



EBT

EBT (Emotional Brain Training)

- Brought to you by yours truly:
- Edie Winters, MA, MEd
Certified EBT Provider

******FEBRUARY 19th ONE HOUR
TALK COMING UP in PD!**

The #1 Pandemic Worldwide

Stress overload is the underlying cause of the mental health crisis and the chronic disease epidemics.



Research has shown that current methods fail the stress test

Cognitive emotion regulation fails the stress test

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Edited by Bruce S. McEwen, The Rockefeller University, New York, NY, and approved July 9, 2013 (received for review March 29, 2013)

Cognitive emotion regulation has been widely shown in the laboratory to be an effective way to alter the nature of emotional responses. Despite its success in experimental contexts, however,

motivation, and working memory, which all facilitate the online maintenance of information needed to override initial affective reactions (2, 3, 13, 14). This regulatory capacity is critical to mental (15) and physical (16) health and its impairment strongly

A study conducted by NYU researchers showed that cognitive methods are not effective in switching off stress at today's levels.

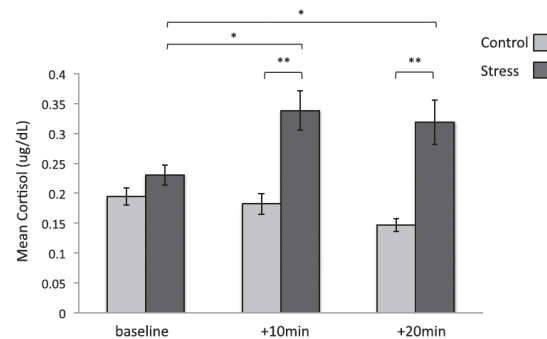


Fig. 4. Mean cortisol levels at baseline, as well as 10 min and 20 min after the CP/control task. * $P < 0.01$; ** $P < 0.001$; error bars denote SEM.

Research has shown that current methods fail the stress test

PNAS

Cognitive

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Edited by Bruce S. McEv

Cognitive emotion laboratory to be an effective responses. Despite it

Cognitive methods work in low stress, but in moderate to high stress do not shut off the stress response.

s test

Phelps^{a,e,f,1}

^bHunter College, New York, ^dStanford University, Stanford,

(29, 2013)

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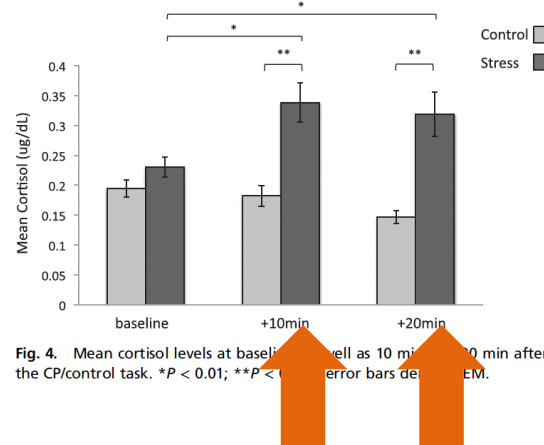


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**Between 1980 and 2010
the science of stress
radically changed.**

