

What are Mind Body Approaches and Why do They Make so much Sense for Anxiety, Depression and other Stress Related Disorders

Wednesday, October 6, 2021 9:00 am-4:30 pm

- 9:00-9:15 Welcome and introductions, housekeeping
- 9:15-9:30 The melding of the mind and body over history
- 9:30 -10:00 Key concepts: anxiety, depression and other stress related disorders in relation to the mind AND body -
- 10:00-10:45 Brain and nervous system architecture and function: typical and atypical, impact of chronic stress and trauma
- 10:45- 11:00 BREAK
- 11:00-12:00 Mind/body functioning: homeostasis, allostasis, allostatic load, heart rate variability and stress hormones
- 12:00-1:00 Lunch
- 1:00 - 1:15 What can go wrong: immune suppression, inflammation
- 1:45-2:30 Polyvagal theory - what it posits and how it might change approach with clients
- 2:30 - 2:45 Break
- 2:45 - 3:15 Differentiating cognitive (mind) and somatic (body) interventions
- 3:15-4:15 Data to date - comparing efficacy of mind/body
- 4:15-4:30 Questions and closing