Demonstrate the four step meditation for affirming thoughts and decreasing negative rumination.
6. Outline, in easy to understand terms, the role of the brain in healing from trauma, anxiety, depression, and substance abuse.

SPEAKER

Robert B. Denton, Psy.D., is the Director of Psychology at Ohio Guidestone, a non-profit mental health organization in Ohio, and also maintains a small private practice in Cleveland, Ohio. He received a master’s degree in Clinical Psychology (Psy.D.) from the School of Professional Psychology at Wright State University in Dayton, Ohio. Dr. Denton also received a Doctorate (Ph.D.) in Buddhist Clinical Psychology (Psy.D.) from Buddha Dharma University.

He is lead author of the chapter “Clinical Uses of Mindfulness” in Innovations in Practice and the third book of Mindfulness Practice in Clinical Practice, a primer of mindfulness-based treatment approaches.

In addition to his studies in psychology, he is a second degree black belt (Nidan) in Te-Shin Do Ninjutsu a and a Shodan (1st Degree) Black Belt in Bujinkan Budo Taisuju. He is a member of the Eastern Wisdom Traditions community, having traveled to a variety of training centers and monastic institutes around the United States and overseas.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Yoga & Mindfulness Therapy Workbook for Clinicians and Clients

By C. Alexander Simpkins, PH.D. & Annelen M Simpkins, PH.D.

Bringing together philosophy and science with hands-on exercises, journaling, and charts, this practical workbook is organized with tools to get started, clear instructions to guide you in the practices of yoga and mindfulness, and application of the practice for anxiety, stress, depression, trauma, and substance abuse.

The Dao of Neuroscience

By C. Alexander Simpkins, PH.D. & Annelen M Simpkins, PH.D.

Dao is an ancient Eastern method, a way or path for exploring or learning. From the Eastern perspective, everything has its Dao, or "way," even the brain. By weaing together this and other Eastern traditions (including Yoga, Buddhism, Zen) and Western science, new understandings previously not considered emerge. The Dao of Neuroscience is an insightful introduction to these traditions which sheds new light on the relationship between the mind and the brain.

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