

Understanding Substance-Related and Addictive Disorders: Diagnosis, Treatment and Prevention

A 6-Hour Home Study Program for Health Professionals

The program provides an updated understanding of disorders related to alcohol, cannabis, opioids, sedatives, hypnotics, anxiolytics, stimulants, tobacco, and addictive aspects of eating disorders and obesity.

Participants completing this program should be able to identify effective ways to:

1. Recognize how addictive drugs and disorders alter reward systems of the brain,
2. Prevent substance use disorders in youth and adults,
3. Treat substance use disorders with psychological and pharmacological interventions,
4. Minimize risks of using potentially addictive drugs (e.g., opioids, sedatives, cannabis) for medicinal purposes in medical, dental, and behavioral health practices, and
5. Facilitate recovery from substance use disorders outside of formal treatment programs.

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 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: 0492-0000-15-002-FH04-P and 0492-0000-15-002-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.



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: Occupational Therapy Process (Evaluation and 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**, #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.

The Addicted Brain

- bingeing and intoxication • withdrawal and negative affect
- preoccupation and anticipation • rewiring the Brain • punishment-resistant behavior • risk factors

Alcohol Use Disorder

- key features • role of serotonin receptors
- development and course • genetic and physiological risk factors
- how alcohol alters the developing and adult brain
- neurocognitive disorders

Cannabis Use Disorder

- newly recognized risks of severe and prolonged withdrawal symptoms similar to PTSD • high incidence of acute psychosis
- complex pharmacology of THC and cannabidiol • comorbid bipolar and anxiety disorders • risks and benefits

Opioid Use Disorder

- genetic, physiological, and environmental factors • suburban and profession-specific risk • prescribing practices in medical and dental use that reduce risk of misuse and dependence

Sedative, Hypnotic, or Anxiolytic Use Disorders

- functional consequences • comorbidity and aging-related risks • the complex challenge of overcoming withdrawal and dependence

Stimulant-Related Disorders

- benefits of slow release (e.g., for ADHD) but risks of rapid release formulations • medical and dental consequences of abuse • challenge of prolonged cognitive impairment for treatment

Tobacco-Related Disorders

- elevated presence of psychotic, bipolar, depressive, anxiety, and obsessive-compulsive disorders among individuals unable to quit • combining behavioral and pharmacological treatments

Eating Disorders

- eating disorders and obesity share changes in dopamine reward circuits found in major addictive disorders • taming the cycle of negative affect, craving, and excessive eating
- keys to altering the habit brain

Pathways to Recovery

- effective pharmacotherapies • effective psychosocial treatments • core components of effective treatments
- counterproductive strategies • relapse prevention

ABOUT THE INSTRUCTOR



Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Associate Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the 141 VA health care systems. Dr. Trafton is Editor in Chief of the three volume series, *Best Practices in the Behavioral Management of Chronic Disease*, and the first author of *Training Your Brain To Adopt Healthful Habits* and of a new 2015 text on *Science-Based Health Education*.

An outstanding speaker, Dr. Trafton teaches an acclaimed series of classes at Stanford University on addictive disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm, and warmth.

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