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How The Brain Forms New Habits: Mastering The Five Brain Challenges: 18 CE hours
(Jodie Trafton, Ph.D., William P. Gordon, Ph.D. and Supriya Misra, MA)
Why are habits so hard to change? Learn why will power is not sufficient. Habits govern how we think and act. They influence who needs care and who stays well in medical and behavioral health settings. In this new and authoritative work, identify and master the five brain challenges. Learn why people over-value self-destructive habits, how to tame the need for immediate gratification, how to increase resiliency to acute threats and chronic stressors, how to train your addiction circuits to make healthy behaviors habitual, and how to empower your brain to make healthful choices. In addition to materials designed for home study credit, there are numerous exercises for each of the five brain challenges to facilitate mastery. The book is only available through IBP. Participants attending the seminar may also be able to take the home study program since the contents differ.
(280 pages) (2011)
Book only: $29
Book plus home study: $119

Child and Adolescent Clinical Psychopharmacology Made Simple: 12 CE hours
(John D. Preston, Psy.D., ABPP, John H. O’Neal, MD and Mary C. Talaga, R.Ph., Ph.D.)
This book provides a succinct and current review of the psychopharmacological treatment of children and adolescents with depression, bipolar disorder, anxiety disorders, psychotic disorders, attention-deficit/hyperactivity disorder, autism spectrum disorders, and miscellaneous disorders. Participants completing this program should be able to identify the safety and effectiveness of using selected classes of drugs for children and adolescents diagnosed with these disorders.
(86 pages of text) (2010)
Book only: $19
Book plus home study: $79
Clinical Psychopharmacology Made Simple: 12 CE hours
(John D. Preston, Psy.D., ABPP, James Johnson, MD)
This book provides a succinct and current review of the psychopharmacological treatment adults with depression, bipolar disorder, anxiety disorders, psychotic disorders, and miscellaneous disorders. Participants completing this program should be able to identify the safety and effectiveness of using selected classes of drugs for adults diagnosed with these disorders.

(83 pages of text) (2011)
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Best Practices in the Behavioral Management of Chronic Disease

• Announcing the most comprehensive reviews of current behavioral research for chronic behavioral and medical conditions, a key resource for your practice or library.
• Each chapter is written by leading experts in behavioral medicine.
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Volume I: Neuropsychiatric Disorders
Reviews by leading expert include theories of behavioral change, stroke, dementia, anxiety disorders, major depression, suicidal behavior, substance use disorders, smoking prevention, smoking cessation, dual diagnosis, cancer pain, chronic pain, migraine and tension headache, insomnia, preventing obesity and managing obesity.

(18 chapters, 489 pages) (2011) Book: $40

Volume II: Other Medical Disorders
Primary prevention of cancer, cancer screening, tuberculosis, anti-retroviral adherence, preventing heart disease, reversing and delaying heart disease, congestive heart failure, hypertension, COPD, hepatitis, type I diabetes, type II diabetes, dental compliance, prescription drugs, culture and treatment adherence, physical activity, osteoporosis, telemedicine, training health professionals for behavioral interventions.

(19 chapters, 450 pages) (2012) Book: $40

Volume III: From Preconception Through Adolescence
Preconception care, preventing low and high birth weight and birth defects, preventing mother-to-child transmission of HIV, time-sensitive issues of infant care, vaccination, pediatric asthma, autism spectrum conditions, eating disorders, preventing obesity, ADD/HD, conduct disorder, preventing smoking, preventing alcohol and drug use, preventing STDs and unwanted pregnancies, reducing exposure to unhealthful media, preventing school violence, access to firearms, and reducing intimate partner violence.

(18 chapters, over 567 pages) (2008) Book: $40

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The Ever-Changing Brain: 6 hours of credit  
(4 CDs, a 6 hour lecture with John Preston, Psy.D., Alliant International University)  
The human brain modifies itself in response to learning, stress, depression, injury, pain, addiction, and aging. Identify how the brains of people with autism, attention deficits, and dyslexia differ. Topics include brain-related changes occurring in disorders of mood, sleep, substance use, and memory and how positive changes follow mental stimulation and physical activity. Dr. Preston presents with clarity, warmth and wisdom.

