

Bouncing Back: Rewiring the Brain for Resilience and Well-Being



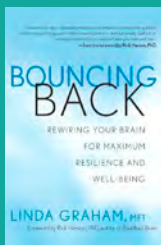
Dealing effectively with challenges and crises is the core of resilience and well-being. Helping clients develop flexible strategies for coping with everyday disappointments and extraordinary disasters is the heart of the therapeutic process.

Modern neuroscience is illuminating how to harness the brain's own mechanisms of change to rewire seemingly "stuck" and intractable coping strategies that are defensive, dysfunctional, and blocking of growth. In this practice-oriented training, clinicians will learn through experiential exercises and group discussions which tools and techniques of brain change best help clients reverse the impact of stress and trauma; regulate emotions to come out of anxiety, depression, grief, loneliness, guilt and shame; deepen self-compassion and empathy; connect them to their inner resources; strengthen resonant relationships that foster perseverance and resilience; and shift their perspectives through mindful awareness and reflection to discern options and make wise choices.

You will learn:

- Three mechanisms of brain change to install new, more resilient patterns of behavior into implicit memory
- Body-based tools to regulate automatic survival responses and return the body-brain to its natural physiological baseline equilibrium
- How to use memory deconsolidation-reconsolidation to heal toxic shame and retire the inner critic;
- How to cultivate positive emotions to create the "left shift" that counter-balances the brain's negativity bias and primes the brain for learning and growth;
- How to use empathy and attunement to strengthen the executive functioning of the pre-frontal cortex to build resilience and recover a client's inner secure base;
- Skills of relational intelligence
- How to harness the mental play space of the default network to allow insights to break through.

"...a groundbreaking integration of ancient contemplative wisdom, relational psychology, and modern neuroscience."



Linda Graham, MFT, is an experienced psychotherapist in the San Francisco Bay Area. She integrates modern neuroscience, mindfulness practices, and relational psychology in her nationwide trainings. She is the author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, winner of the **2013 Books for a Better Life** award and the **2014 Better World** award.

Rick Hanson, in his forward to *Bouncing Back*, exclaims that "Linda Graham has distilled a lifetime of clinical practice and deep reflection into an eminently useful guide...a groundbreaking integration of ancient contemplative wisdom, relational psychology, and modern neuroscience."



EVENTS

BRISBANE

3-4 September 2015
Brisbane Convention
& Exhibition Centre

MELBOURNE

7-8 September 2015
Royce Hotel
379 St Kilda Road

FEES

Earlybird \$627 (\$570 +GST)
Standard \$715 (\$650 +GST)

(Note: credit cards will incur a 2.5% processing fee)

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WORKSHOP OUTLINE

DAY 1

MORNING SESSION

Basics of Neuroscience of Resilience

Participants will learn the impact of conditioning, especially relating to early attachment experiences and how the brain initially encodes its patterns of coping; how new neural pathways are created and more adaptive coping strategies integrated. Techniques to strengthen the executive functioning of the higher brain and several techniques of neural deconsolidation-reconsolidation to rewire traumatic memories will be discussed and demonstrated.

Somatic Intelligence

Introduction and exploration of twelve body-based tools and techniques that help clients regulate their nervous systems. These strategies can help manage powerful emotions and provide an antidote to the brain's negativity bias, returning the body-brain to its natural physiological equilibrium. Participants will also learn to apply these tools as part of their self-care to avoid compassion fatigue and burnout.

AFTERNOON SESSION

Emotional Intelligence

Techniques and tools to help clients manage signal anxiety when facing the new or the unknown, and tools of reconditioning the brain towards openness to new learning and coping, will be covered. Healing toxic shame and retiring the inner critic can occur through the process of neural deconsolidation-reconsolidation. Cultivating positive emotions to strengthen the brain's "approach" stance toward learning will also be demonstrated.

DAY 2

MORNING SESSION

Relational Intelligence

This session will focus on helping your clients develop a wide range of skills necessary in navigating a range of social situations. Participants will learn skills to assist their clients with setting limits and boundaries, repairing ruptures, resolving conflicts, negotiating change, and thereby developing and maintaining healthy, resonant relationships and navigating their world with skill and love.

AFTERNOON SESSION

Reflective Intelligence

Through the application of the basic strategies of mindfulness, clients will develop the skills to pause, notice, and name their experience, step back and disentangle from their experience, shift perspectives, discern options, and choose new responses wisely. Reflective awareness will help strengthen the brain's response flexibility, which ultimately leads to therapeutic change.

Learning how their brains work gives clients a sense of competence and mastery. Participants will learn to apply these tools and techniques, which underlie the therapeutic modalities they are already familiar with – Internal Family Systems, Sensorimotor Psychotherapy, AEDP, DBT, EFT – in very practical ways to help clients strengthen the 6 C's of Coping: Calm, Compassion, Clarity, Connections, Competence and Courage, and recover the natural resilience that supports well-being and flourishing.

INCLUSIONS

- Certificate of Attendance
- Workshop pack including notepaper, pen and handouts
- Tea/coffee on arrival, morning and afternoon tea, lunch

YOUR DETAILS

Title	Name
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Company	
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Address	
<input type="text"/>	
Suburb/City	Postcode
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Phone	
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Email	
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WORKSHOP DATES

Brisbane

3-4 September 2015

Convention & Exhibition Centre
Southbank

Melbourne

7-8 September 2015

Royce Hotel, 379 St Kilda Rd
Melbourne

FEES

- Earlybird \$627 (\$570 +GST)** Until 30 June 2015
- Standard \$715 (\$650 +GST)** From 1 July 2015

PAYMENT METHOD

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