Calming An Overactive Brain
A 6-Hour Seminar for Health Professionals

Schedule: Check in: 8:15-9 AM, program starts 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12:12-30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

Group Registrations: Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance. We anticipate that participants will have desks at most locations.

Transfers and Cancellations: Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a $15 administrative fee, an audio CD or DVD recording of the seminar made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

Customer Service: Call 888-202-2938 or 877-418-5474 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: We are a leading provider of programs on the brain and behavioral sciences. Our non-profit organization (tax i.d. 77-0026830) has provided cost-effective, informative and practical seminars by outstanding speakers since 1984.

Five Ways To Register

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2. Mail: PO Box 17, Haddonfield, NJ 08033
   (make check payable to IBP)
3. Fax: 877-517-5222
4. Phone: 866-652-7414
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Understanding the Overactive Brain

- **Chronic Stress:** how excessive cortisol, an adrenal hormone, endangers short-term memory, increases anxiety, perpetuates post-traumatic memories, sustains depression, produces eating disorders, and undermines sleep.

- **Calming the Stress-Response:** increasing predictability and control over stress-related thoughts—how the prefrontal cortex can refrain an overactive limbic system and retrain the basal ganglia, the habit brain.

- **Fear-Based Memories:** the amygdala, a “promiscuous modulator” of memory formation in fear conditioning why we are excessively alert and awake.

- **Medical and Dental Phobias:** best practices in dealing with patients that have medical and dental phobias; the role of systematic desensitization and the benefits of drugs that inhibit emotional memories, e.g., beta blockers.

- **PTSD:** what goes on in the brains of people with traumatic memories and flashbacks including posttraumatic stress related to a medical condition (e.g., stroke); how PTSD increases arousal, impairs sleep, and produces avoidance of situations that trigger traumatic memories.

- **Intrusive Memories and Flashbacks:** the role of the hippocampus in organizing and replaying traumatic memories; advances in pharmacologic treatment including drugs designed to block or extinguish unwanted memories.

- **Basic Worry and Generalized Anxiety Disorder:** adaptive and maladaptive activation of the dorsolateral prefrontal cortex, the role of GABA receptors, and their connection with the habit brain, the striatum; how benzodiazepines compare with SSRI, SNRIs and related drugs.

- **The Depressed Brain:** lower levels of serotonin, norepinephrine and dopamine and impairment of executive, motivational and social/emotional control centers of the prefrontal cortex.

- **Depression-Related Thoughts:** the role of ruminations and cognitions that are personal, pervasive and permanent, understanding key symptoms: lowered mood, anhedonia, poor concentration, and early morning awakenings with inability to return to sleep.

- **Obsessive Spectrum Disorders:** brain systems that underlie recurrent thoughts and behaviors regarding one’s body or surroundings; the role of the social brain and the habit brain.

- **Pathology of Perfectionism:** understanding the common obsession among health professionals that decreases self-criticism and the benefits of drugs that inhibit emotional memories, e.g., beta blockers.

- **Thoughts That Keep Us Awake:** thoughts of the past and the temporal-parietal cortices; thoughts in the present and the limbic system; inventing the future and the prefrontal cortex; sleep disorders related to anxiety and other sleep problems.

- **Cravings and Food Addictions:** intrusive thoughts underlying craving for carbohydrate-rich foods and serotonin, fatty foods and dopamine, and sweet foods and brain opioids; the role of the habit brain.

Brain-Based Therapies for Calming an Overactive Brain

- **Fear Conditioning and Extinction:** applying exposure-based therapies including systematic desensitization, flooding, virtual reality and EMDR; psychological therapies versus antidepressants.

- **The Joyful Brain:** the neurobiology of happiness: understanding positive emotions that facilitate stress resilience, healthy forms of mood regulation, calm states of awareness, optimism and humor.

- **Taming the Beast Within:** how slow thinking engages the wisdom and thoughtful delay provided by the prefrontal cortex to deal with anger, fear and disorder.

- **Treating Thought Distortions with Cognitive Behavioral Therapy:** how anxiety, anger or sadness can be resolved by interpreting old problems in new ways (reframing), arguing against strongly held beliefs (disputation) and testing our assumptions.

- **Mental Approaches to Improving Sleep:** mental exercises that can quiet areas of prefrontal cortex associated with thoughts concerning recurrent emotions, unresolved social issues, planning and pain.

- **Reducing Cravings:** why willpower alone is usually not enough; the role of neurotransmitters in the brain, understanding how drugs that inhibit cravings for substances and foods improve self-control; retraining addiction circuits to make healthy behaviors habitual; exerting prefrontal control to prevent craving-related thoughts.

- **Complementary Medicines and Pharmacotherapy:** why approximately 75% of health professionals use complementary medicines to treat stress, anxiety or depression through herbal remedies (e.g., valerian, kava, SAMe and St. John’s Wort); how they compare with anti-anxiety drugs and antidepressants for anxiety and major or minor depressions.

**Acceptance:** learning what cannot easily be changed in oneself and one’s circumstances and accepting the fact that life has an intrinsic unpredictability.

- **Chronic Pain:** the role of rumination and cognitions that are personal, pervasive and permanent, understanding key symptoms: lowered mood, anhedonia, poor concentration, and early morning awakenings with inability to return to sleep.

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**ABOUT THE INSTRUCTOR**

Bill Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego, coordinates their Collaborative Care Program. With over 25 years of clinical research, and teaching experience, Dr. Sieber brings a unique approach to education. Dr. Sieber’s approach is based on his work with patients suffering from depression, anxiety, and addictions. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help calm their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his wisdom, wit, and warmth. Over 96% of IBP participants attending his workshops recommend his programs to their peers. Dr. Sieber answers your questions during class and by email after adjournment.

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