

Brain Health Coaching Certification

Course Agenda

Our mission is to help professionals learn how the Amen Clinics Method leads to better client/patient outcomes.

Table of Contents

Introduction.....	1
Session 1 The Brain Health Coaching Course.....	1
Session 2 Opening the Mind, Healing the Brain.....	2-4
Session 3 Unchain Your Brain Audio Course.....	4
Session 4 Natural Ways to Heal the Brain Audio Course.....	4
Session 5 Change Your Hormones, Change Your Brain, Transform Your Relationships....	5
Course Feature Details.....	5-6
Unique Educational Resources and Practical Tools.....	6
Bonus Gift Downloads.....	6
Course Benefits.....	7
About Daniel G. Amen MD.....	7
Contact Information.....	7

Brain Health Coaching Certification

Course Agenda

Introduction

Designed to fit into your busy schedule— anytime, anywhere. This course was created to help you develop a comprehensive understanding of brain health, earn 50 CE/CME credits, and improve the lives of those you serve. Here’s a closer look at the exciting assets accessible to members in this course.

Session #1

THE BRAIN HEALTH COACHING COURSE

A comprehensive clinical course on the neurobiology of everyday life. Experience for yourself how Dr. Amen teaches his own Amen Clinics medical staff on how to diagnose and treat patients. Discover practical neuroscience to make you a better clinician and a more effective person.

<u>Lesson</u>	<u>Topic</u>	<u>Length</u>
	Introduction	22:42
1	Specify the 9 Principles to Change Your Brain and Life	36:24
2	Identify Brain-Behavior Systems: Functions, Problems, Solutions	1:02:22
3	Analyze Subtypes of ADD, Anxiety, Depression, Addictions, Obesity and Aggression	34:22
4	Apply Neuroimaging: How Looking at the Brain Changes Everything	2:05:22
5	Construct Amen Clinics Method/Healing in 4 Circles	20:49
6	Recommend Brain-Directed Supplements	27:11
7	Solve Boosting Brain Reserve	23:26
8	Review Physical Exercise	11:00
9	Explain Nutrition/Gut-Brain Connections	1:19:13
10	Examine Science of Self-Control	49:01
11	Demonstrate Killing the ANTs and Directing Thoughts	43:10
12	Employ Innovative Treatments	17:15
13	Extrapolate on the importance of decreasing the Risk for Brain Aging, Alzheimer’s and Other Forms of Dementia	22:16
14	Create Brain-Healthy Communities	26:36
<u>Total Course Time:</u>		<u>10:00:23</u>

Brain Health Coaching Certification

Course Agenda

Session #2

OPENING THE MIND, HEALING THE BRAIN

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.
- ✓ Discover 7 types of ADD, 6 types of addicts, 5 types of overeaters, Variants of TBI, PTSD, OCD and more.
- ✓ Examine specific treatments for each brain type and treatments for type combinations.
- ✓ Find out 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.

<u>Lesson</u>	<u>Topic</u>	<u>Description</u>	<u>Approx. Length</u>
1	A New Paradigm	<ul style="list-style-type: none">● Clinical histories + brain SPECT imaging = more targeted, personalized treatment + lifestyle interventions = high levels of success* based on Amen Clinics 6 month outcome data● What SPECT tells clinicians/patients that they cannot obtain through traditional means.● Comparison of available imaging techniques (SPECT, PET, fMRI, QEEG, MEEG) and how SPECT is superior in many practical ways.● Extensive evidence-base for SPECT – literature review of SPECT in psychiatry.● Standard and novel uses of brain SPECT imaging.	1:39:29
2	Brain Spect Imaging Made Ridiculously Simple: Part 1	<ul style="list-style-type: none">● Nuclear physics in imaging made ridiculously simple, including radiation safety issues.● How SPECT scans are performed, processed, and rendered, in detail.● A review of SPECT cameras and imaging agents Artifact and how scans can fool you if you are not careful.● What is normal? How do we know?● Impact of age and gender on scans.● Learning to read scans, 2D slices versus 3D renderings.	1:44:18
3	Brain Spect Imaging Made Ridiculously Simple: Part 2	<ul style="list-style-type: none">● Representative cases of stroke, brain injury, toxicity, epilepsy, dementia, ADD, OCD, PTSD, bipolar disorder, depression, violence.	1:37:09
4	Brain-Based Diagnosis and Treatment	<ul style="list-style-type: none">● Behavioral neuroanatomy – brain-behavior relationships essential for interpreting and	1:55:03

