

# Brain-Based Therapy: Integrating science with theory and practice

## MELBOURNE

Monday 9th & Tuesday 10th November 2009  
Oaks on Market, Melbourne

## SYDNEY

Friday 13th & Saturday 14th November 2009  
Vibe Hotel, North Sydney

## BRISBANE

Monday 16th & Tuesday 17th November 2009  
Bardon Conference Venue, Bardon

## PERTH (exclusively Arden)

Friday 20th & Saturday 21st November 2009  
Perth Concert Hall, Perth

9.00 am to 5.00 pm



**John B. Arden**  
Ph.D.

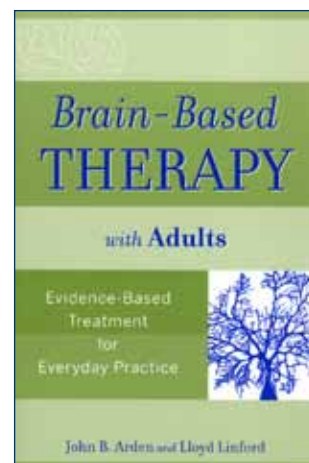
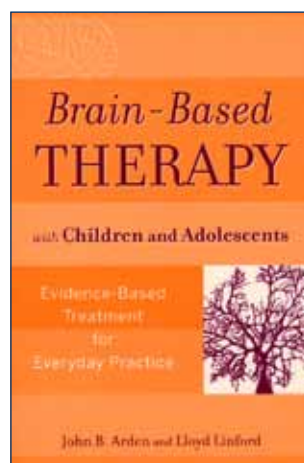
**Lloyd Linford**  
Ph.D.



## ABOUT John B. Arden Ph.D. and Lloyd Linford Ph.D.

**JOHN ARDEN Ph.D.** is Director of Training in Mental Health for *Kaiser Permanente* in Northern California. He oversees training in twenty-four medical centers, where over 100 postdoctoral residents and interns are trained each year. He is the author and co-author of 12 books, including *'Brain-Based Therapy with Adults'* and *'Brain-Based Therapy with Children and Adolescents'* (with Lloyd Linford), *'Improving Your Memory for Dummies'*, *'Conquering Post Traumatic Stress Disorder'*, *'Consciousness, Dreams and Self: a Transdisciplinary Approach'*, *'The Heal Your Anxiety Workbook'* and *'Stop Spoiling that Man'* (with Victoria Arden).

**LLOYD LINFORD Ph.D.** is the co-author of the *'Brain-Based Therapy'* books and the editor of more than 30 other books on various scientific topics. Dr. Linford served as Chief Psychologist and the Chair of the Chiefs of Psychology and Social Work for *Kaiser Permanente* in Northern California. He is the Chair of Kaiser's Annual Psychiatry and Chemical Dependency Conference and the Director of Psychiatry Best Practices, which develops evidenced-based programs for twenty-four medical centers in Northern California.



## TRAINING DESCRIPTION

Recent advances in the neurosciences, developmental psychology and psychotherapy research have altered our understanding of how and why people change. This training examines a new model that incorporates these recent findings and integrates them into psychotherapeutic practice. Using this 'brain-based therapy' paradigm, the training explores evidenced-based treatment strategies for depression, anxiety, and ADD, and treatments for the many patients who present with significant distress but no DSM diagnosis. Participants will learn a new system for case formulation that moves beyond the traditional theoretical approaches. Teaching methods include: PowerPoint lecture, discussion, graphics, video demonstrations and interactive exercises.

By the conclusion of the workshop, participants will understand:

- how successful psychotherapy affects different parts of the brain.
- the dynamics and limitations of outcomes research and evidence-based techniques for specific disorders.
- aspects of traditional therapies that are relevant to efficacious therapy and aspects that are counter-therapeutic.

### DAY ONE MORNING

#### BRAIN-BASED THERAPY: AN OVERVIEW OF THE DAY

- How people change.
- What makes psychotherapy work? The research.
- Why we almost didn't get together today—psychotherapy as an endangered species.
- Brain-based therapy (BBT): a new model for theory testing, theory building and intervention.

#### HOW PEOPLE CHANGE

##### Introducing social neuroscience

- Freud and William James: brainless psychology.
- the picture that put the brain back into psychotherapy.

- a brief tour of the brain:
  - a. the neurochemical orchestra,
  - b. the amygdala and the hippocampus,
  - c. cortical processing; the frontal lobes (the OFC and DLPFC), the anterior cingulate, hemispheric specialization and affect.

#### Evolution of the social brain, empathy and attachment (video)

- upright posture and attachment.
- expansion of the frontal lobes.
- development of gestural and vocal communication.
- explosion of tool use and culture.
- all of the above alter the definition of 'fitness'.

#### Localization vs. complexity

- neuroplasticity.
- neurogenesis.
- how the brain changes itself.

