

# Understanding Executive Functions: Focus, Emotional Control, Motivation and Social Intelligence

## A 6-Hour Home Study Program for Health Professionals

*Executive functions are critically involved in academic and professional success, sustainable relationships, health, and happiness.*

*Key executive functions enable us to focus, control impulses, form flexible plans, use social intelligence, and maintain motivation. Learn how drugs alter executive functions and how to use the power of the prefrontal cortex to master habits and manage pain.*

Participants completing this program should be able to identify:

1. The key executive functions.
2. Disorders of attention, impulse control, motivation and social intelligence that rely on executive function.
3. Drugs that alter executive functions including psychostimulants, sedativehypnotics, antidepressants, mood stabilizers, and chemical dependencies.
4. How to use executive functions to manage pain.
5. How to use executive functions to manage eating.
6. How to practice executive functions to strengthen healthy habits and choices as we age.

### CONTINUING EDUCATION



**NURSES:** Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**.

IBP is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.



Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



IBP, Provider #1160, is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 - 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.



IBP is approved as a provider of CE by the **FL Board of Psychology**, by the **FL Board of Clinical Social Work, MFT and Mental Health Counseling**, by the **OH CSWMFT Board**, Provider #RCST030801, by the **IL Dept. of Professional Regulation MFT CE Sponsor Program**, #168.000183, and by **TX State Board of Examiners of MFTs**, Provider #830. This program provides 6 CE hours.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by provider by **CCAPP-EI**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-041-FH04-P and 0492-0000-17-041-FH04-T.



**DENTAL PROFESSIONALS:** IBP is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 - 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **FL Board of Dentistry**. This program provides 6 CE hours.



**PHYSICAL THERAPISTS:** This program is approved by IBP, which is an accredited provider by the **Physical Therapy Board of CA**. IBP is an **IL Dept. of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **NY State Board of Physical Therapy** as an approved sponsor of physical therapy CE. This program provides 6 CE hours.



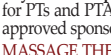
**MASSAGE THERAPISTS:** IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.



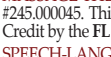
**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the **CA SLPAB**, # PDP247. This program provides 6 CE hours.



**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the **ANCC**. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by **Respiratory Care Board of CA**. This program provides 6 CE hours.



**EDUCATORS:** Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between **Alliant International University** and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.



**Initial Release Date: 07/20/2017 Expiration Date: 07/20/2020 Content Level: Intermediate**

### Executive Functions and Prefrontal Cortex

- Stress
- Prefrontal Development
- Teaching Executive Functions
- Mental Maps Underlying Executive Functions

### Key Disorders of Executive Functions

- ADHD
- Moral Reasoning
- Mood
- Anxiety
- Stress Regulation
- Working Memory
- Dementing Disorders

### Pharmacology and Executive Functions

- Stimulants
- Anxiety and Sleep
- Antidepressants
- Bipolar Disorders
- Anti-Craving Drugs

### Executive Functions and Weight Regulation

- How Rewarding is it to Eat Right Now?
- How Much Self-Control Do I Have Right Now?
- How Motivated Am I?
- How Well Do I Plan?

### Mental Control of Pain

- Pain Regulation
- Reinforcement
- Mental Control

### Using Your Prefrontal Cortex to Form Positive Habits

- The Habit Circuit
- Health and Longevity
- How to Form and Maintain Healthful Habits

### ABOUT THE INSTRUCTOR



Mark B. Moss, Ph.D., a Neuropsychologist, is co-director of the Laboratory for Cognitive Neurobiology and is Chair of Neurobiology at Boston University School of Medicine. His research, supported in part by the NIH, includes the role of the prefrontal cortex in cognition, memory, the aging brain, hypertension, and dementia.

Dr. Moss has received multiple awards for excellence in teaching. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.