

The Habits of Happy People

A 6-Hour Home Study Program for Health Professionals

Advances in positive psychology reveal how happy people develop habits that help them maintain positive emotions, thoughts and actions.

Happy people generally have better medical, dental and psychological health and improve the health of people around them.

Participants completing this evidence-based program should be able to:

1. Identify habits that can lead to meaningful increases in happiness.
2. Discuss how happiness can increase resilience to psychological stress and physical disorders.
3. Describe how positive thoughts elevate mood and reduce anxiety.
4. Name several interpersonal habits that can enhance happiness.
5. Describe habits that calm the overactive brain.
6. List five brain challenges to maintain happiness-related habits.

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 #CEPI3896, 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 45-09-128-1217. 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: 0492-0000-17-011-H04-P and 0492-0000-17-011-H04-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/Membership 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.



OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.



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, #CEPI3896, 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.

Understanding Happiness

"Happiness depends less on what happens to us and more on how we view the past, enjoy the moment and create the future."

- The New Science of Happiness
- Sources of Happiness
- Unsustainable Sources of Happiness
- Habits of Happy People

Happiness and Health

"Be happy for this moment. This moment is your life."

- The Stress-Resistant Mindset
- Developing Stress Resilience
- Enhancing Physical Resilience

Positive Moods and Thoughts

"The purpose of our lives is to be happy."

- Depression-Resistant Mindset
- Anxiety-Resistant Mindset
- Adaptive Coping
- Acquired Optimism

Interpersonal Awareness

"Happiness is when what you think, what you say, and what you do are in harmony."

- Expressing Needs
- The Habits of Happy Couples
- Self-Compassion and Renewal
- Acceptance of Others
- Self-Acceptance and the Gifts of Imperfection
- Purpose
- Finding Humor in Everyday Life

Calming the Overactive Brain

"In the journey of life, take time to smell the roses and watch the sunset."

- Healing Self and Others
- Self-Calming
- Mindfulness

Attaining Happiness-Related Habits: Five Brain Challenges

"The best kind of happiness is a behavior that becomes a habit."

- Changing Reward-Based Habits
- Healthy Activities
- Enhancing Resilience to Stress
- Fulfillment
- Applying Positive Psychology

ABOUT THE INSTRUCTOR



Jaime Kurtz, Ph.D., is Assistant Professor of Psychology at James Madison University. Dr. Kurtz is an expert in the study of happiness and applying positive psychology. Her research on the psychology of happiness has been funded by the National Institutes of Mental Health. Dr. Kurtz is the coauthor of Positively Happy: Routes to Sustainable Happiness, a workbook describing the best-researched methods for creating a happier life and how to implement them.

Dr. Kurtz has won numerous awards for teaching excellence. She is a recipient of the University of Virginia Psychology Department's Distinguished Teaching Fellowship, the Graduate Teaching Award, and the Rebecca Boone Teaching Award. Dr. Kurtz uses her skills as an actress to enhance the learner's experience. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.

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