#### Developmental neurobiology

- Harlow and Bowlby (videos).
- lessons from infant studies (videos of Infant Strange and Still Face).
- lessons from the attachment literature.
- Winnicott: why 'good enough' is better than perfect (video).
- pre-symbolic representation and mutual regulation (videos).
- attachment schema (Mary Main).
- durability and correlates of attachment schema.
- metacognition and theory of mind (ToM).
- the adolescent brain.

## FURTHER ENQUIRIES

PsychOz Publications

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### PROFESSIONAL DEVELOPMENT POINTS

Certificates of Attendance detail 14 hours of training, trainer qualifications and course content. **Certificates MUST be collected in person at the training and will be available for collection mid-afternoon on the second day.**

See [www.psychotherapy.com.au](http://www.psychotherapy.com.au) for outcome of Professional Development Points applications.

## TERMS AND CONDITIONS

### CONFIRMATION OF REGISTRATION

Registrations are not confirmed until payment is received.

### ONE-DAY REGISTRATIONS

One-day registrations may be available at **\$265.00 depending on availability**. It is **NOT** possible for two people to share a registration at the two-day rate.

### CANCELLATION POLICY AND DISCLAIMER

Refunds less a \$50.00 administration fee are given for cancellations received in writing via email, mail or fax by **5.00 pm Friday 23rd October 2009**. Refunds are not possible after the cancellation date, regardless of personal circumstances. Cancellation policy is final and not negotiable. PsychOz Publications regrets the difficult personal circumstances that prevent people attending including medical conditions and emergencies, severe weather or transport difficulties, however the logistics of event management prevents PsychOz Publications from assuming responsibility for these contingencies.

### TRANSFER OF REGISTRATIONS TO ANOTHER PERSON

Registrations are transferable **IN FULL** to another person on notification to PsychOz Publications. Where a delegate only can attend for part of a training, transfer of the remainder of the registration to another person is **NOT** possible.

## TAX INVOICE/REG FORM

**ABN: 73 083 230 380 Prices include GST**

Morning, afternoon teas and lunch is provided.

PsychOz Publications Pty Ltd

PO Box 124, Kew VIC 3101 Fax: 03 9855 2225

Please register me for the **Arden/Linford Training**

Melbourne  Sydney  Brisbane  Perth

**EARLY BIRD REGISTRATION** (must be received at our office **NO LATER than Friday 2nd October 2009**)

A\$415  A\$395 Subscriber Rate \*

### REGULAR REGISTRATION

A\$465  A\$445 Subscriber Rate \*

(\* for individual subscribers to *Psychotherapy in Australia*.)

Name

Address

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Cheque to PsychOz Publications enclosed

Please debit my credit card:  Visa  MC

-  -

Expiry date

Name on card

Signature

### ACCEPTANCE OF TERMS AND CONDITIONS

Registrations cannot be processed without confirmation of the following:

I have read, understand and accept the Terms and Conditions of Registration advised in this brochure.

## DAY ONE AFTERNOON

### LESSONS FROM THE PSYCHOTHERAPY LITERATURE

- Psychoanalysis: origins (video).
- Behaviourism and Little Albert.
- Eysenck: Psychotherapy as an endangered species.
- Beck, the DSM and Prozac: the *Pax Medica* (broadcast media, video).
- variables in successful treatment.
- from technique to two-person psychotherapy.
- outcomes management as 'applied attunement'.

### BRAIN-BASED PSYCHOTHERAPY

- the demise of the *Pax Medica*.
- neuroscience: a new basis for testing theory and theory building.
- stress, relationships, and neuroplasticity.
- memory and affect regulation.

## DAY TWO MORNING

### OVERVIEW OF THE DAY

- brain-based therapy: dynamics and case formulation.
- clinical vignettes.
- the therapeutic alliance: two brains are better than one.
- the road ahead.

### BBT DYNAMICS

- neuroplasticity and affective habits.
- the fear loop: the almond and the seahorse.
- hemispheric specialization and dysfunctional asymmetries.
- therapeutic attunement and attachment schema.

## BRAIN-BASED CASE FORMULATION

- working from the BASE (Brain, Alliance, Systems and Evidence-based treatments).
- vignette of a child psychotherapy case: rupture and repair.
- vignette of an adult psychotherapy case: taming global affective states and promoting integration.
- using different theoretical frames and BBT.
- child therapy and ADHD: the PFC and ACC (video).
- depression: the shift to the left PFC (video) and enhanced frontal efficiency (images).

## DAY TWO AFTERNOON

### BRAIN-BASED CASE FORMULATION (CONTINUED)

#### Anxiety disorders

- Generalised anxiety disorders (GAD): taming the amygdala.
- Panic (video).
- Obsessive compulsive disorder (OCD): the striatum and OFC (video).
- Seasonal affective disorder (SAD) (video).
- Posttraumatic stress disorder (PTSD): what to do about the hippocampus.

### THE THERAPEUTIC ALLIANCE

- Hollywood style: Young Freud, Analyze This, Ordinary People.
- Clinical wisdom: holding and nudging.

### SUMMING UP

- using brain-based case formulation with different theoretical frames.
- using outcomes management.
- the road ahead for BBT.