

Unchanging the Brain: How to Cope with Uncertainty During Difficult Times

Ann Marie Leonard-Zabel

Curry College, Department of Psychology, USA

Abstract

Whether one is facing a global, personal, or employment crisis, or perhaps experiencing a mix of all three, building resilience will assist in providing hope for not only the present but the future. This presentation will focus on brain-behavioral impact of stress and a range of mixed emotions upon one's health and happiness. Evidenced-based approaches and resources, including user-friendly applications to use during moments of challenge and hardship will be discussed. A sample "Care Plan" will be reviewed which may assist one to experience resilience leading to a sense of calm and confidence to handle issues of concern.

Biography

Leonard-Zabel is a Full Professor of Psychology and serves as the Psychology Department Coordinator at Curry College in Milton, Massachusetts. She owns and operates a private clinic specializing in School Psychology/School Neuropsychology and Clinical Forensic Examining. She holds diplomat and fellow certificates/certifications in Neuropsychology, Forensic Counseling and Examining, Psychotherapy, Autism, Addictions, Cognitive-Behavioral Therapy, Clinical Anxiety, Disability Analysis, Brain-Behavioral International Coaching, Telepractice and in Homeland Security. She was awarded the Lifetime Achievement Award from the American Board of Disability Analysts. Leonard-Zabel is the recent recipient of the Lifetime Achievement in School Neuropsychology from the American Board of School Neuropsychology. She serves on the Learning Disabilities Worldwide Congress as

one of the Board of Directors (LDW). Leonard-Zabel recently received international awards acknowledging her Keynote addresses encompassing school neuropsychological research on assessment approaches involving Autism Spectrum Disorders, Adolescent Addiction, and Mental Health focusing on the Anxious Brain, Assessment Practices, Learning Differences, Ethics & Law and Traumatic Brain Injury. Leonard-Zabel was awarded in December 2019 the title of Global Goodwill Ambassador representing the USA with the "Humanitarian" designation for her volunteerism both nationally and internationally. Throughout her career at Curry College, she was awarded the Curry College Excellence in Teaching Researcher of the Year Award, Excellence in Teaching with Partnerships & Collaboration Award, Excellence and Research in the Field, and Person of the Year, acknowledging excellence in teaching, mentorship, collegiality, leadership, and community service. Leonard-Zabel presents nationally and internationally on an ongoing basis.