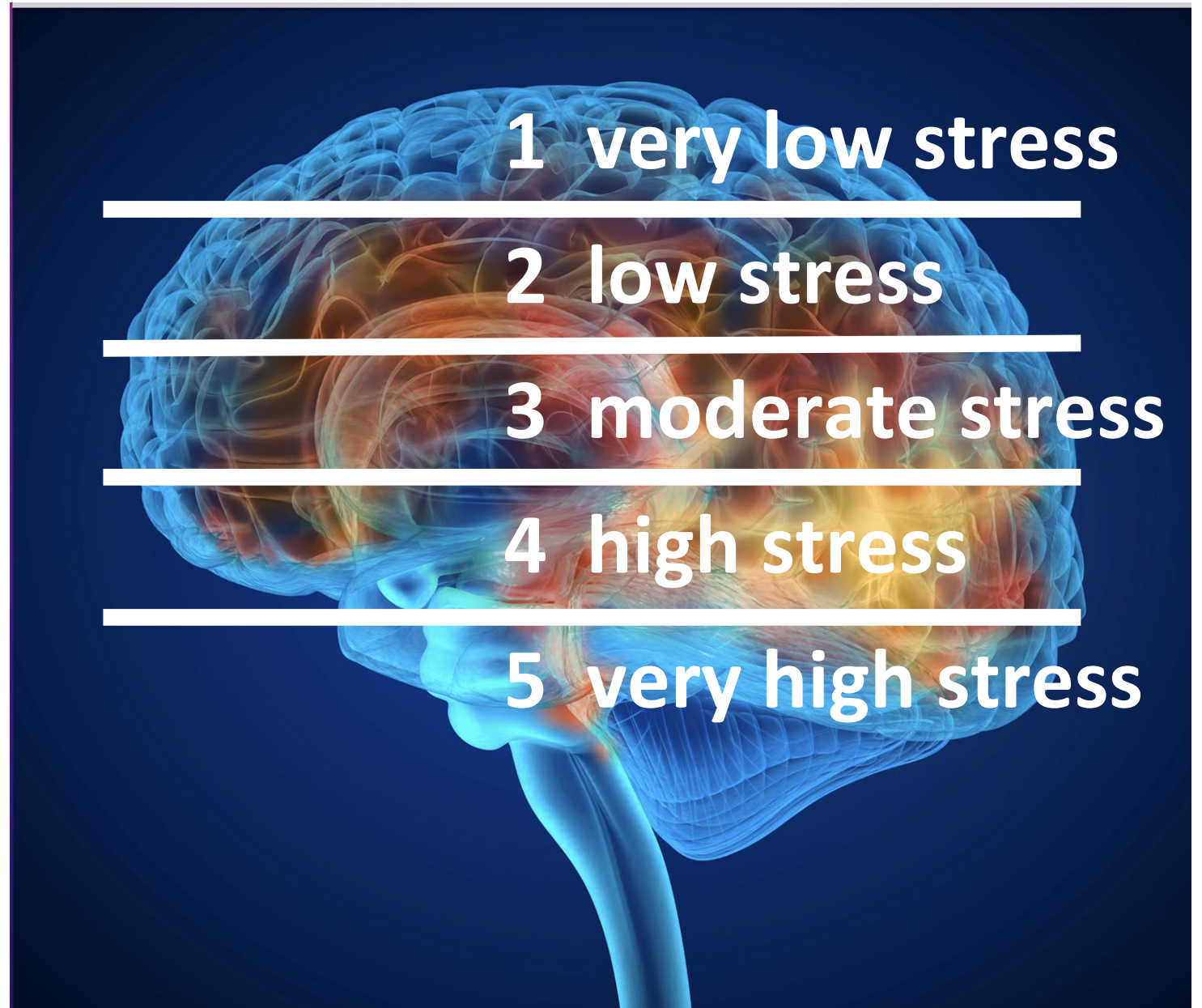


6 Scientific Discoveries

- Rewire Circuits (Mitrovic)
- Neuroplasticity (Merzenich)
- Overload is the Insult (Sterling)
- Stress is Cumulative (McEwen)
- Erase Memories (Schiller)
- EBT 5-Point System (Mellin)

