

# **Keynote and Training Workshops**

By

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Dr. Nussbaum provides keynote presentations and workshops on the human brain and behavior to all sectors of society across the world. He can customize a talk to meet your organization's needs.

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## **Keynotes with Abstract and Learning Objectives**

### **1. Basics of Brain and Behavior**

The human brain is the single greatest, most magnificent system ever designed in the history of the universe. Weighing but 3 pounds, composed of 60% fat, and demanding 25% of the blood from each heartbeat, the brain is the origin of your every thought, emotion or behavior. This session will provide the basics on the majesty of the human brain, the behaviors related to different brain regions, and how neural plasticity facilitates our ability to shape the brain for health across the lifespan.

Particular focus will be granted to how an understanding of the human brain and related behaviors can assist everyone personally and the professional.

Participants will learn:

1. Basic facts about the structure and function of the brain.
2. Brain-behavioral relations.
3. Different organizational structures of the brain.
4. Critical aspects of communication, memory, and stress.
5. Basic differences between the female and male brains.

2. **Brain Health Across the Lifespan: Implications for the Professional and client (s):**

Neural plasticity is a brain that is highly dynamic, constantly reorganizing, and malleable. Plasticity enables the brain to be shaped for health across the lifespan. Dr. Nussbaum's Brain Health Lifestyle® includes five domains: Physical Activity, Mental Stimulation, Spirituality, Nutrition, and Socialization. Each of these slices of the brain health pie includes specific research-based activities to build brain resilience. While there are no known preventions or cures of dementia (s), participants will learn a proactive lifestyle to help build brain resilience that can build a healthy brain and delay onset of disease.

Participants will learn:

1. Importance of caring for self and living a balanced life.
2. Dr. Nussbaum's Brain Health Lifestyle®.
3. Specific research-based activities to build "brain resilience."
4. Neural Plasticity, Neurogenesis, and brain resilience.
5. To share this information with each client and family.

3. **Neuroscience of Communication and Behavioral Observation:**

Language serves as the foundation for communication and the human brain facilitates both verbal and nonverbal language. This session provides the basic underlying neuroanatomy of language and highlights differential verbal and nonverbal forms. The importance of understanding language more broadly permits enhanced communication between the professional and client/family. It also can enhance all relationships to bring about more harmony and less tension.

Participants will learn:

1. Critical structures of language in the human brain.
2. Different types of communication and language functions.
3. Gender differences in communication.
4. Importance of communication with clients and families.

4. **Female Brain-Male Brain:**

This session provides an overview of the basic differences in neuroanatomy between the female and male brain. This includes a discussion on how the two brains process differently and how these differences result in behavioral differences and challenges between men and women. The talk will offer fun and humorous examples to highlight the resulting behavioral differences between men and women. The hope is to build practical tips and methods to enhance communication between the genders and to assist professionals incorporate gender differences into strategic approaches and communication with clients.

Participants will learn:

1. Differences in processing between the female and male.
2. Behavioral differences to include communication.
3. Ways to enhance communication with and amongst clients and families.
4. Assist in development and maintenance of positive relationships.

5. **Rewards System of the Brain, Anxiety, and Building Life Balance:**

The reward system is an older collection of neural structures that sit deep inside the brain and help to facilitate emotional expression, emotional experience, self-awareness, compassion, and motor behavior. Specific neurochemicals are generated and released within the reward system that facilitates inner peace, emotional health, and overall balance. Specific behaviors will be taught to help each participant stimulate the reward system while suppressing negative emotional activity.

Participants will learn:

1. Regions and structures of the Reward System of the Brain.
2. Role of the Reward System.
3. Neurochemistry of the Reward System.
4. How Reward System can maximize brain health.
5. How Reward System can suppress negative emotions and behaviors.

6. **Basics of Dementia and Alzheimer's Disease: Implications for Caregivers and Families:**

Dementia is a description of a clinical disorder that must include loss of Intelligence, memory loss, other cognitive loss, functional decline, and personality change. There are over 70 types of dementia and Alzheimer's Disease (AD) is the leading cause accounting for 50-70% of all dementias. This session will teach the clinical aspects of dementia, AD, and help the professional manage cases where older clients are demonstrating cognitive decline. Strategies will also be discussed for the family caregivers of such clients to help them live a brain health lifestyle

Participants will learn:

1. Definition of Dementia and Alzheimer's Disease (AD).
2. Epidemiology of AD and related dementias.
3. Financial and emotional toll of AD.
4. Update of assessment, treatment, and caregiver Burden.
5. Tips for Professional and Caregiver in cases of vulnerable older clients/families.

7. **Respecting Needs of the Caregiver:**

There are over 15 million caregivers of people suffering Alzheimer's disease and more who provide critical care to other forms of dementia and physical illness. The emotional toll of such caregiving is significant with at least 30% suffering depression and related anxiety. This session will focus on the role of the caregiver, address the emotional and economic toll of caregiving, and provide practical tips for the caregiver to maintain a healthy balance between one's personal and professional life and the role of caregiver.

Participants will learn:

1. Caregiver statistics.
2. Emotional consequences of caregiving.
3. Risk of illness and professional decline with caregiving.
4. Tips to maintaining a healthy balance while caregiving
5. Review of Dr. Nussbaum's Brain Health Lifestyle® for the caregiver.