



Positive Emotional Habits: Building Resilience

Presented by

John Preston, Psy.D., APBB

Objectives

Participants will be able to describe:

- How genetic, in-utero and early life experiences carve resiliency into the brain
- The role of neuroplasticity and epigenetics
- How to stabilize and maximize brain functioning
- High-yield intervention strategies that significantly improve affect regulation
- Psychotherapy techniques that facilitate neuroplasticity
- How to implement research-supported lifestyle changes that contribute to a greater sense of well-being

6 Hours

Resiliency and Neuroplasticity

Understanding Three Key Biological Concepts:

- Fundamentals of Neuroplasticity
 - Top-Down Control: Emotion Regulating Brain Circuits
 - Frontal Lobes and Affect Regulation

Fear, Anxiety & Survival: Downloading Life

- Overcoming Fears, Anxiety, and Inhibitions
- Maximizing Adaptive Brain Functioning
- Getting the Most Out of Your Brain

Guides to Well-Being

- Enhanced Coping: Rapid Stress-Reducing Strategies
- Defining Happiness and Well-Being
- Neurobiology of Positive Emotions, Pleasure & Habits
- Solutions that Backfire

Habits of People Who Sustain Well-Being

- Self-Awareness & Self-Acceptance
- Identifying Personal Strengths
- Maintaining Balance

Strategies from Positive Psychology

- Mindfulness and Neuroplasticity
- Positive Psychology Techniques

John Preston, Psy.D., APBB

Dr. Preston received his doctoral degree in Clinical Psychology from Baylor University in 1979. He has since been the director of an MHMR adult MH Services program, the chief psychologist for the Sacramento Permanente Medical Group, and a faculty member of the University of California School of Medicine (Davis), Professor Emeritus of the California School of Professional Psychology, and Dean of the Sacramento Professional School of Psychology. He is currently a core faculty member with Alliant International University.

A board-certified clinical neuropsychologist and ABPP in Counseling Psychology, Dr. Preston is the

author of 21 books on various topics, including psychopharmacology, psychological assessment, and psychotherapy. His text, *Handbook of Clinical Psychopharmacology For Therapists*, was a #1 best-seller with the Behavioral Science Book Club. The Mental Health Association has awarded Dr. Preston with their President's Award for his contributions to the mental health community.

Dr. Preston has lectured throughout the United States, Europe, Africa, Canada, and Russia. He has made numerous presentations for J&K Seminars and received outstanding evaluations every time.

Approved Home Study 6 CE Hours for Psychologists Counselors Social Workers Nurses MFT AOTA

See Exam Enclosed

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