

# The Habits of Stress-Resilient People

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

*In this program, learn to protect the brain and body from the toxic effects of stress and cortisol by developing a stress-resilient mindset.*

*Learn how stress-resilient people manage cravings, reduce fear and anxiety, elevate mood and experience positive states.*

*Health professionals in medical, dental, and behavioral settings completing this practical program should be able to identify one or more habits that:*

1. *Protect the brain and body from toxic effects of stress and cortisol,*
2. *Manage stress-related cravings,*
3. *Overcome fears or generalized anxiety,*
4. *Produce positive moods, and*
5. *Experience calm, mindfulness, meaning and happiness.*

### 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 #CEPI13896,** 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: 0492-0000-15-017-H04-P and 0492-0000-15-017-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/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.



**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 (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention). 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, #CEPI13896,** 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: 07/19/2015 Expiration Date: 07/19/2018 Content Level: Intermediate

### Understanding Stress Resilience

- Stress-Resilient Mindset
- Stress Resilient Brain
- Stress Resilient Body

### Habits that Control Cravings

- Understanding Cravings
- Stress-Related Appetite
- Retrain and Restrain

### Habits that Reduce Fear and Anxiety

- Fearful Brain, Anxious Brain
- Curbing Fear-Based Habits
- Curbing Anxiety-Based Habits

### Habits that Elevate Mood

- Depression-Resistant Mindset
- Identifying Mood Triggers
- Effective Coping Habits
- Acquired Optimism
- Burnout Protection
- Balancing Energizing and Relaxing Habits

### Practicing Positive Psychology and Mindfulness

- Happy Brain, Healthy Brain
- Practicing Positive Psychology—What Happy People Do
- Choosing To Be Happy Instead of Being Right
- The Healing Power of Accepting What Is Unlikely To Change
- Humor and Laughter
- Mindfulness
- Mindful Listening
- Keys to Developing Sustainable Stress-Resilient Habits

### ABOUT THE INSTRUCTOR



John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including *Handbook of Clinical Psychopharmacology*, and is co-editor of *Empirically Validated Approaches to Psychotherapy*. Dr. Preston received the Mental Health Association's President's Award for exceptional contributions to the mental health community.

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An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.