

Understanding and Practicing Positive Psychology

A 6-Hour Home Study Program for Health Professionals

A revolution in the brain and behavioral sciences is revealing how we can be happier by applying principles of positive psychology.

In this program, acquire a practical understanding of positive psychology, the attainment of mindfulness, and the limits and capabilities of positive psychology in meaningfully increasing health and wellbeing.

Professionals working in medical, dental, behavioral, and educational settings completing this program should be able to:

- 1. List several attributes of positive psychology,*
- 2. Outline steps to promote mindfulness,*
- 3. Describe some limits of positive psychology,*
- 4. Identify several pathways toward creating positive states and traits, and*
- 5. Discuss physical and mental health benefits of practicing positive psychology.*

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 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: 0492-0000-16-006-H04-P and 0492-0000-16-006-H04-T.



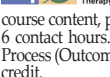
DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance 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.



APPROVED PROVIDER OF CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.



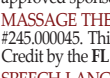
OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: 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.



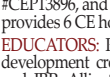
MASSAGE THERAPISTS: IBP is an approved CE provider by **IL Dept. of Professional Regulation**, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the **FL Board of Massage Therapy**.



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**, #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: 01/14/2016 Expiration Date: 01/14/2019 Content Level: Intermediate

The Mind-Body Connection

- Understanding Positive Psychology
- Attributes of Positive Psychology
- Understanding Happiness
- Beyond Self-Fulfilling Prophecies
- Optimization Versus Satisfaction
- Wanting Versus Liking

The Neuroscience of Mindfulness

- The Joy of Being Non-Judgmental in the Present Moment
- Key Brain Centers
- Taming the Self-Critical Brain
- The Neurochemistry of Gratitude

The Limits of Positive Psychology

- Optimistic Bias
- Mood Disorders
- Pathological Search For Happiness

Creating Positive States and Traits

- States and Traits
- States and Traits that Optimize Quality of Life
- Attributional Style
- Turning Mindfulness to Our Advantage
- Creating Mindful States
- Self-Aware Emotions That Generate Happiness

Physical and Mental Health Benefits of Positive Psychology

- Optimism and Recovery
- Posttraumatic Growth
- Increasing Psychological Resilience
- Applying Positive Psychology

ABOUT THE INSTRUCTOR



Bill Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego, coordinates their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety and mood. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help produce positive emotions in their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.