Brain Health Coaching Certification

Course Agenda

		using scans in clinical practice. We will discuss what each system does, what happens when things go wrong and options to help each system.	
		<ul style="list-style-type: none">● Prefrontal cortex● Basal ganglia and limbic system● Anterior and posterior cingulate gyrus● Temporal lobes● Parietal and occipital lobes● Surprisingly important cerebellum● Listening to brain systems talking to you	
5	Practical Application of Combining Clinical History, SPECT Scans and Targeted Treatment: Part 1	<ul style="list-style-type: none">● 6 Types of ADD● 7 Types of Anxiety/Depression● 6 Types of Addicts● 5 Types of Overeaters	53:24
6	Practical Application of Combining Clinical History, SPECT Scans and Targeted Treatment: Part 2	<ul style="list-style-type: none">● Subtyping Aggression● Variants of TBI, PTSD, OCD and more● Subtyping Autism● Subtyping Difficult Couples● Head Trauma: Amen Clinics NFL Brain Imaging and Rehabilitation Study● PTSD vs Head Trauma in Soldiers● Subtyping Dementia, plus strategies to decrease the risk for dementia SPECT and the law (civil and criminal implications)	1:44:35
7	Amen Clinic Treatment Algorithm	<ul style="list-style-type: none">● Case presentation	26:29
8	Amen Clinic Protocol to a Better Brain and a Better Life	10 Steps To Boosting Your Effectiveness with Your Patients and Yourself <ol style="list-style-type: none">1. Create brain envy and a brain healthy lifestyle (avoid bad, do good)2. Know their important numbers3. Know their motivation4. Know their brain type5. Improve their decision making skills and self control6. Brain healthy targeted supplements7. Eat right to think right8. Physical and mental exercise9. Preventing relapse10. Create a brain healthy treatment program	1:18:07
9	Brain SPECT Reading Practicum: Developing Competence: Part 1	Dr. Amen will go over 50 scans in the morning, with both simple and complex findings.	1:12:19
10	Brain SPECT Reading Practicum: Developing Competence: Part 2	Participants will go over 50 scans in the afternoon, with both simple and complex findings.	1:43:56
11	Brain SPECT Reading Practicum: Developing		1:30:35

Brain Health Coaching Certification

Course Agenda

Competence: Part 3		
12	Brain SPECT Reading	1:07:23
Practicum: Developing Competence: Part 4		
13	Brain SPECT Reading	1:42:09
Practicum: Developing Competence: Part 5		
Total Course Time:		18:33:56

Session #3

UNCHAIN YOUR BRAIN AUDIO COURSE

Powerful information on understanding and treating addictions, includes brain typing, ANT killing exercises, a brain enhancing nutrition plan, targeted natural supplements, and meditation and hypnosis exercises.

<u>Lesson</u>	<u>Topic</u>	<u>Length</u>
1	Understanding the Chains of Addiction and Finding Lasting Motivation to Change	51:01
2	How Brain Imaging Changes Everything Even If You Never Get A Scan	56:38
3	Get the Right Evaluation – A Bio-Psycho-Social-Spiritual Approach – 8 Circles of Health and Healing	52:18
4	Know Your Brain Type – The Six Different Types of Addiction	49:59
5	Boost Your Brain to Get Control And Prevent Lasting Memory Problems and Brain Damage	44:14
6	Craving Control – Ways to Lock Up the Craving Monster That Steals Your Life	41:41
7	Eat Right to Think Right and Heal from Your Addiction	58:17
8	Kill the Addiction ANTs That Infest your Brain and Keep You in Chain	40:08
9	H-A-L-T Plus Brain Science – Preventing Relapse	44:49
10	Hypnosis and Meditation to Unchain Your Brain – Including an Actual Hypnosis Done by Dr. Amen and a 12 Minute Meditation Recording	59:14
Total Course Time:		8:18:19

Session #4

NATURAL WAYS TO HEAL THE BRAIN AUDIO COURSE

Discover a detailed roadmap on how to take control of your own health and healing for issues such as ADD, anxiety, depression, insomnia, chronic pain, and memory problems.

<u>Part</u>	<u>Topic</u>	<u>Length</u>
1	Natural Ways to Heal the Brain	52:06
2	Natural Ways to Heal ADD	46:17
3	Natural Ways to Heal Anxiety and Depression	55:39
4	Natural Ways to Optimize Your Memory	47:55
5	Natural Ways to Enhance Sleep and Relieve Pain	39:25
Total Course Time:		4:01:22

Brain Health Coaching Certification

Course Agenda

Session #5

CHANGE YOUR HORMONES, CHANGE YOUR BRAIN, TRANSFORM YOUR RELATIONSHIPS

Dr. Daniel Amen, MD and Angie Meeker, Pharm.D. show you how to make sense of the complex world of hormones. Explore practical information about how your hormones influence your health and the well-being of your relationships.

