



Iranian Future Leaders in partnership with Personal Growth Institute Present

THE NEUROSCIENCE OF OVERCOMING Destructive Habits & Emotions

SPEAKERS:



John Montgomery, Ph.D. **Todd Ritchey** **Foojan Zeine, Psy.D.**



The Neuroscience of Overcoming Destructive Habits & Emotions

Come & join us for a day of discussion about The Answer Model, an exciting new model of human behavior that is also a powerful method of healing, psychotherapy, and personal growth.

Sunday, May 16th, 2010 - 12:30 -4 pm
UCLA Ackerman Lounge, 2nd Floor
308 Westwood Plaza, Los Angeles, CA, 90024 [Click for Map](#)
This event is Free.



Personal Growth Institute
www.4growth.org
(818)-609-9989

Presenters:

John Montgomery, Ph.D. Neuroscientist, Counselor
Todd Ritchey, Addiction and Behavioral Counselor
Foojan Zeine, Psy.D., Psychotherapist

John and Todd will discuss The Answer Model, which suggests that the brain receives unconscious biochemical rewards from destructive habits – such as chronic procrastination, worry, and self-sabotage; and from negative emotional states such as chronic anger, hurt, regret, and self-pity. Neuroscientists have found that stress hormones released during these states have effects in the brain that are almost identical to the effects of addictive drugs like cocaine or methamphetamine. The Answer Model proposes that nearly all of us develop literal biochemical addictions to various distressing emotional and behavioral patterns. The model also presents a powerful curative method that involves no medication, but instead shows people how they can overcome their core “emotional” addictions by deriving biochemical payoffs in healthy, rather than self-destructive ways. Foojan will discuss how our cultural heritage influences whether we engage in healthy or destructive patterns.

*John and Todd will also be available to sign their new book, **The Answer Model: A new path to healing.***



John Montgomery, Ph.D.

John received his Ph.D. in neuroscience from Caltech in Pasadena, California, and his B.A. in molecular genetics from Trinity College in Dublin, Ireland. He has written about science for the Washington Post and The Economist, primarily about the interface between psychology and neuroscience. He is the primary writer of The Answer Model Theory and The Answer Model: A new path to healing.



Todd Ritchey Todd is an addiction specialist with over a decade of experience as an interventionist, counselor, and mentor. He has treated families and couples dealing with drug addiction, relationship issues, and a variety of other painful conditions and circumstances. Along with John Montgomery, Todd has pioneered a new approach to drug addiction and addictive behavior that has been extraordinarily successful for his clients.



Foojan Zeine, Psy.D.

Foojan is an International Speaker, Author, Psychotherapist, Clinical Supervisor and a successful Life and Executive Coach. She has her Doctorate in Clinical Psychology and is a Licensed Marriage & Family Therapist. Her expertise is in Intimate Relations and Addictive Behaviors. She has extensive experience treating Depression, Anxiety, PTSD, and Domestic Violence. Foojan is the founder, CEO and a Clinical Director for Personal Growth Institute.

Visit: www.4growth.org