Memory: A seminar for health professionals: 6 hours of credit  
(4 CDs, a 6 hour lecture with Mark Moss, Ph.D., Boston University)  
Recent discoveries have shed light on how the brain stores and retrieves information. This practical program describes how memory works breaks down, and how to improve it. Describe several forms of memory that can be selectively impaired, the role of memory in learning disabilities, and memory impairments associated with pain, depression, and sleep disorders. Distinguish between age-related memory impairment and dementia. Dr. Moss is an outstanding and “memorable” speaker.

Protecting the Aging Brain: Focus on Nutrition and Mind/Body Health: 6 hours of credit  
(4 CDs, a 6 hour lecture with Gary Arendash, Ph.D., University of South Florida)  
By age 85, we have greater than a 50% chance of developing dementia. However, evidence-based studies demonstrate that lifestyle choices made in mid-life) can protect the aging brain. Learn causes of normal, accelerated aging, and dementia. Identify strategies to protect the aging brain including neurotoxic effects of chronic stress and inflammation in accelerated brain aging including nutrients that may protect against Alzheimer’s disease and other dementias. Dr. Arendash, an international expert, is a superb speaker and provides clear and practical information.

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Stress-Related Disorders: 6 hours of credit  
(4 CDs, a 6 hour lecture with Ted Dumas, Ph.D., George Mason University)  
Chronic stress can damage parts of the brain that regulate stress hormones! Learn how stress suppresses the immune system, undermine the vascular system, and endangers short-term memory. Stress-related disorders and their treatments are detailed including evidence-based ways to increase stress resilience. Dr. Dumas, nominated for outstanding teaching in 2011, is a masterful speaker.

Understanding The Frontal Lobes: Emotional Regulation, Social Intelligence and Motivation: 6 hours of credit  
(4 CDs, a 6 hour lecture with Mark Moss, Ph.D., Boston Univ. School of Medicine)  
In this important and non-technical presentation, learn the role of the prefrontal cortex in moral reasoning, ADHD, disorders of motivation, anger, violence, psychosis, and the aging brain. Identify how different drugs affect the prefrontal cortex for anxiety, depression, bipolar illness, stimulants, antipsychotics and anti-craving drugs. Learn how prefrontal systems regulate eating, the formation of new habits, and mental control over pain. Dr. Moss is clear, insightful, and highly informative.
Anger, Forgiveness, and the Healing Process: 6 hours of credit
(4 CDs, a 6 hour lecture with Robert Grant, Ph.D.)
Anger poses a risk to the person who harbors it and to the target. However, forgiveness heals both parties. Learn how and when to communicate what matters in ways that can lead to meaningful change. Identify health risks associated with anger, traits of people with anger-related disorders, and evidence-based approaches to manage anger, and methods of facilitating forgiveness. Dr. Grant, an expert in treating trauma, provides a compassionate and inspiring approach to the topic.

Clinical Tools for Behavioral Change: 6 hours of credit
(4 CDs, a 6 hour lecture with Jason Satterfield, Ph.D., UC San Francisco)
Learn five types of interviewing, the health transformation cycle, and cognitive-behavioral interventions for managing chronic disorders. Dr. Satterfield is a masterful speaker and as director of Behavioral Medicine at UCSF, a leading expert in the field.

Complementary Medicines: What Really Works?
(4 CDs, a 6 hour lecture with Merrily Kuhn, Ph.D., ND)
Identify the safety and effectiveness of complementary medicines and nutrients to treat inflammation and chronic pain, hormone and non-hormone cancers, metabolic syndrome, and disorders of the aging brain. Dr. Kuhn provides a wealth of evidence-based information in an engaging style.

Happiness and Health: 6 hours of credit:
(4 CDs, a 6 hour lecture with Dacher Keltner, Ph.D., UC Berkeley)
Happiness depends less on external events and more on how we interpret the past, experience the moment, and imagine the future. Topics include how can we be happy, characteristics and skills of happy people, how happiness affects mood, heart disease, the brain, and relationships. Acquire insights and skills to measurably increase happiness. Dr. Keltner is a leading researcher and visionary; his lecturers provide key insights and sources of life enhancement.

How We Cope With Stress: 6 hours of credit:
(4 CDs, a 6 hour lecture with Jason Satterfield, Ph.D., UC San Francisco)
Learn the six maladaptive ways people cope with stress, how to develop adaptive coping, and learn what to say when challenging situations arise to work with people in difficult situations. Dr. Satterfield is a masterful speaker and as director of behavioral medicine at UCSF, a leading expert in the field.