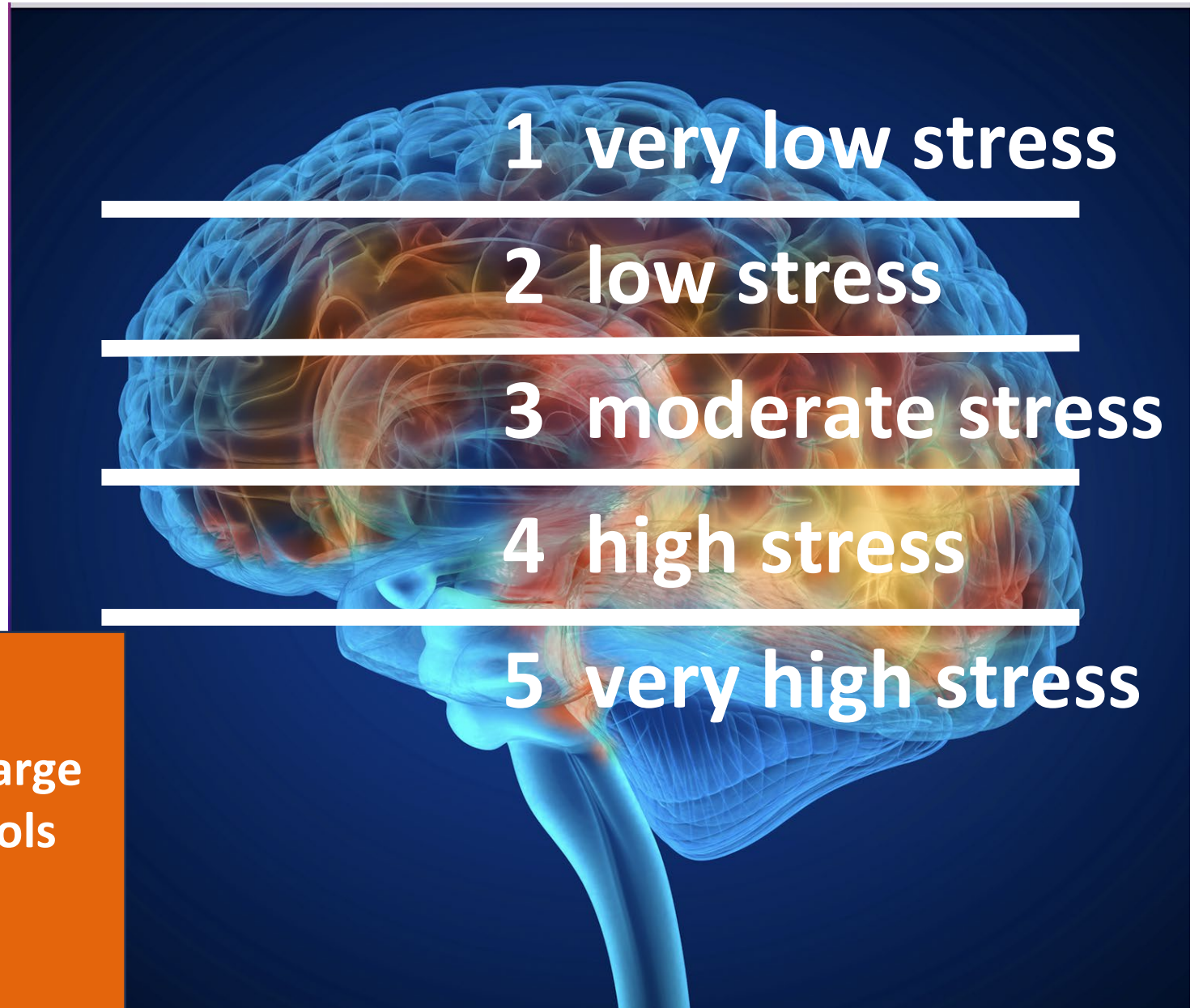


There are 5
stress levels
(brain states).

