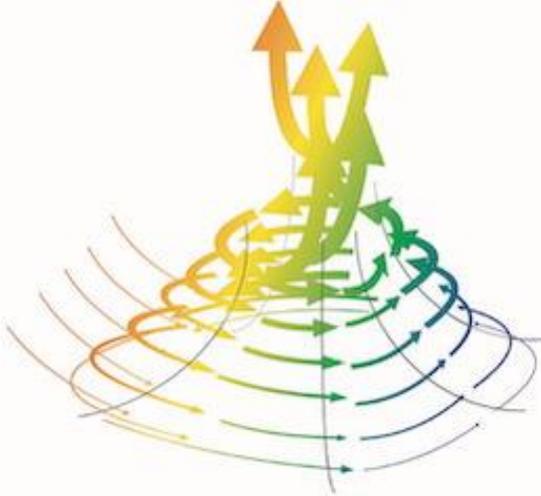


Complex Integration of Multiple Brain Systems (CIMBS™)
NeuroPhysioPsychoTherapy™ Presents:

Developing Resilient Emotional Brain Systems

How to Activate, Facilitate, Differentiate and Train Multiple Emotional Systems on Four Levels of the Brain.



2-day Psychotherapy Experiential Training Course
Approved for 12 hours of CEs
Course limited to 42 participants

Designed for therapists who are new to CIMBS

Will provide many novel learning opportunities for therapists who have
studied CIMBS for years

Date | Friday, Nov 5th & Saturday, Nov 6th, 2021

Time | 8:00 am to 4:00 pm PST

Where | UW Center for Urban Horticulture Merrill Hall
3501 NE 41st St, Seattle, WA 98105

Cost | \$490 before 10-22-21 | \$550 after 10-22-21

Special focus on developing Secondary-Level brain systems
Adding new resources to your practice and to your patients.

Shifting your therapeutic balance to provide more resilience and energy to enliven your treatment process.

Course Description:

When our patients first come to us, they often feel anxious, depressed, confused, overwhelmed, and discouraged. They have been trying to do their best and yet they have all these symptoms and difficulties. They are not able to function well; they are struggling at work and/or in their relationships. They feel stuck in their lives and in some ways their minds are stuck in rigid emotional patterns.

This course will explore the importance and value of a narrow focus of energy and attention to specific brain systems to develop and enhance their functionality. Each individual brain system has its own wisdom, power and processing capabilities when fully developed and differentiated. While writing our book on CIMBS psychotherapy we have refined the therapeutic processes of Differentiating including emphasis on activating, facilitating, distinguishing, reinforcing and training specific brain systems. Each one of these interventions will have a beneficial and often readily observable response from your patients' brain systems. In combination, these interventions will develop **resilient brain systems** that will function at their best even in adverse circumstances. These interventions will also provide you and your patients with immediate feedback of the strength of those systems and bring to light nonconscious constraints that

would otherwise never be discovered. You will discover many new ways of intervening and treating your patients with greater trust and confidence.

Even with your most challenging patients these approaches to activating, differentiating, linking, and integrating multiple resilient brain systems will enhance your therapy.

We have found that many participants are able to integrate this learning into their practice right away, and it may have a profound effect on your work. After attending one of our courses, one participant reported; "I used to have a wonderful meaningful session once a week. Now I have one of those sessions almost every hour of every day."

The emphasis on Differentiating will open the door to new discoveries, novel adaptive emotional experiences, and emotional memory reconsolidation. These processes and treatments utilize seven different types of neuroplasticity and will change the structure of their brain. This process is exciting, disorienting and at times terrifying as our patients let go of previous maladaptive nonconscious coping mechanisms. The shared discovery process enables a unique kind of synergistic collaboration that can be transformative in often unimagined ways.

What will you take home with you?

1. How to Activate specific and distinct emotional brain systems.
2. How to Facilitate and strengthen whatever brain system you are working with.
3. How to Differentiate and distinguish a variety of systems in your therapy with your own therapy style.
4. How to develop Resilient brain systems with patients.
5. Explore new knowledge about eight distinct nonconscious Secondary-level brain systems such as Fear, Grief, Shame, Value and Motivation.
6. You do not need a lot of knowledge to be very successful with this approach and perspective. Even in the hands of novices it is very effective.

There will be live and recorded clinical demonstrations of Differentiating multiple nonconscious emotional systems. All the attendees will be able to participate in the careful detection of distinct Emotional Resources and assess their relevance and meaning to the clinical process at that moment in the session. Then we will discuss how to use that information and evidence to propose interventions and facilitate Neuroplasticity. There will be therapy demonstrations with the presenters to experience the several types of Differentiating of nonconscious Emotional Resources. We will have exercises for each of the participants to experience and to practice these therapeutic approaches.

The morning part of this meeting will be professionally video recorded to make it available to others who are not able to attend in person.

Learning Objectives:

1. Participants will be able to understand how to Activate distinct brain systems.
2. Participants will be able to explore and practice several forms of Facilitating distinct brain systems.
3. Participants will be able to distinguish several Secondary-level emotional systems.

