Using Neuroscience to Reverse the Course of DEPRESSION

ONE SMALL CHANGE AT A TIME

Goals and Objectives:

1. Understand the key brain regions and neurotransmitters that contribute to depression and anxiety
2. Discover how simple interventions can modulate the activity and chemistry of key brain regions
3. Provide evidence-based strategies that can both attenuate pathological negative moods, as well as enhance emotional well-being

Distinguished Speaker

DR. ALEX KORB

Alex Korb, PhD, is a neuroscientist, author and coach who has studied the brain for over fifteen years, and is the author of The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time. He earned his PhD in neuroscience at UCLA, and is currently an adjunct assistant professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA.