

Fall Program – **Sunday, September 22, 2019**

Does Psychotherapy Change the Brain?

Presenter: Daniel Stewart, M.D.

PROGRAM:

This presentation will discuss evidence for brain changes in response to psychotherapeutic intervention. It will focus on how the brain reacts to environmental influence as well as discuss relatively recent findings, suggesting that neuronal plasticity continues through adulthood.

PRESENTER:

Daniel Stewart, MD has had a long-standing affiliation with Mount Sinai School of Medicine, doing both adult and child residencies there after graduating from Robert Wood Johnson Medical School. He is also a graduate of The Institute for Modern Psychoanalysis. He served on the full-time academic faculty at Mount Sinai as the Associate Director of Residency Training in Psychiatry for several years, where he divided his time between educating residents, scientific research, and private practice. Currently, he is on the voluntary faculty at Mount Sinai where he supervises and teaches residents and fellows in child and adult psychiatry. He has published several books and articles on topics ranging from medical school education to the neuro-biology of schizophrenia.

Learning Objectives: This workshop is designed to help participants:

- Recite the different parts of the neuron.
- Describe the basic elements of neuronal pathway formation.
- List the three main components of habits.
- Describe how practice leads to neuronal optimization.
- Identify situations where environment can influence brain changes.
- Develop new interventions based upon their understanding of habits and learning.

LOCATION: *Cresskill Senior Center*, 38 Spring St., Cresskill NJ 07626
9:45 – 10:15 AM Registration and Continental Breakfast
10:15 – 10:45 AM Annual Business Meeting
11:00 – 1:00 PM Program

NCAP Members and Students – No Charge • Guests \$30

2 CE credits available for psychologists (add'l. charge): Payment for CE is to be made online only, to NJPA after the program. NJPA members \$15; sustaining members N/C. NJPA non-members \$25. After the program, you can remit payment to NJPA online using a link to be distributed at the program, after which you will receive a confirmation email with a link to the CE evaluation form.

RSVP to: Joan Fiorello, Ph.D. – joangf@hotmail.com or 201-784-0312

Refund available only if cancellation received by September 15th.

This program is co-sponsored by NJPA and NCAP. NJPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NJPA maintains responsibility for the program and its content. This program qualifies for 2 C.E. credit hours for psychologists.

Intended audience: Psychologists, social workers, mental health counselors, marriage and family therapists, and graduate students.

Program sophistication: Introductory: no prior knowledge of the specific topic is required.

The presenter has no commercial support or conflict of interest for this program.

NJPA does not endorse the presented material as the only approach to a given area of study or therapeutic approach.

NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA co-sponsored programs. No materials (physical or electronic) provided to attendees at such programs may be shared.

Location is ADA accessible. For further accommodations contact Joan Fiorello, joangf@hotmail.com or 201-784-0312. Requests must be made at least 14 days prior to the event.

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