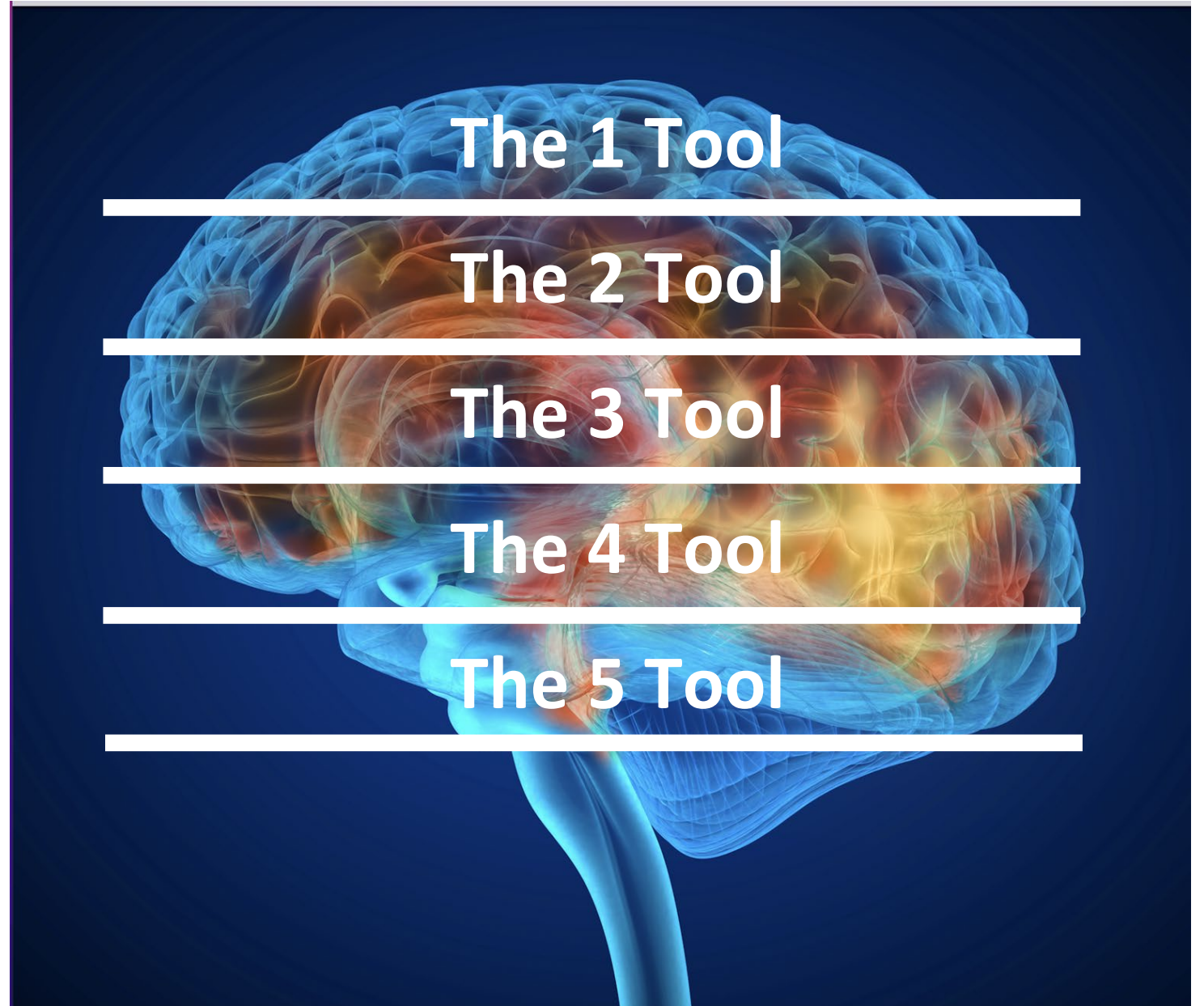


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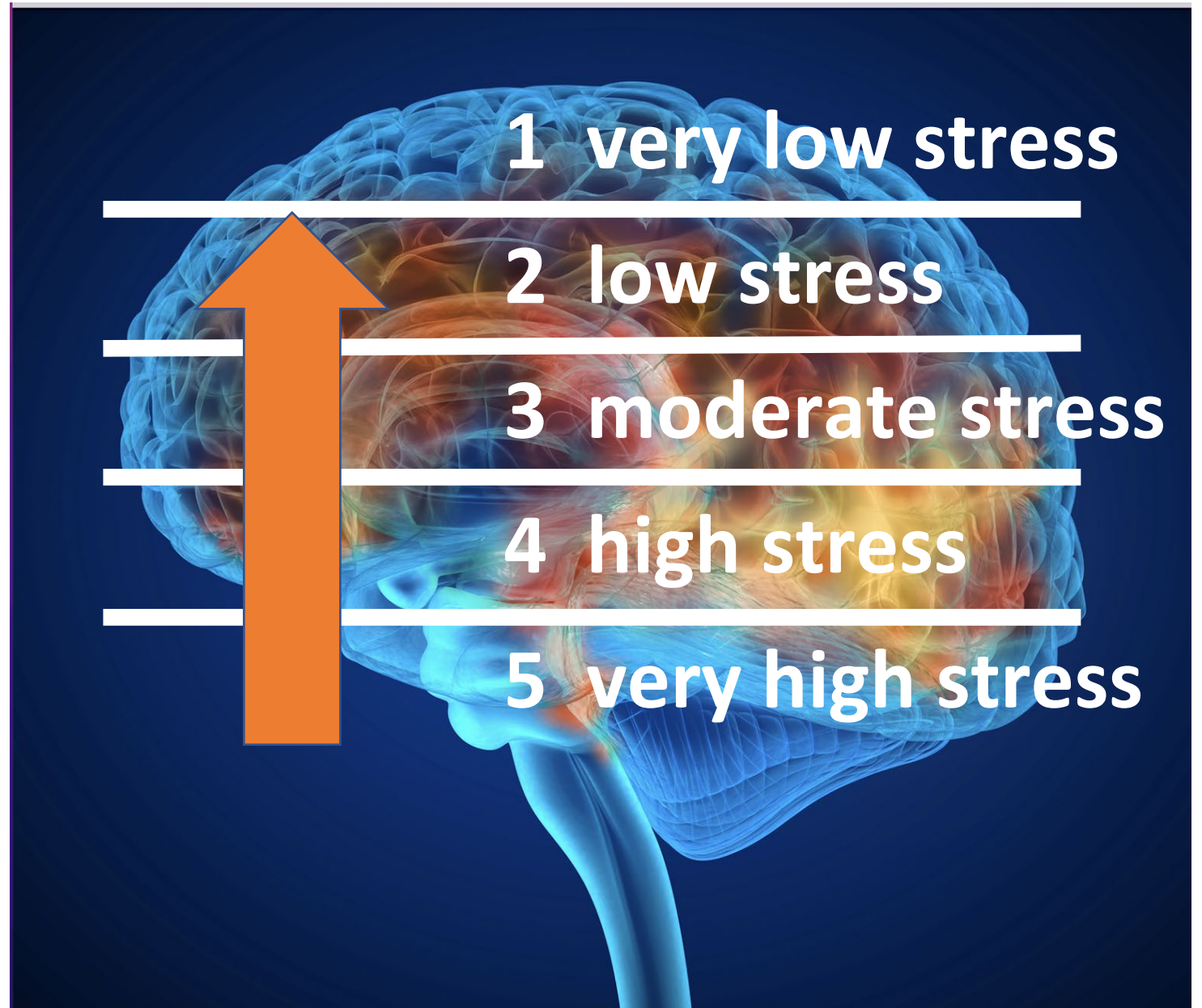
**A different brain area is in charge
at each level, so different tools
are needed at each level.**



