Valid for CE until November 3, 2020
You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: November 3, 2020

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FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on August 18, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting November 22 until December 22. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I’d like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service department at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

Understanding and Overcoming Trauma

- Problems Related To Family Upbringing: how social skills and dysfunctional relationships emerge only to stir up more stress which the person is unable to control.

- Mood Disorders and Impaired Impulse Control: mindful Brain: how mindful states can alter the brain in ways to reduce pain, suffering, and enhance wellbeing.

Understanding and Treating Posttraumatic Stress Disorder

- Stress-Related Brain Pathology: horror frozen in memory, intrusive memories, hypervigilance, and alteration of the fear hub in the brain.

- How Traumatic Memories are Processed: cognitive problems and overwhelming affect impair coping and recovery.
• Understanding Substance-Related and Addictive Disorders
  ◦ How Reward Systems of the Brain Are Altered: alcohol, nicotine, opioids, stimulants, cannabis, and sedative hypnotics.
  ◦ Update on Evidence-Based Treatments: pharmacotherapies, psychosocial treatments, and relapse prevention.
• How People Change Their Mind to Adopt Healthy Habits
  ◦ Eight Effective Social Psychological Tools for Promoting Change.
  ◦ Key habit-based behavioral tools for developing sustainable habits.

The Immune system, Inflammation and the Mind-Body Connection
• The Immune System: The Mind-Body Connection
• Mind-Body Interactions and the Stress-Inflammation Connection
  ◦ Inflammation and Chronic Disorders: how chronic inflammation of the brain and body affect anxiety, mood, and appetite.
  ◦ Anti-inflammatory Nutrients: key components including the anti-inflammatory foods that also have a low glycemic index.
• Understanding the Gut Brain
  ◦ The Enteric Nervous System: pivotal role in regulating inflammation, stress, metabolism, appetite and mood.
  ◦ Stress, Digestive Disorders and Understanding and Using Probiotics.

Managing Interpersonal Challenges
• Noxious People: Living and Working with High Conflict People
  ◦ How High-Conflict People Think: selected disorders of personality, mood, anxiety and anger.
  ◦ Skills and interventions that health professionals can apply to effectively interact with their clients and to protect their own health.
• Reasoning with Unreasonable People:
  ◦ Key Strategies: pathways to effective reasoning and emotional communication, having a difficult conversation and calming strategies.
• Passive Aggression, Sarcasm, Cold Anger, Hostility and Aggression
  ◦ Five Key Anger-Related Disorders: keys to understanding.
  ◦ Effective guidelines for interacting with an angry person.

• How We Heal Ourselves and Others: Communicating in Ways That Create Meaningful Change
  ◦ Realizing Our Healing Potential: reducing discomfort and pain and handling difficult situations.

How Food Affects Mental Health
• Food for Thought: How Nutrients Affect Mental Health and the Brain
  ◦ Mental Health Aspects of Diet: neurotransmitters, mood, appetite, blood sugar and sleep.
• Behavioral and Medicinal Effects of Selected Plant-Based Spices
  ◦ Beneficial Nutrients: brain and behavior, pain and inflammation, respiratory disorders, and metabolic disorders.
• Overview of Medical and Medicinal Foods
  ◦ FDA-approved and Foods That Do Not Require A Prescription: disorders of attention and cognition, depression, pain, cardio-metabolic disorders and sleep.

Understanding Memory, Cognition, and Dementia
• Memory: How it Works, How It Breaks Down and How to Improve It
  ◦ Four Types of Memory That Can Be Improved: short-term, working, long-term and habit-related memories.
• Advances in Preventing Cognitive Decline:
  ◦ Topics: age-related cognitive impairments, Alzheimer’s Disease, and Vascular Dementia.
• The Habits of People Least Likely To Develop Alzheimer’s Disease
  ◦ Keys to reducing Neuroinflammation: the right dose of physical activity, sleep, diet, social engagement, stress, and ways to enhance cognitive reserve.

Lifestyle Modification to Create Meaningful Change
• Pumped: Building a Better Brain Through Exercise and Movement
  ◦ Topics: born to move, molecules of movement, cardio or weights, establishing the exercise habit, and developing a personalized program.
• What Is In Our Food
  ◦ Identifying Contaminants and Improving the Quality: water, milk and milk substitutes, foods and the GI-tract, meat, poultry and fish, fats, sweeteners, and seasonings, food additives and preservatives, and food storage.

Meditation
• Understanding and Practicing Meditation: meditative traditions of the East and West and developing a personalized meditation program.
• Sleep and the Brain
  ◦ Sleep, Stress and Disorders of the Brain and Body: hypnotics, related drugs, nutrients, and habits of people who overcome insomnia

Applying Positive Psychology
• Understanding and Practicing Positive Psychology
  ◦ Attributes of Positive Psychology: steps to promote mindfulness, pathways to create positive states and physical and mental health benefits of practicing positive psychology.
• The Habits of Happy People
  ◦ Understanding Happiness: role in health, developing positive moods and thoughts, increasing interpersonal awareness, calming activities, and attaining happiness-related habits.

ABOUT THE INSTRUCTOR
John Arden, Ph.D. is an internationally acclaimed speaker and author of works that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He is the Chief Academic Officer for the Institute for Brain Potential. Previously as Director of Training of Mental Health Professionals of 24 medical centers in Northern California, Dr. Arden supervised over 1000 postdoctoral fellows and interns and had developed training programs that promoted behavioral medicine at Kaiser Permanente.

The author of 14 evidence-based texts, Dr. Arden is working on a 15th text that forms the basis of the lecture he will be presenting. In the last year, Dr. Arden has presented programs throughout the United States as well as invited lectures in Canada, Italy, Spain, China, Korea, New Zealand and Australia. Audiences appreciate his innovative teaching style and rare ability to humanize advances in the brain sciences with clinical wisdom, clarity, and warmth.

In addition to Q & A sessions in class, Dr. Arden will answer your questions during the second half of the lunch break and by email after the program concludes.