

Overcoming Disabling Thoughts: Special Focus: Applying Positive Psychology A 6-Hour Home Study Program for Health Professionals

Anger, depression, and anxiety contribute to poor health outcomes in medical, dental, and behavioral settings. However, research and clinical experience demonstrate that the application of positive psychology can fundamentally improve health outcomes.

This new 6-hour seminar is designed to provide health professionals and educators with key insights and tools to apply positive psychology in healthcare, educational or family settings to help overcome disabling thoughts and enhance happiness and well-being.

Participants completing this program should be able to:

1. Identify recurrent disabling thoughts that can undermine self care.
2. List several approaches to manage disabling thoughts that contribute to maladaptive anger, depression, anxiety and dysfunctional relationships.
3. Outline ways to apply positive psychology to improve care and self-care in healthcare, educational, or family settings.

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 the **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: 0492-0000-17-045-H04-P and 0492-0000-17-045-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 (Performance Skills) and Professional Issues (Supervision). 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.



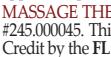
MASSAGE THERAPISTS: IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.



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



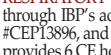
RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the **ANCC**. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by **Respiratory Care Board of CA**. This program provides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



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Identifying Disabling Thoughts

- Abandonment and Instability
- Mistrust and Abuse
- Emotional Deprivation
- Social Isolation
- Entitlement
- Grudge
- Pessimism
- Fear of Failure
- Insufficient Self-Control/Discipline
- Depressive Thoughts
- Anxiety
- Perfectionism and Self-Criticism

Developing Resilience to Disabling Thoughts

- Facilitating Anger Resistance
- Improving Depression Resistance
- Developing Anxiety Resistance
- Enhancing Social Intelligence
- Enriching Relationships

Applying Positive Psychology

- Identifying Character Strengths
- Identifying Sources of Well-Being
- Setting Goals for Life and Happiness
- The Three Blessings
- Kindness
- The Passion to Know
- Flow
- Savoring
- Gratitude
- The Self-Gift of Forgiveness
- Humor
- Spirit

ABOUT THE INSTRUCTOR



Jaime L. Kurtz is Assistant Professor of Psychology at James Madison University. Dr. Kurtz is an expert in the study of positive psychology, decision-making, and in ways to enhance well-being. Her research has examined the effects of stress, awareness and eating, and practical ways to enhance positive emotions in people with mood disorders and in healthy individuals. In addition to numerous research articles on emotions, Dr. Kurtz is coauthor of *Positively Happy*, a handbook written with Dr. Sonja Lyubomirsky focusing on routes to sustainable happiness.

Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. Students and health professionals commend her engaging teaching style and her ability to present practical information with clarity and warmth.