<u>Part</u>	<u>Topic</u>	<u>Length</u>
1	<ul style="list-style-type: none">● Hormones and aging● Hormones and sexual function● PMS	55:21
2	<ul style="list-style-type: none">● Perimenopause and menopause● Testosterone deficiency for men and women● Thyroid hormones, Stress and Adrenal Fatigue	1:02:51
<u>Total Course Time:</u>		1:57:53

Course Feature Details

Unique Educational Resources and Practical Tools

This program uses the videos and tools Dr. Amen uses to teach the medical staff and therapists at Amen Clinics. It contains over 40 hours of unique, in-depth training directly from Dr. Amen. Plus, you have access to Dr. Amen's comprehensive, online suite of clinical tools and resources.

1. Brain Health Coaching Course

(10 hours of video and over 1,000 course slides)

This is how Dr. Amen teaches the Amen Clinics medical staff on how to diagnose and treat patients. This treatment protocol has some of the best published outcomes for patients anywhere.

2. Opening the Mind, Healing The Brain Course

(18 hours of video)

Learn how to understand, read, and apply brain SPECT imaging in clinical practice with skill building exercises. Explore how the Amen Clinics treatment algorithm can enhance diagnosis and treatment, even if your clients/patients never get scanned.

3. The Clinician's Brain Science Toolbox

(over 180 pages)

Includes the Amen Clinics intake forms, checklists, questionnaires, treatment algorithms, and treatment planning forms.

Brain Health Coaching Certification

Course Agenda

4. Images of Human Behavior Brain SPECT Atlas

(over 300 brain SPECT images and 26 pages of detailed scientific references)

A comprehensive book that serves as a valuable resource for educating clients, patients and others to understand and love their brains. Includes real-life before/after treatment brain SPECT studies.

Bonus Gift Downloads

1. Unchain Your Brain Course

(9 hours of audio)

Powerful information on understanding and treating the addictions, includes brain typing, ANT killing exercises, a brain enhancing nutrition plan, targeted natural supplements, and meditation and hypnosis exercises.

2. Creating a Brain-Healthy Treatment Program

(18 hours of video)

Detailed questionnaires to help you perform thorough brain-directed evaluations, individually targeted treatment plans based on brain type, group handouts highlighting our 10 step process, and core readings explaining addictions and other disorders from a brain-based perspective.

3. Natural Ways to Heal the Brain

(nearly 2 hours of audio)

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.

4. Change Your Hormones, Change Your Brain, Transform Your Relationships

(nearly 2 hours of audio)

Daniel Amen, MD and Angie Meeker, Pharm.D. show you how to make sense of the complex world of hormones. Explore practical information on about how your hormones influence your health and the well-being of your relationships.

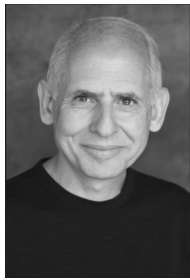
Brain Health Coaching Certification

Course Agenda

Course Benefits

- ✓ Receive a beautiful certificate when you pass your course exam to display your certification.
- ✓ Eligible members can be listed on our national referral network.*
- ✓ Engage in free ongoing education through our professionals-only newsletters and phone trainings to stay updated on best practices, illustrative case studies, and new brain directed products.
- ✓ Members receive 20% OFF clinical evaluations, including SPECT.
- ✓ Immediate family, staff, clients/patients referred by members receive 10% OFF clinical evaluations, including SPECT.
- ✓ Get 15% OFF BrainMD Health Products.

ABOUT DANIEL G. AMEN MD



Dr. Daniel Amen is one of America's leading psychiatrists and brain health experts. He is a double board-certified psychiatrist, neuroscientist, brain imaging expert, and distinguished fellow of the American Psychiatric Association.

Dr. Amen has authored or coauthored 70 professional articles and more than 30 books, including **New York Times mega-bestseller *Change Your Brain, Change Your Life*.** He has appeared on numerous television shows including ***Dr. Phil, Larry King, Dr. Oz,*** and ***The View*.**

His breakthrough public television programs on brain and mental health have made him well loved by millions of viewers seeking guidance on memory, attention, other cognitive functions, emotional issues, behavior, and more.

***The Washington Post* has called Dr. Amen "America's most popular psychiatrist"** because of his wildly popular clinics which have over 4,000 patient visits a month. Nearly 6,000 mental health providers have referred patients to the Amen Clinics.

Contact Information

For accommodations for people with disabilities, please contact Chris Walthall, Brain Health Coaching Certification Course Manager, at 949-266-3791 or BHCCC@AmenUniversity.com

To file any grievances or if you have any questions, please contact Chris Walthall, Brain Health Coaching Certification Course Manager, at 949-266-3791 or BHCCC@AmenUniversity.com