

# 9<sup>th</sup> International Conference on Stress, Mindfulness, Meditation and Resilience November 10-11, 2022 | Webinar

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## Essential Knowledge about the Brain for Mindfulness Practitioners

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**W**e know more about the neurological causes of stress and anxiety in the brain than we do about the neurological causes of any other psychological disorders. Are we using our knowledge of the neurology of stress and anxiety in order to make the best use of mindfulness and meditation? Dr. Pittman will describe strategies based on our understanding of the two neural pathways to stress and anxiety in our brain. An understanding of these two neural pathways can lead to more effective use of mindfulness strategies. She also will provide client-friendly explanations that allow even those with limited education to understand ways to change your brain to reduce stress and anxiety. Thankfully, it isn't necessary to have a degree in neuroscience to use brain-based strategies for change..

### Biography

Catherine M. Pittman, Ph.D., HSPP, is a licensed clinical psychologist, and psychology professor at Saint Mary's College in Notre Dame, IN. A practicing clinical psychologist treating anxiety for over 30 years, she also is experienced in neuropsychological rehabilitation with individuals who have experienced brain injuries or strokes. In 2019, she was honored by Rehabilitation Hospital of Indiana with a Service Award for her work in treating brain injury. Dr. Pittman practices neurologically informed CBT, and has conducted research in both fear conditioning and neuropsychology, preparing her well to explain the neurology of fear and anxiety. With Elizabeth Karle, Dr. Pittman authored *Rewire Your Anxious Brain*, a book recognized for its clear explanation of how to change both the amygdala and cortex in order to make the brain more resistant to anxiety. Her most recent book is *Rewire Your OCD Brain* with coauthor neuropsychologist William Youngs. She is currently working on a workbook for PESI titled *Taming Your Amygdala*.

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