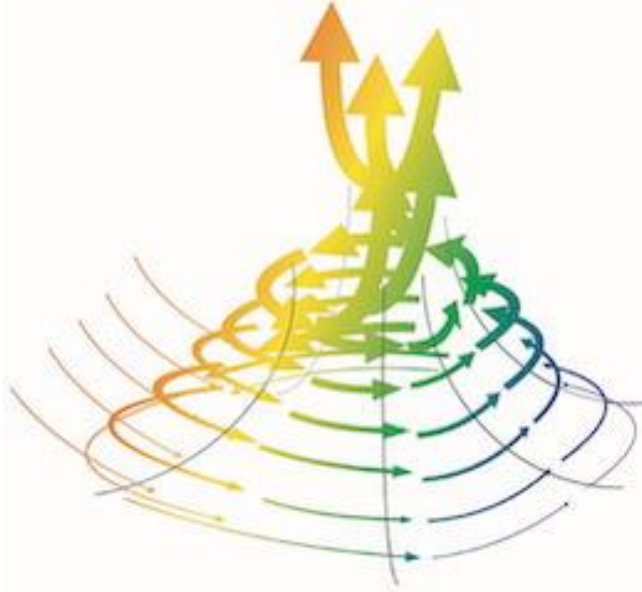


Complex Integration of Multiple Brain Systems (CIMBS™)
NeuroPhysioPsychoTherapy™ Presents:

“Recent Developments & Practical Approaches to Enhance Psychotherapy”

*Special focus on skills for Neuro-Psychotherapy and Physio-Psychotherapy for the
Mind, Early Developmental Trauma, What You Do When You Feel Stuck*



2-day Psychotherapy Experiential Training Course
Approved for 12 hours of CEs
Course limited to 33 participants
Training is wheelchair accessible

Adding new resources to your practice and to your clients/patients

Date | Fri & Sat, April 21 & 22, 2023

Time | Fri 8:00 am to 4:00 pm | Sat 8:30 am to 4:00
pm PST

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

Cost | \$490 on or before 4-7-23 | \$550 after 4-7-23

Presenters:

Albert Sheldon MD | Beatriz Sheldon MEd, Psych, LMHC | Janel Fox MA, LMHC | Zandra Zimmerman MC, LMHC

Course Description:

Being effective in our psychotherapeutic practices is both exciting and rewarding. Naturally we cannot always be effective. Sometimes we reach a plateau or get stuck with certain clients/patients. We are not sure what is happening or how to move forward. This course has been designed to take four distinct approaches to help you move forward and become more effective with those challenging treatments.

There have been many advances discovered in the past 5 years that have enhanced psychotherapeutic effectiveness. This course will tap into the expertise of four senior therapists who will share their knowledge in distinct therapeutic arenas:

In order to be fully effective as therapists we want to be able to harness the BrainMind's ability to change through neuroplasticity. There are at least 12 different types of Neuroplasticity that can be utilized to enhance the efficiency and effectiveness of psychotherapy, mobilizing intrinsic neurotransmitters energizes therapy, reduces distress, facilitates long-term learning, and enhances the therapeutic attachment relationship. **Albert Sheldon** will give his presentation of the neurological aspects of psychotherapy. This is the part of treatment that we refer to as neuro-psychotherapy.

An emotional brain systems therapeutic perspective opens up a wide range of treatments for our clients/patients. **Beatriz Sheldon** will present how sustained experiential learning changes the structure of the brain. Repeated activations of related neural circuits will gradually recruit adjacent neurons to enhance the new adaptive circuit. This is similar to the treatments used by physiotherapists to enhance healing after injuries or surgery. She will show how working with a psychophysiological perspective is energizing and exciting for both the client/patient and therapist.

Early childhood trauma, and pre-verbal trauma, in particular, has a tremendous impact on the course of therapy. When not clearly identified and appropriately addressed, it will puzzle therapists and stymie therapeutic progress. In this course, participants will learn to identify the psychophysiology of early childhood trauma with a focus on pre-verbal trauma and learn the importance of the Therapeutic Attachment Relationship. **Janel Fox** will teach us how to cultivate safeness with clients/patients who never learned safeness during infancy.

We all get stuck at times and **Zandra Zimmerman** will give a presentation on practical approaches towards what to do when you are stuck or do not know what to do. This part of the training will address areas within the paradigm of multiple emotional brain systems (CIMBS) where therapists, especially those new to this neurobiological paradigm, feel stuck or uncertain how to proceed. Zandra will discuss:

1. Guiding principles unique to this paradigm to “fall back on”.
2. What to do when you don’t know what to do
3. Common areas where therapists often report feeling stuck and possible ways to respond.
4. Frequent themes to watch for and assess, and
5. Ways to help your clients go deeper. These are universally valuable interventions that you will be able to use the next day.

