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Mental Health Association  
320 N. Goodman Street  
Rochester, NY 14607

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*The Mental Health Association  
Presents:*

**“Four Ways to Click:  
Using Brain Science to Build Stronger,  
More Rewarding Relationships”**



**Thursday, October 9, 2014**

**8:30 a.m. — 4:00 p.m.**

at

Monroe Golf Club  
155 Golf Avenue Pittsford, NY 14534

**\$100**  
*(Includes lunch)*

This seminar is for mental health practitioners — clinicians, counselors, social workers and others who work directly with individuals and families in community-based settings.

For additional information, contact  
the Mental Health Association at  
325-3145 x113  
[www.mharochester.org](http://www.mharochester.org)

## ABOUT THE SEMINAR

The ability to change the structure and function of the central nervous system is critical to any successful mental health treatment. The rules of neuroplasticity, "use it or lose it" and "neurons that fire together wire together" are operative not only when our clients take medications to stimulate brain pathways, but also when they exercise, meditate and sit with a therapist.

Clinicians must be able to translate what they know about brain science into practical techniques for helping clients change and heal. In this training, clinicians will learn exercises to help their clients strengthen four important neural pathways used to form healthy human connections.

This training will introduce practitioners to the C.A.R.E. Program, an innovative program that combines Relational-Cultural Theory, Relational Neuroscience and the rules of neuroplasticity into a practical guide to help people use their brains to build stronger, more rewarding relationships.

### Learning Objectives:

- ◆ Participants will be able to describe two rules for neuroplasticity or brain change.
- ◆ Participants will be able to fill out the 20 question Relational C.A.R.E. Assessment and find relational safety groups.
- ◆ Participants will be able to identify three ways to balance the autonomic nervous system.



**Amy Banks MD** is Director of Advanced Training and Senior Researcher at the Jean Baker Miller Training Institute at the Wellesley Centers for Women, Wellesley College. Dr. Banks is the creator of the C.A.R.E. Program featured in her upcoming book, "Four Ways to Click: Using Brain Science to Build Stronger, More Rewarding Relationships." to be published in January 2015 by Penguin Books.

She is a founding board member of Relationships First, a select group of healers, artists, and entrepreneurs dedicated to promoting the fact that healthy relationships are at the core of health and well being. She is the co-editor of *A Complete Guide to Mental Health for Women* and she has lectured nationally and internationally on the neuroscience of relationship. Dr. Banks also has a private psychiatric practice in Lexington, MA.

**CE's and CEU's available for social workers and mental health counselors; Renewal CASAC available**

## AGENDA

8:00—8:30 am Registration and Coffee

8:30 am — Noon:

**Relational-Cultural Theory (History & Key Concepts) and Relational Neuroscience**

Noon—1 p.m. Lunch

1:00—4:00 pm

**Mapping Your Relational Web— An Assessment Tool  
Implementing your C.A.R.E. Program  
Improving Capacity to Connect**

**REGISTRATION —\$100**

*Registration Deadline — October 1st  
(includes lunch)*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Organization (if applicable): \_\_\_\_\_

Profession: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Send completed form with check enclosed (*payable to Mental Health Association*) to Mental Health Association 320 N. Goodman Street, Rochester NY 14607 or... Register on line at [www.mharochester.org](http://www.mharochester.org)

For payment by credit card: \_\_\_ Visa \_\_\_ MasterCard

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Please note any dietary restrictions \_\_\_\_\_