

Course Objectives and Agenda:

How to Tap into Your Mind's Potential to Break Bad Habits

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SM20-1702-265

Target Audience:

This program is helpful for all levels of mental health professionals looking to deepen their understanding of the behavioral and brain mechanisms underlying addictive and habitual behaviors and individuals hoping to break habits such as emotional eating and anxiety.

Course Objectives- Upon completion of this course, attendees will be better able to:

1. Identify how habits are formed and what we can do to change them
2. Identify the neurobiological underpinnings of reward-based learning
3. Identify the connections between ancient Buddhist Psychology and recent findings modern science
4. Describe a psycho-educational approach that may be shared with patients/clients about how habits are formed, what keeps them in place and why distraction and avoidance are insufficient for lasting habit change
5. Apply a 3-step model to use with all types of habit patterns, including seemingly ingrained patterns such as self-judgment and anxiety
6. Describe how mindfulness breaks the habit loop and recalibrates the brain's reward centers
7. Describe how social media and smart phones activate the rewards centers and can develop into addictive behaviors
8. Describe three evidence based apps in the field of digital therapeutics
9. Offer short mindfulness practices, reflections and self- monitoring exercises that can be directly applied in daily life and clinical situations
10. Identify pragmatic mindfulness practices that can be used clinically
11. Describe how mindfulness changes brain activation in self-referential processing centers
12. Describe how mindfulness changes brain activation with selfless vs self-centered love

Agenda:

DAY 1		
7:30 – 10:00 PM	Reward-based learning: understand how habits are formed and what we can do to change them	Identify how habits are formed and what we can do to change them
DAY 2		
7:00 – 8:00	Morning meditation	Identify pragmatic mindfulness practices that can be used clinically
9am-10:15am	Introduce a 3-step model to use with all types of habit patterns, including seemingly ingrained patterns Connections between ancient Psychology and recent findings modern science (e.g. operant conditioning)	Apply a 3-step model to use with all types of habit patterns, including seemingly ingrained patterns such as self-judgment and anxiety Identify the connections between ancient Buddhist Psychology and recent findings modern science

BREAK		
10:30 – 12:00	<p>How mindfulness decouples craving from behavior from the research on mindfulness training and smoking cessation</p> <p>The neuroscience of reward evaluation and recalibrating the brain</p>	<p>Describe how mindfulness breaks the habit loop and recalibrates the brain’s reward centers</p> <p>Describe a psycho-educational approach that may be shared with patients/clients about how habits are formed, what keeps them in place and why distraction and avoidance are insufficient for lasting habit change</p> <p>Describe how social media and smart phones activate the rewards centers and can develop into addictive behaviors</p>
BREAK		
2:30 -5PM	<p>How meditation changes brain activity</p> <p>Tapping into reward-based learning to hack our brain</p> <p>Finding rewards that are more rewarding to support health and wellbeing</p> <p>Offer short mindfulness practices, reflections and self-monitoring exercises that can be directly applied in daily life and clinical situations</p>	<p>Identify the neurobiological underpinnings of reward-based learning</p> <p>Describe how mindfulness changes brain activation in self-referential processing centers</p> <p>Delineate short mindfulness practices, reflections and self- monitoring exercises that can be directly applied in daily life and clinical situations</p>
DAY 3		
7:00 – 8:00	Morning meditation	Identify pragmatic mindfulness practices that can be used clinically
BREAK		
9:00 – 10:15	The brain science of curiosity, generosity and love	Describe how mindfulness changes brain activation with selfless vs self-centered love
Break		
10:30-Noon	Describe the of the field of digital therapeutics including the current research with smoking, emotional eating and anxiety	Describe 3 evidence-based apps in field of digital therapeutics