

Brain Based Interventions

Practical Applications of the Latest Discoveries from Neuroscience

with Dr John Arden



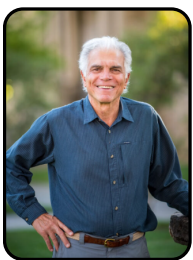
When people work on eliminating unhelpful thoughts and behaviour patterns from their life, the process can feel like a battle against their own brain. This is due to the multi-directional interactions which go on between their thoughts & emotions, negative past experiences, current behaviour, epigenetics, immune system, and the brain.

We have learnt more about the workings of the human brain in the last 15 years than at any other time in history and the most recent advances in brain research have increased our knowledge of how and why people change, often contradicting many long-held practices that helping professionals, therapists, and educationalists have viewed as best practice.

This training will explore a suite of brain-based interventions that create the potential to rewire specific pathways in the brain by synthesizing neuroscience, memory research, developmental psychology, and evidence-based interventions into a hybrid therapeutic model that can positively influence thinking, mood and behaviour.

Some of the key content areas John will discuss include:

- Working with the brain's processes to reinforce progress and achieve healthier, more positive outcomes regardless of age, gender or situation.
- Brain based principles for working more effectively with Anxiety, Depression, and trauma.
- How the two hemispheres of the brain process emotion differently and how to balance their activity. Rewiring the brain, taming the amygdala and creating new brain habits
- The latest science on the long- term impact of Adverse Childhood Experiences on the social and emotional parts of the brain and what can be done to undo the effects.
- Which traditional mainstream interventions are counter therapeutic from a brain-based perspective and why.
- Epigenetics, psychoneuroimmunology, nutritional neuroscience, and gut bacteria.
- Ideas for client education that assist to frame problems and behaviours in a neuroscience context with the goal of increasing insight and facilitating positive change.



John Arden Ph.D., is a Psychologist, author and international speaker. Previously he served as the Director of Training in Mental Health for Kaiser Permanente in Northern California where he developed one of the largest mental health training programs in the US. His current work incorporates the latest research about the capabilities of the brain and the body, with psychotherapy research, synthesising the biological with the psychological to create an integrated vision for contemporary best practice. John is an award-winning author and has written 16 books (translated into over 20 languages), including "Mind-Brain-Gene Toward the Integration of Psychotherapy", "Rewire Your Brain" and "Brain2Brain". He has presented in all US States and over 30 countries.

Tour Details:

📍 **Napier:** Monday 9th September 2024, Napier War Memorial Centre, 48 Marine Parade

Palmerston North: Tuesday 10th September 2024, Distinction Hotel, 175 Cuba Street

Wellington: Wednesday 11th September 2024, James Cook Hotel, 147 The Terrace

Nelson: Thursday 12th September 2024, Rutherford Hotel, 27 Nile Street

🕒 9.00am - 3.00pm

💰 \$295 (incl. GST). Price includes lunch, tea break catering and presentation notes Contact the Compass

📞 Seminars team on 06 7591647 or office@compass.ac.nz

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