

## Incorporating Left and Right-brain Based Approaches to Treating Depression and Anxiety Video Course

Lisa Ferentz

Video Course

CPD hours: 6 / CE credits: N/A

Price: £145



Online video access remains available for 1 year from the date you receive the video course.

Globally, as somatic approaches, CBT, and right-brain based psychotherapeutic interventions have now shown exceptional efficacy in the treatment of depression and anxiety, there is an increasing focus on incorporating these modalities into treatment, either as an adjunct to pharmacology or in lieu of medication. Therapists are embracing cutting-edge somatic approaches and Cognitive Behavioural Therapy (CBT) techniques to deliver transformative results for their clients. These therapeutic approaches, when combined into a holistic mind-body intervention model, including exercise and an emphasis on adequate sleep, have proven highly effective in alleviating symptoms for both depression and anxiety.

At this practical and engaging webinar, we will look at four approaches specifically:

1. **Psychoeducation:** we will look at the diagnoses of depression and anxiety through the lens of hyper- and hypo-arousal, **giving both clinicians and clients a framework to understand the cognitive, emotional, somatic, and behavioural symptomatology that accompanies these affective experiences.** Teaching clients how to be in the “optimum window of tolerance” will give them a sense of empowerment in navigating their emotional stability
2. Long term research now shows that **Cognitive Behavioural Therapy (CBT)** is an effective treatment strategy for depression and stands as a cornerstone of evidence-based psychotherapy, offering a powerful framework for addressing negative thought patterns and behaviours. Through CBT, therapists equip clients with practical tools to challenge cognitive distortions, reframe limiting beliefs, and cultivate more adaptive coping strategies. We will explore **practical therapeutic interventions such as identifying cognitive distortions, cognitive re-framing, writing prompts, journaling, increasing gratitude, and enhancing self-compassion through positive self-talk.**



3. **Somatic approaches:** allow us to recognize the profound connections between mind, body, brain, and behaviour. In this webinar, we will **explore practical ways for utilising somatic resourcing, movement, and posture** that will help our clients to self-soothe, feel more grounded, and empowered, and create adaptive psychological, physiological, and behavioural changes.
4. **Creative, right-brain based modalities** can help clients to access and soothe both depressed mood and anxious feelings. **Participants will learn how to use art therapeutically, and how to incorporate guided imagery and visualization to dial down the intensity of anxiety, increase feelings of competence, and install a “future self”** that brings hope and healing to the work.

Participants will learn how to incorporate the above psychotherapeutic techniques into their skillset, so as to dramatically increase outcome efficacy. We will specifically learn tools for:

- **Breathwork Strategies:** Participants will learn and implement breathwork **techniques designed to address hypo-arousal in depressed clients.** These techniques draw on principles of mindfulness and regulation to promote emotional balance and well-being.
- **Somatic Resourcing and Power Poses:** Therapists will explore somatic resourcing techniques, including power posing interventions, to facilitate adaptive psychological and physiological changes in clients. By embodying confidence and strength, clients can shift their internal states and cultivate resilience.
- **Negative Self-Monologue Reduction:** Through cognitive restructuring and compassionate self-talk exercises, therapists can **help clients diminish negative self-monologues and foster a more nurturing inner dialogue.** By challenging self-limiting beliefs, our clients can cultivate greater self-compassion and emotional resilience.
- **Four-Quadrant Art Prompt:** Utilizing the transformative power of art therapy, therapists can guide clients through the four-quadrant art prompt, helping them to identify and celebrate moments of competence and achievement throughout the life cycle.
- **Increasing Self-Care:** We will discuss the importance of incorporating exercise, good sleep hygiene, and the **practice of “powering down,” to release endorphins, increase focus, and enhance mood regulation.** These lifestyle changes can augment the effectiveness of traditional psychotherapy interventions.
- **Promoting Gratitude:** Therapists will explore the role of gratitude in treating depression and anxiety, learning how to implement gratitude practices with their clients. **Cultivating a mindset of gratitude can enhance emotional resilience for our clients** and foster a more positive outlook on life.

During this webinar, we will:

- Learn how we can use a “parts approach” so depression and anxiety do not become synonymous with an all-encompassing identity
- Explain the impact that sleep deprivation has on exacerbating depression and anxiety
- Describe and implement at least two breathwork strategies designed to address hypo-arousal
- Describe and implement two strategies designed to address anxiety and hyper-arousal
- Identify and implement at least three strategies that incorporate somatic resourcing and Power Poses
- Implement a strategy to decrease a negative self-monologue and increase more compassionate and positive self-talk
- Incorporate the four-quadrant art prompt to help clients reconnect with feelings of competence and expand their self-narratives
- Implement a visualization to dial down the intensity of anxiety and panic
- Explain the role that exercise has in releasing endorphins in depressed clients
- Use the “future self-prompt” to promote hope in depressed clients
- Explain the role that gratitude has in treating depression and how we can implement it with depressed clients



### Learning Objectives:

- Explain how we can use a “parts approach” so depression and anxiety do not become synonymous with an all-encompassing identity
- Explain the impact that sleep deprivation has on exacerbating depression and anxiety
- Describe and implement at least two breathwork strategies designed to address hypo-arousal and address anxiety and hyper-arousal
- Explain the role that exercise has in releasing endorphins in depressed clients
- Use the “future self-prompt” to promote hope in depressed clients
- Explain the role that gratitude has in treating depression and how we can implement it with depressed clients

Overall, this training programme offers an unparalleled opportunity for therapists to expand their therapeutic repertoire and dramatically transform their practice. By embracing somatic approaches, CBT techniques, psychoeducation, and creative modalities, participants can train to become transformative envoys of change in the lives of their clients.

### About the speaker

**Lisa Ferentz** is a recognized expert in the strengths-based, de-pathologized treatment of trauma and has been in private practice for over 39 years. She presents workshops and keynote addresses nationally and internationally, and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, the UK, Ireland and Israel. She has been an Adjunct Faculty member at several Universities, and is the Founder of “The Ferentz Institute,” now in its sixteenth year of providing continuing education to mental health professionals and graduating several thousand clinicians from her two Certificate Programs in Advanced Trauma Treatment. In 2009 she was voted the “Social Worker of Year” by the Maryland Society for Clinical Social Work. Lisa is the author of “Treating Self-Destructive Behaviors in Traumatized Clients: A Clinician’s Guide,” now in its second edition, “Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing,” and “Finding Your Ruby Slippers: Transformative Life Lessons From the Therapist’s Couch.” Lisa also hosted a weekly radio talk show, writes blogs and articles for websites on trauma, attachment, self-destructive behaviors, and self-care, teaches on many webinars, and is a contributor to Psychologytoday.com. You can follow Lisa’s work on her website, [theferentzinstitute.com](http://theferentzinstitute.com), YouTube, LinkedIn and Twitter.

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