



“Brain Health Coaching is an exciting new discipline. Look inside and see how it can benefit you and your clients/patients.”

– DANIEL AMEN, MD, FOUNDER, AMEN CLINICS



# BRAIN HEALTH COACHING

## CERTIFICATION COURSE

Your clients and patients desperately need your help. Here's your roadmap to:

- **Implement the Amen Clinics Method in your practice**
- **Be clinically more effective**
- **Change more lives**
- **Increase referrals, build your practice**

*“When I began to integrate the Amen Clinic’s Method into my work with clients, especially those struggling with addictions, I experienced significant and profound results... That is the best feeling ever for me as a clinician. Hope is huge.”*

**- Terrina Picarello, MA, LPC**

Visit [www.BrainHealthCoaching.com](http://www.BrainHealthCoaching.com) and enroll today!

The Amen Clinics Brain Health Coaching Certification Course offers you the option to **earn 50 CE/CME credits** for participating in this program...AND with nearly 50 hours of unique, in-depth training directly from Dr. Amen, learn how to implement the Amen Clinics Method into your practice to help your patients and clients have better brains and better lives using Dr. Amen's comprehensive, online suite of clinical tools and resources for professionals:

### BRAIN HEALTH COACHING COURSE

A comprehensive clinical course on the neurobiology of everyday life. Practical neuroscience to make you a better clinician and a more effective person. (10 hours of video and over 1,000 course slides)

The topics include:

#### ✔ 9 Principles to Change Your Brain and Life

#### ✔ Brain-Behavior Systems:

##### Functions, Problems, Solutions

- |                     |                   |
|---------------------|-------------------|
| • Limbic system     | • Cingulate gyrus |
| • Basal ganglia     | • Temporal lobes  |
| • Prefrontal cortex | • Cerebellum      |

#### ✔ Subtyping ADD, Anxiety, Depression, Addictions, Obesity and Aggression

#### ✔ Neuroimaging: How Looking at the Brain Changes Everything

#### ✔ Amen Clinics Method/Healing in 4 Circles

#### ✔ Brain-Directed Supplements

#### ✔ Boosting Brain Reserve

- |              |                          |
|--------------|--------------------------|
| • Brain Envy | • Do Good                |
| • Motivation | • Hormones and the brain |
| • Avoid Bad  |                          |

#### ✔ Physical Exercise

#### ✔ Nutrition/Gut-Brain Connections

#### ✔ Science of Self-Control

#### ✔ Killing the ANTs and Directing Thoughts

#### ✔ Innovative Treatments

#### ✔ Decreasing the Risk for Brain Aging, Alzheimer's and Other Forms of Dementia

#### ✔ Creating Brain-Healthy Communities

#### ✔ Coaching Others to Brain Health

### OPENING THE MIND, HEALING THE BRAIN COURSE

Learn how to perform, read, and apply brain SPECT imaging in clinical practice with skill building exercises.

Learn how the Amen Clinics treatment algorithm can enhance diagnosis and treatment, even if your patients never get scanned.

Based on over 115,000 SPECT scans performed at the Amen Clinics discover:

- 7 types of ADD
- 7 types of anxiety/depression
- 6 types of addicts
- 5 types of overeaters
- Variants of TBI, PTSD, OCD and more
- Specific treatments for each brain type or combination of types (one plan will never work for everyone with any of these issues)

Learn how to use targeted, evidence-based tools, including brain-directed nutraceuticals, pharmaceuticals, hyperbaric oxygen therapy (HBOT), psychotherapy (EMDR, CBT), neurofeedback, and lifestyle changes to improve treatment response. (18 hours of video)



*"I found the Amen Clinic's Brain Health Coaching Certification Course remarkable and refreshing. As simple as it sounds the principle of "if your brain works better so will you" has turned the lives around of the hundreds of patients I've worked with over the last few years."*

– Jack Felton, MA, MFT

## THE CLINICIAN'S BRAIN SCIENCE TOOLBOX

Our unique Amen Clinic intake forms, checklists, questionnaires, treatment algorithms and treatment planning forms. All of the tools we use in house to determine a specific brain type of the client you are working with. *(over 180 pages)*

## IMAGES OF HUMAN BEHAVIOR SPECT ATLAS

A comprehensive case study that serves as a valuable resource for teaching patients about the effects of brain problems on their behavior. Examine before and after treatment brain SPECT studies. *(over 300 brain SPECT images and 26 pages of detailed scientific references)*



*"I hope you join the team of professionals, such as my self...in the first major paradigm shift in the fields of psychiatry and psychology to occur in over 100 years! I and the healthcare professionals associated with me have greatly benefited from being intimately involved in the application of neuroscience to everyday practice from being able to learn from Dr. Amen and his staff."*

**– Dr. Earl Henslin, Brea, CA**

**“When your brain works right, you work right; and when your brain is troubled, you are much more likely to have trouble in your life.”** – DANIEL AMEN, MD

**...AND AS A BONUS**

### CHANGE YOUR HORMONES, CHANGE YOUR BRAIN, TRANSFORM YOUR RELATIONSHIPS AUDIO DOWNLOAD

Dr. Daniel Amen and Dr. Angie Meeker, doctor of pharmacy, help you make sense of the complicated and often confusing world of hormones. Explore practical information about how your hormones influence your health and the well-being of your relationships. *(nearly 2 hours of audio)*

### UNCHAIN YOUR BRAIN AUDIO COURSE

Powerful information on addiction brain typing, ANT killing exercises, a brain enhancing nutrition plan, natural supplements, and meditation and hypnosis exercises. *(9 hours of audio)*

### CREATING A BRAIN-HEALTHY TREATMENT PROGRAM

Detailed questionnaires to help you perform thorough brain-directed evaluations, individually targeted treatment plans based on brain type, group handouts that highlight our 10 step process, and core readings that help explain addictions and other disorders in a brain-based manner. *(over 80 pages)*

### NATURAL WAYS TO HEAL THE BRAIN AUDIO DOWNLOAD

Dr. Amen makes complex information easy to understand and gives people a road map on how to take control of their own health and healing for issues such as ADD, anxiety, depression, insomnia, pain and memory problems. *(nearly 2 hours of audio)*

## CERTIFICATION BENEFITS:

- ✔ Members who are licensed, vetted, and complete the training and tests can be listed on our nationally recognized online referral network.
- ✔ Coaches can also engage in ongoing education through our professionals-only newsletter and phone trainings that will keep you updated on best practices, exciting case studies and new brain directed products.
- ✔ Get access to additional benefits exclusive to program members:
  - **20% discount** off members clinical evaluations, including SPECT.
  - **10% discount** off immediate family, staff and clients clinical evaluations, including SPECT.



*I am so grateful to have implemented the Amen Clinic's Method, which has given me access to incredibly helpful tools and resources and, best of all, a comprehensive and effective way to help my clients feel better!*

**- Julie Banta, MA, NCC**

All aspects of The Brain Health Coaching Certification Course ensure that you will be able to offer the best and latest advances in brain-health care.



Visit [www.BrainHealthCoaching.com](http://www.BrainHealthCoaching.com) and enroll today!