Presentation Objectives:

Participants will be able to

1. Describe 3 types of neuroplasticity.
2. Give examples of facilitating 3 different neurotransmitters in psychotherapy.
3. Harness the energy of emotional brain systems such as Importance, Motivation and Value to develop internal positive feedback circuits to sustain adaptive learning and healing.
4. Facilitate and enhance the new adaptive circuits by activating nonconscious emotional systems.
5. Identify the psychophysiology of early childhood trauma.
6. Embody Safeness while treating early childhood trauma.
7. Identify three possible avenues to explore when you feel your process is “stuck”.
8. Identify three possible responses when you aren’t sure what to do in the moment.

This course has been designed for therapists who are new to CIMBS and will provide many novel learning opportunities for therapists who have studied CIMBS for years.

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, April 21st and Saturday, April 22nd

Day 1 Friday | 8:00 – 4:00 pm PST

8:00 - 8:30	Registration, coffee/tea, and snacks
8:30 - 9:00	Introduction to course, establish group process. Brief overview of CIMBS paradigm. Terry Sheldon.
9:00 - 10:15	Neuro-psychotherapy for the BrainMind. Terry Sheldon.
10:15 - 10:30	Coffee break
10:30 - 12:00	Physio-psychotherapy for the BrainMind. Beatriz Sheldon.
12:00 - 1:00	Lunch provided.
1:00 - 2:30	Demo of Neuro-Physio-Psychotherapy. Exercises for all participants.
2:30 - 2:45	Coffee break
2:45 - 3:30	Review and discuss exercises, therapy demonstration of Neuro-Physio-Psychotherapy. Beatriz and Terry.
3:30 - 4:00	Review, summarization, group process and discussion.

Day 2 Saturday | 8:30 – 4:00 pm PST

8:30 - 9:00	Coffee/tea, and snacks.
9:00 - 10:15	Working with Early Developmental Trauma. Janel Fox.
10:15 - 10:30	Coffee break
10:30 - 12:00	What to do when you feel stuck, therapy demo. Zandra Zimmerman.
12:00 - 1:00	Lunch provided.
1:00 - 2:30	Demo of clinical processes. Exercises for all participants.
2:30 - 2:45	Coffee break
2:45 - 3:30	Review and discuss exercises, demonstration of what to do when you feel stuck. Zandra Zimmerman.
3:30 - 4:00	Review, summarization, group process and discussion.

Course Registration Information & Fees: [Online Registration link](#)

- Course is limited to 33 participants.
- Training room is wheelchair accessible.
- Course fee is \$490 if purchased on or before Apr 7, 2023. Increases to \$550 after Apr 7, 2023.
- Registration fee includes parking, coffee breaks and lunch.
- **Questions** regarding registration, payment, reduced fees for psychotherapy/psychiatry students, and recent graduates, please contact the course administrator, Edna at CIMBSemail@gmail.com
- **Covid Vaccinations:** We are no longer requiring proof of Covid vaccination.
- **Cancellation Policy:** Contact the administrator for a full refund up to two weeks before the course, minus \$50 administrative costs. No refunds after that period.
- This course is not supported by any manufacturer, royalties, commercial products or the sale of any product or publication.

Registration Form for CIMBS Course: Recent Developments & Practical Approaches to Enhance Psychotherapy

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Email: _____

Profession: _____ License #: _____

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

_____ Regular registration \$550

Mail copy of completed registration form, and **check made out to CIMBS** to the address below or scan and email to Edna at CIMBSemail@gmail.com.

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

Workshop Leaders:

ALBERT (TERRY) SHELDON MD, 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 SHELDON, MEd, Psych, LMHC, 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.

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* was published by Norton, NYC in January 2022.

JANEL FOX, MA, LMHC, has been a therapist since 2008. In addition to working with individuals and couples in private practice, she has served as an elementary school and community college counselor. Prior to becoming a therapist, Janel worked with unhoused individuals as both a case and program manager. Janel has been immersed in the CIMBS paradigm since 2014, becoming certified in 2018 and commencing teaching in 2022.



ZANDRA ZIMMERMAN, MC, LMHC, has been a therapist for 29 years, after teaching at the secondary and college level for 21 years. She has been a certified CIMBS instructor and trainer since 2012. Zandra has consulted with and trained numerous clinicians individually and in groups in England, Australia, and throughout western Washington. Her training has included both the theory of CIMBS and how to put this paradigm into practice. "There's nothing more fun than teaching excited learners."

To order the book or learn more about CIMBS, please visit www.complexintegrationmbs.com.

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