Immune System: The Mind Body Connection: 6 hours of credit
(4 CDs, a 6 hour lecture with Margaret Kemeny, Ph.D., UC San Francisco)
Learn how the immune system responds to psychological stress, expectancy, mood, sleep, physical activity and inflammatory foods and nutrients. Inflammation affects mood, sleep, pain, the heart and brain. Identify anti-inflammatory nutrients, physical activity, mental states, close relationships, and beliefs. Dr. Kemeny, is Director of Health Psychology at UCSF, and a fabulous speaker.

Listening to the Body: Understanding Stress-Related Symptoms: 6 hours of credit
(4 CDs, a 6 hour lecture with William Sieber, Ph.D., UC San Diego)
Stress-related conditions contribute to over half of all health concerns. Emphasis is placed on managing symptoms of stress-related musculoskeletal, fight-or-flight, immune, fatigue and sleep
disorders. Identify thoughts and moods that produce or reduce stress-related symptoms. Dr. Sieber provides a wealth of teaching and clinical experience in treating somatic symptoms.

**CLINICAL TOPICS (continued)**

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CDs with home study: $80

**Overcoming Disabling Thoughts: Special Focus—Applying Positive Psychology**  
(4 CDs, a 6 hour lecture with Jaime Kurtz, Ph.D., James Madison University)  
This program provides key insights and tools to apply positive psychology to deal with thoughts that initiate and maintain anxiety disorders, affective disorders, and disorders identified with anger and aggression. Dr. Kurtz has won multiple awards for excellence in teaching.

**Self-Destructive Emotions: 6 hours of credit; 6 hours of credit**  
(4 CDs, a 6 hour lecture with Jason Satterfield, Ph.D., UC San Francisco)  
Pathological anger, depression, fear and shame undermine health beliefs, behaviors, and chronic disorders. Effective methods of overcoming and managing self-destructive emotions are presented by Dr. Satterfield is a masterful speaker and Director of Behavioral Medicine at UCSF.

**Understanding Depression and Bipolar Disorders**  
(4 CDs, a 6 hour lecture with John Preston, Psy.D., Alliant International University)  
Identify core symptoms of mood disorders in youth, adults and the elderly, regions of the brain involved in affective disorders, common coexisting conditions, and the relative effectiveness of pharmacologic psychological and alternative therapies. Dr. Preston presents information with clarity and clinical wisdom in his lectures and books on psychopharmacology.

**Understanding Disorders of Impulse Control: 6 hours of credit**  
(4 CDs, a 6 hour lecture with Jodie Trafton, Ph.D., Stanford University)  
Learn psychological strategies to improve control of ADHD, conduct disorders, alcohol and drug use, impulsive eating, anger, self-injurious behavior, OCD, PTSD, borderline personality and brain injury and dementia. Dr. Trafton, communicates key concepts with clarity and clinical wisdom.

**Understanding Personality Disorders: 6 hours of credit**  
(4 CDs, a 6 hour lecture with Joseph Shannon, Ph.D., Ohio State University)  
Learn how to identify and treat paranoid, schizoid, schizotypal, antisocial, borderline, narcissistic disorders, active and passive aggression and compulsive personality disorders. Learn how personality disorders coexist with hypochondriasis, body-dysmorphic disorder, selected eating disorders and substance abuse. Dr. Shannon is a remarkably interesting and informative speaker.

**Understanding Social Intelligence: 6 hours of credit**  
(4 CDs, a 6 hour lecture with Dacher Keltner, Ph.D., UC Berkeley)  
Learn the developmental problems in acquiring social intelligence, key discoveries concerning romantic love and close relationships, and practical applications of social intelligence to facilitate communication, persuasion, leadership and happiness. Keltner is a world-class expert in the area of social intelligence author of leading texts in the field, and is a charismatic speaker.

**Why We Worry: Understanding and Treating Anxiety Disorders: 6 hours of credit**  
(4 CDs, a 6 hour lecture with John Preston, Psy.D., Alliant International University)  
Describe diagnostic features of panic disorder, phobic disorder, social anxiety, obsessive-compulsive disorder, generalized anxiety, mixed anxiety-depression, and posttraumatic stress. In addition, learn to develop strategies for managing and preventing recurrent anxiety associated with professional or lifestyle issues. Dr. Preston presents with clarity, warmth and wisdom.
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