

# Memory Reconsolidation Applied

Neuroscience Founded Painless Removal of Stress and Trauma

Presented by Mary Bowles, MA, LMFT, RRT, MIAAN

Mary Bowles, LMFT, RRT, MIAAN(Cert), is a Licensed Marriage and Family Therapist, a Certified Applied Neuroscience Practitioner in Neuropsychotherapy, a Certified Rapid Resolution Therapist, a Doctor of Psychology (PsyD) Student at California Southern University, and former Management Committee Member for the International Association of Applied Neuroscience (IAAN). Mary is in private practice in Colorado and she is the executive director/founder of the MindWise Institute. She is also trained in Interpersonal Neurobiology (IPNB) and the Gottman Method (L3) for therapy with couples. Mary researches, writes about, and presents on memory reconsolidation. She has presented on memory reconsolidation at the 2<sup>nd</sup> Annual International Conference of Clinical Neuropsychotherapy and presented a keynote on memory reconsolidation at the 1<sup>st</sup> Annual International Conference of Applied Neuroscience, including a panel discussion that included John Arden.



## Who will this benefit from this workshop?

- People with stress & trauma (ALL HUMANS)
- Parents
- Therapists/Counselors, Caseworkers
- Life Coaches
- Department of Human Services Staff & Admin
- Teachers, Coaches, & Academic Counselors
- Medical Staff & First Responders

## Sponsored by:



402 W. Main St. New Castle, CO 81647  
September 28, 2019 10:00am-5:00pm

1111 Jupiter Road 105B, Plano, TX 75074  
November 1, 2019 9:30am-4:30pm

**Early-Bird Tuition** (through September 7): \$235 **Tuition** (after September 7): \$265  
(prices include 6 CEUs and morning & afternoon refreshments, lunch is on your own (eateries nearby)).

Memory reconsolidation is the underlying process for effective therapies including Rapid Resolution Therapy (RRT), EMDR, Coherence Therapy, Reconsolidation of Traumatic Memories (RTM), and Emotion Focus Therapy (EFT), among many other effective therapies. This workshop will teach about this neuroscience based way of creating change, rapidly, at an emotional level without reliving past experiences. This can be used by therapists to treat stress and trauma, but it is also very useful in helping students overcome stress in the classroom, athletes to overcome stress on the field/court/track, and first responders to overcome their experiences on the job. This will also teach individuals how they can overcome their own stress, by working with the brain rather than against it, as we often learn through cultural and environmental learning. This workshop will present actual video examples of successful memory reconsolidation, where the result is a client or individual who no longer experiences emotional activation from a stressor after only brief experiences.

## Learning objectives presented in an easy-to-understand and humorous manner:

- Identify the necessary components for successful memory reconsolidation (painless erasure of stress and trauma).
- Identify each component of the brain as it relates to emotional regulation and dysregulation.
- Connect historical knowledge about conditioning (learning, memory formation) to current neuroscience including the difference between extinction and erasure.
- Address the 5 core neuropsychotherapeutic needs that reduce stress.
- Learn the science of effective communication for personal, professional, and academic relationships.
- Discuss the concept of approach and avoid states in the context of emotions and emotional memories.
- Redefine “normal” to remove cultural tendency for pathologizing.
- Understand somatic awareness (physical awareness of emotion) and recognize an individual somatization.
- Learn how to help oneself and others through stressful and even emotionally overwhelming situations.
- Understand and identify mismatch, erasure, emotional learning, meaning, neural activation, pairing, ghostbusting, and the application of neuropsychotherapeutic needs in actual memory reconsolidation cases.
- Know the role environment, beliefs, and “meaning” play in the formation of stress and trauma (including PTSD) and in the prevention of both.

...and so much more about working with the brain, not against it!

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**Pre-reading/listening (not required)**

Bowles, M. (2019, February 1). An integrated rapid memory reconsolidation approach: Rapid Resolution Therapy, Part 1. *The Neuropsychotherapist*, 7(2), 43-54. Retrieved from, <https://www.thescienceofpsychotherapy.com/an-integrated-rapid-memory-reconsolidation-approach-rapid-resolution-therapy/>

Bowles, M. (2019, March 1). An integrated rapid memory reconsolidation approach: Rapid Resolution Therapy, Part 2. *The Neuropsychotherapist*, 7(3), 4-12. Retrieved from, <https://www.thescienceofpsychotherapy.com/an-integrated-rapid-memory-reconsolidation-approach-part-2/>

Bowles, M. (2019, March 12). SoP 23: Mary Bowles talks about Rapid Resolution Therapy [podcast]. Retrieved from <https://www.thescienceofpsychotherapy.com/sop-23-mary-bowles-talks-about-rapid-resolution-therapy/>

Bowles, M. (2019, July 10). Mary Bowles, LMFT describes the science behind “normal but not effective” strategies in how families cope with the additional stress of addiction [podcast]. In *Fighting Addictions Podcasts Whole Family Healing through Leng & Co Podcast and Virtual Assistance*. Retrieved from, <https://thefamilyrecoveryresolution.com/2019/07/10/mary-bowles/>

Ecker, B., Ticic, R., & Hulley, L. (2012). *Unlocking the emotional brain: Eliminating symptoms at their roots using memory reconsolidation*. Routledge.

Ecker, B., Ticic, R., & Hulley, L. (2013). A primer on memory reconsolidation and its psychotherapeutic use as a core process of profound change. *The Neuropsychotherapist*, 1, 82-99.

Grawe, K. (2007). *Neuropsychotherapy: How the neurosciences inform effective psychotherapy*. New York, NY: Routledge.

Rossouw, P. J. (2014). *Neuropsychotherapy: Theoretical underpinnings and clinical applications*. Mediros Pty Limited.

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