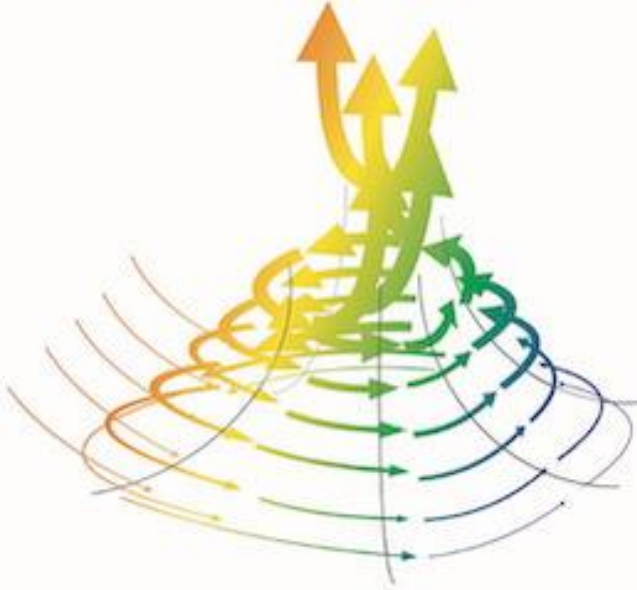


Complex Integration of Multiple Brain Systems (CIMBS™)
NeuroPhysioPsychoTherapy™ Presents:

“Discovering & Developing the Therapist’s Conscious Emotional Brain Systems”

Harnessing the Power of Your A-Team



2-day Psychotherapy Experiential Training Course

Approved for 12 hours of CEs

Course limited to 30 participants

Training is wheelchair accessible

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

Date | Fri & Sat, Dec 1 & 2, 2023

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

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

Cost | \$540 on or before 11-17-23 | \$590 after 11-17-23

Presenters:

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

Course Description:

Often therapists underestimate their own capacities and competence. As a consequence, they are not able to fully enjoy their work and appreciate their treatment successes [with their patients]. Few therapists have been trained to discern the distinctions between the five conscious emotional brain systems. These are the Awareness, Attention, Authority, Autonomy and Agency brain systems or the A-team. This course will focus on developing the competencies of the therapist’s A-team.

The four presenters in this course will provide the participants with some new skills and exercises to enhance their abilities to harness the power of the therapist’s A-team. The therapist’s A-team plays major roles in facilitating and achieving a synergistic emergent complex alliance with their patients. Each presenter will share their special expertise to give the participants new perspectives on their own capabilities. Each day there will be opportunities for the participants to put into practice all the members of their own A-team.

Terry [Albert] will explore in depth the distinctions between each of the conscious brain systems. Although they often work together in concert, it makes a big difference to discern their relative strengths and weaknesses. Utilization of the therapist’s authority, autonomy and agency brain systems will enable you to better engage your patient’s ability to collaborate with you. They will come away with greater confidence in making adaptive choices in their everyday lives.

Therapists and patients sometimes have trouble understanding and managing the emotions of anger. Beatriz will present and illustrate how to discern the emotions of anger in different brain systems. For example, anger may arise from constraints with the Play or Assertive brain systems. Or it may be elicited by fearful or shameful previous emotional learning. Her presentation will help the participants utilize their own A-team to distinguish between proactive and reactive anger. Looking through the lenses of the A-team, you

will be able to harness the adaptive and proactive anger of your patients that is typically hidden under the surface and overlooked. These competencies will enable you to avoid being mis attuned with or misperceiving your patient's anger.

Therapists often are hesitant to mobilize all five members of their own A-team. They are used to focusing on their patients rather than being fully present to themselves. There are several ways in which we can choose to take charge of our own experiences. Zandra will explore the competencies that enable authentic choices. With that knowledge, you can more precisely activate your patient's competencies for choice.

Patients who have suffered preverbal trauma have special challenges in activating and differentiating the members of their A-team. They learned growing up that having their own authority and autonomy was threatening to their care providers. Consequently, they have trouble taking in the care and connection with their therapist. Janel will discuss and illustrate approaches and interventions to help you fine-tune your treatments to restructure the patient's emotional learning from infancy. These capabilities will also enable the therapist to better address the constraints of preverbal trauma.

Presentation Objectives:

Participants will be able to

1. Name and define each member of the A-team.
2. Have a felt sense of 3 or more of your own A-team.
3. Describe and give an example of proactive anger.
4. Describe and give an example of reactive anger.
5. Identify 3 competencies needed to be able to exercise choice.
6. Identify 3 opportunities where therapist can elicit the patient's autonomous choice.
7. How to Exercise the therapist's awareness and attention brain systems when working with preverbal trauma.
8. How to Embody your authority and autonomy systems when working with preverbal trauma.

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.

Course Format and Details | Friday, Dec 1st and Saturday, Dec 2nd, 2023

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	Discovering, discerning, and facilitating the A-team. Terry Sheldon.
10:15 - 10:30	Coffee break
10:30 - 12:00	Multiple brain systems perspectives on proactive and reactive anger. 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. A-Team therapy demonstration. 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	Utilizing the therapist's A-team to treat preverbal trauma. Janel Fox.
10:15 - 10:30	Coffee break
10:30 - 12:00	Developing the competencies to enable autonomous choices. 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, A-Team demonstration. Zandra Zimmerman.
3:30 - 4:00	Review, summarization, group process and discussion.

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

- Course is limited to 30 participants.
- Training room is wheelchair accessible.
- Course fee is \$540 if purchased on or before Nov 17, 2023. Increases to \$590 after Nov 17, 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: “Discovering & Developing the Therapist’s Conscious Emotional Brain Systems.”

Harnessing the Power of You’re A-Team

Name: _____

Address: _____

City: _____ State: Zip: _____

Phone: (_____) _____ Email: _____

Profession: _____ License #: _____

_____ Early registration \$540 (postmarked 14 days before course)

_____ Regular registration \$590

Mail copy of this 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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