Therapeutic Process of CIMBS is called: *Neurophysiopsychotherapy*. *Neuro-* refers to our active interventions to maximize *neuroplasticity* for long term learning and specific interventions to activate multiple *neurotransmitters* to facilitate the therapeutic process. *Physio-* refers to our observations of *psychophysiological* phenomena to adjust our therapeutic process and redirect our interventions in response to *psychophysiological* shifts. *Psycho-* refers to our careful attention to 6 different *psychological* Brain Systems and to our therapeutic process that explicitly meets the *psychological* needs of the patient.

Therapeutic Elements: CIMBS incorporates all the change elements that are a part of the following evidence-based therapies: CBT [desensitization, cognitive restructuring, behavioral change], mindfulness-based CBT, affect activation and cognitive restructuring of EDT [Experiential Dynamic Therapy and STDP] therapies [we were co-investigators in prospective evidence-based EDT psychotherapy study], and we use the interruption and rebalancing of EMDR. In addition, we utilize empirically supported relationship elements since therapy relationships make substantial and consistent contributions to outcome results.

Therapeutic Outcomes:

Our goal is to enable our patients/clients to become the author of their own lives, capable of making the best of any situation, continuously learning, and growing to the full extent of the neuroplasticity of their brains and fulfilling their lives.

Course Format and Details | Friday, Nov 5th and Saturday, Nov 6th 8:00 – 4:00 pm PST

Day 1 Friday

8:00 - 8:30	Registration
8:30 - 9:00	Introduction to course, establish group process
9:00 - 10:15	New discoveries in CIMBS, therapy demo focus on differentiation. Terry
10:15 - 10:30	Coffee break
10:30 - 12:00	Develop Resilient Brain Systems leading to Failsafe networks. Beatriz
12:00 - 1:00	Lunch
1:00 - 2:30	Demo of Differentiating Brain Systems. Exercises for all participants
2:30 - 2:45	Coffee break
2:45 - 3:30	Review exercises, demonstration of developing resilient brain systems
3:30 - 4:00	Review, summarization, group process and discussion

Day 2 Saturday

8:30- 10:15	Horizontal Differentiation at all four levels of nervous systems. Beatriz
10:15- 10:30	Coffee break
10:30- 12:00	Introduce and explore 8 Secondaries and how they apply in therapy. Terry

12:00 -1:00	Lunch
1:00 - 2:30	Demo of Horizontal Differentiating Brain Systems. Exercises for all participants
2:30 - 2:45	Coffee break
2:45- 3:30	Review exercises, therapy demonstration of differentiating Secondaries.
3:30- 4:00	Review, Summarization, Group process and Discussion

Course Registration & Fees:

- Course is limited to 42 participants
- Training room is wheelchair accessible
- Course fee is \$490 if purchased on or before Oct 22. Cost increases to \$550 after Oct 22.
- Registration fee includes parking, coffee breaks and lunch
- For any questions regarding registration or payment, reduced fees for psychotherapy/psychiatry students, and recent graduates, please contact the course administrator, Edna at CIMBSemail@gmail.com
- **Covid Vaccinations:** We will require that everyone in attendance at our training course can show us that they have been fully vaccinated prior to registration.
- Registration link: <https://forms.gle/cBYVsvTzq15nfzav8>

Registration Form for CIMBS Courses

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Phone (____) _____ Email _____

Profession _____ License # _____

Early registration \$490 (postmarked 14 days before course)

Regular registration \$550

Mail copy of Covid Vaccination Card, completed registration form and check made out to CIMBS to Edna Bicksler (see below) or scan and email to Edna at CIMBSemail@gmail.com.

CIMBS
c/o Edna Bicksler
14905 104th Ave NE
Bothell, WA 98011

This course is not supported by any manufacturer, royalties, commercial products or the sale of any product or publication.

Cancellation Policy:

Contact the administrator for full refund up to two weeks before the course, minus \$50 administrative costs. No refunds after that period.

Workshop Leaders: The Sheldons



BEATRIZ SHELDON, M.Ed, Psych. has practiced psychotherapy for forty years in four languages. Ms. Sheldon received specialized post-graduate training in short-term dynamic psychotherapy at McGill University in Montreal, Canada. She has been director of a psychotherapy training program for advanced clinicians in Vancouver, Canada. Beatriz is currently supervising, training and treating therapists in Seattle.

ALBERT [TERRY] SHELDON M.D. is a clinical professor of psychiatry at the University of Washington, Seattle, has specialized in the research, practice, and training of psychotherapy for 35 years. Dr Sheldon practiced as a primary care physician for ten years before completing his training in psychiatry. Dr Sheldon received a Bush Medical Fellowship to study psychotherapeutic processes from a psychophysiological perspective.

Beatriz and Albert have researched and taught experiential dynamic psychotherapy together for 20 years throughout North American and Europe. Fifteen years ago, they conceived of a new therapeutic paradigm now called Complex Integration of Multiple Brain Systems. Today this paradigm has become a way of being for many therapists and patients alike. Their book, *Complex Integration of Multiple Brain Systems in Therapy* will be published by Norton, NYC in December 2021.

To learn more, please visit www.complexintegrationmbs.com.