



# Neuroplasticity and Brain Regulation

Presented by

**John Preston, Psy.D.**

## Objectives

After this seminar, you will be able to describe

- Fundamentals of Neuroplasticity
- The impact of early trauma on psychological development
- How psychology and biology can come together
- Ways to improve brain regulation

**J&K Seminars Home Study Program 6 hours CE credit**

### Fundamentals of Neuroplasticity

- Use it or lose it” - Neural networks - Neurotransmitters underlying plasticity - Cumulative risk model
- • Neuroanatomy in a nutshell

### Impact of Early Trauma

- Memory systems and encoding of emotional events
- Threat appraisal
- Neurobiology of unconscious processing
- Biological basis for schemas, internalized object relations and character formation

### Psychology and Biology Come Together

- The nature of emotional suffering
- Treatment implications: specific strategies
- Mindfulness Meditation from a neurobiological perspective

### Brain Regulation

- The role of environmental stimuli
- Specific strategies:
- Sleep enhancement
- Stabilizing the circadian rhythm
- The role of diet and dietary supplements

## John Preston, Psy.D.

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 number one best-seller with the Behavioral Science Book Club. His self-help book, *You Can Beat Depression*, has been endorsed by the National Mental Health Association for use in their nationwide campaign to combat clinical depression. The Mental Health Association has also presented 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. Currently he is among the experts on the Dr. Oz Share Care website.

He has presented for J&K Seminars several times. Each time he received outstanding evaluations.

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

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