EBT has 5
emotional tools
for the 5
stress levels

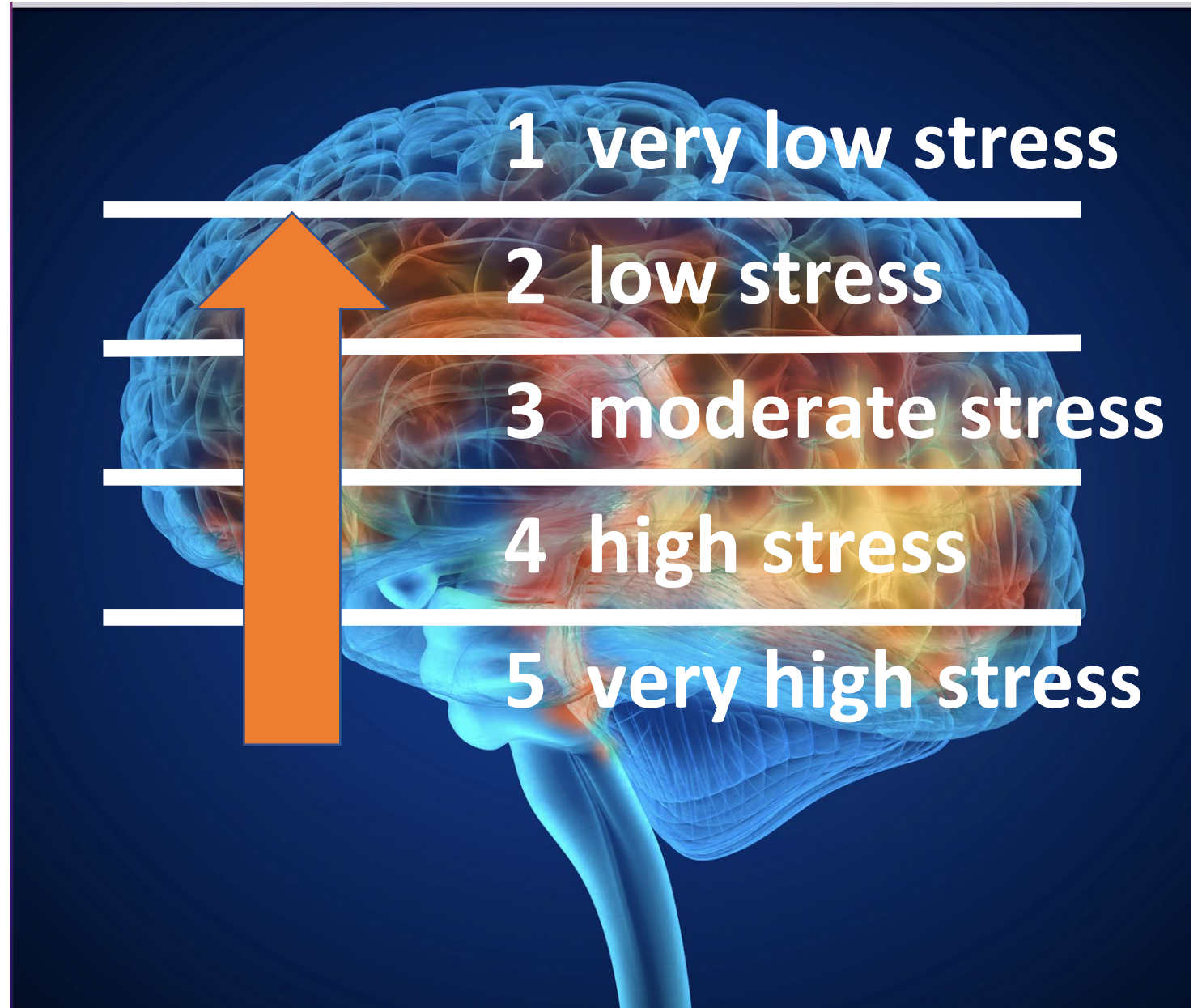


All tools take users back to Brain State 1 or 2.

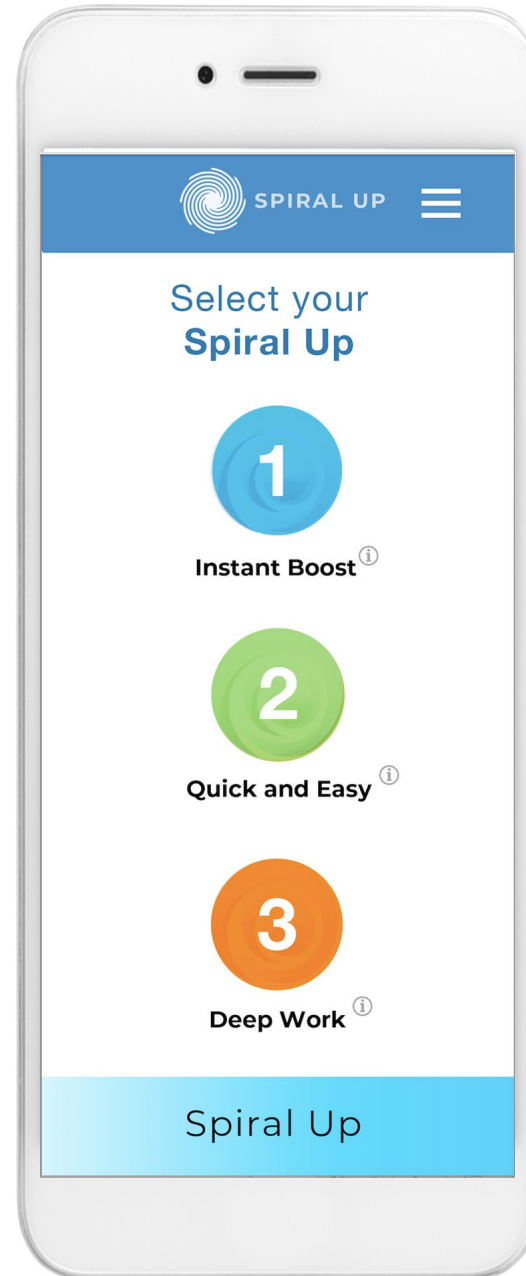


Use the tools to switch off stress in counseling sessions.

