



THE AMERICAN INSTITUTE FOR THE ADVANCEMENT OF FORENSIC STUDIES (AIAFS) *presents*

Seminar One: The Neuroscience of Mental Illness: Brain Structures, Connectivity in the Brain, and Brain-Changing Techniques for Forensic Experts

Presenter: Dr. Jennifer Sweeton, Psy.D., MS, MA

6.0 Hours

Training Description

The latest findings from neuroscience have given us incredible insights into the workings of the brain and its connection to our psychological and physical well-being. Yet in-depth studies on the brain can be difficult to interpret; names like “dorsal anterior cingulate cortex” mean very little to most of us. And terminology is just the first obstacle. How do you overcome the challenge of applying complicated neuroscientific information to your practice with clinical and forensic clients? How does neuroscience help you when you’re face-to-face with individuals who are stressed, disconnected, fearful, or angry? This seminar will focus on a broad spectrum of conditions commonly encountered in clinical and forensic settings, such as:

- Sexual offending (and other problematic behavior)
- Substance abuse
- Domestic violence
- ADHD and oppositional behavior
- Trauma/PTSD
- Fetal Alcohol Spectrum Disorder
- Impulsivity
- Executive Dysfunction

Learn what happens to the brain in these conditions, how they present, and how to begin working with each.

Training Objectives

1. Name the six areas of the brain most involved in mental health conditions.
2. Describe at least one difference between the neuroscience of substance abuse and trauma/PTSD.
3. Distinguish between the three main ways of changing the brain.
4. Describe why it can be difficult to “reason” with an individual who is under substantial stress.
5. Name and practice at least two techniques that ease the brain and body’s stress response.
6. State five conditions commonly seen in clinical and forensic settings.

Presenter Biography

Originally trained as a neuroscientist, Dr. Jennifer Sweeton is a licensed clinical psychologist, best-selling author, and internationally-recognized expert on trauma, anxiety, and the neuroscience of mental health. She is the author of the book, *Trauma Treatment Toolbox*, published by PESI Publishing & Media. Dr. Sweeton completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University, and studied behavioral genetics at Harvard University. For more information about Dr. Sweeton, visit <https://www.jennifersweeton.com/about-me>.