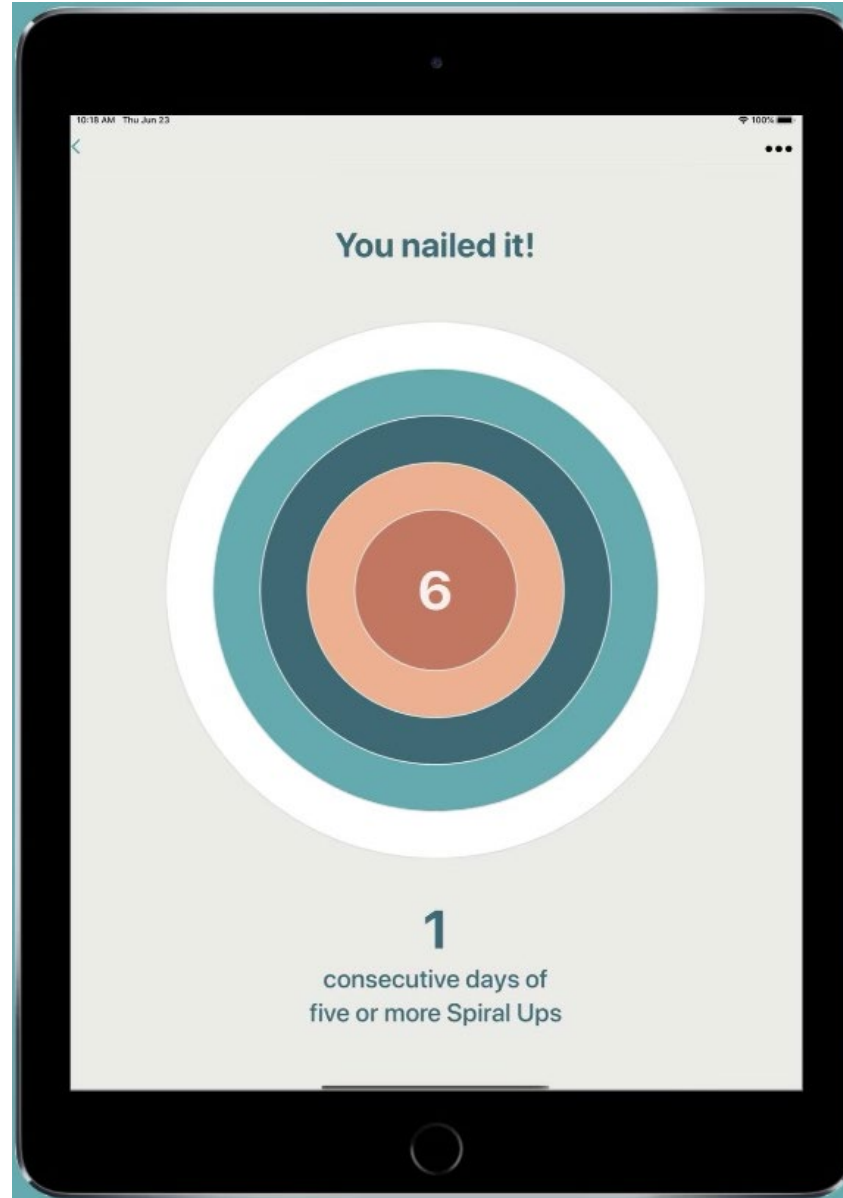
Between sessions, students use app (2 to 3 minutes).



Visit EBT.ORG
Brain Based Health.
App for full service stress
resilience and daily
professional drop in
support.



**One EBT Skill
for students.
Self-study only.
Spiralup.org**





EBT

Introduction to EBT (Emotional Brain Training)

Zondra Clunn FA/MS LPC demonstrates here...

REMEMBER! I'll be doing a district professional development session on EBT on **February 19th** at 1:00pm-ish where you can learn **EVEN MORE** and get hours for your time :) as well.

Thanks for giving me the opportunity to introduce you to EBT.

Visit EBT.ORG.

Feel free to contact me.

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