

INTERACTIVE WEBCAST FRIDAY, FEBRUARY 22, 2019

INTERACTIVE WEBCAST

Friday, February 22, 2019, 9 AM – 4 PM PST

You will need a computer with internet access and speakers to participate in the webcast.

ON-DEMAND WEBCAST

Wednesday, February 27, 2019 – Wednesday, March 27, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, February 27, 2019 through Wednesday, March 27, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until January 31, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 31, 2021

PASSIVE AGGRESSION, SARCASM, COLD ANGER, HOSTILITY AND AGGRESSION: BRAIN-BASED ADVANCES IN MANAGING ANGER

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Interactive Webcast with CE Credit: Friday, February 22, 2019

On-Demand Webcast with CE Credit: February 27, 2019 – March 27, 2019

Purchase of Recordings with Home Study CE Credit: through January 31, 2021

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
 \$74 Group Rate (3 or more persons registering together)
\$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Ohio CSWMFT Board, Provider #RCST030801, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168,000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 contact hours.



Institute for Brain Potential 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 6 contact hours. Content Level: Intermediate. Content Focus: Occupational Therapy Process (Intervention and Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program is 6 CEHs.



Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-15-005-L04-P and 0492-0000-15-005-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-18-012-H04-P and 0492-0000-18-012-H04-T. Initial Release Date: 01/31/2018. Planned Expiration Date: 01/31/2021. This program provides 6 hours (.6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.



Institute for Brain Potential 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/Membership 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 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 01/31/2018. Planned Expiration Date: 01/31/2021. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program is pending approval by the TX chapter of the American Physical Therapy Association (TPTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the California Acupuncture Board, Provider Number 565, for 6 hours of Category I distance education credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 7020, 4040, 4090, and 6010. CDR-approved credit is available for only the webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. 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.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential 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.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

COUNSELORS, 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. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.



PASSIVE AGGRESSION, SARCASM, COLD ANGER, HOSTILITY AND AGGRESSION: BRAIN-BASED ADVANCES IN MANAGING ANGER

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, February 22, 2019, 9 AM, Pacific Standard Time. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, February 27, 2019 until Wednesday, March 27, 2019. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: January 31, 2021. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

Transfers and Cancellations: Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

24/7 Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

PASSIVE AGGRESSION, SARCASM, COLD ANGER, HOSTILITY AND AGGRESSION: BRAIN-BASED ADVANCES IN MANAGING ANGER

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 February 22, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting February 27 until March 27. 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 at (888) 202-2938.

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

Typically, within 3 or 4 business days.

In this program, learn how anger-related disorders originate, ways they can be diagnosed, effective rules of engagement, and how to develop habits to overcome or manage anger.

Participants completing this program should be able to:

- 1. Identify how maladaptive attachment leads to anger-related habits, beliefs and acts.*
- 2. Describe key anger-related disorders.*
- 3. List several effective guidelines for interacting with an angry person.*
- 4. Name key habits of people who learn to manage their anger to produce meaningful change.*

Roots of Anger and Developmental Trauma

- **Development of Mindsight:** the ability to recognize what another person is thinking or feeling.
- **Development of Stress Resilience:** role of secure attachment between the infant and caregivers.
- **Maladaptive Attachment Styles:** neglect, maltreatment or inconsistent treatment produce avoidant, anxious or disorganized forms of attachment and alter threat-based brain circuits.
- **Anger Scripts:** habitual dysfunctional beliefs about self and others fuel anger arousal and expression.
- **Anger Flowchart:** from habits and beliefs to aversive outcomes.

Understanding Anger-Related Disorders

- **Passive Aggression:** when a person withholds intimacy, praise, or affection when upset and acts in ways known to upset the other person.
- **Sarcasm:** making humorous or cutting remarks about others, revealing embarrassing personal information, causing public humiliation.
- **Cold Anger:** withdrawal, avoidance of intimacy; refusal to reveal what is wrong; avoidance of emotional discussions.
- **Hostility:** impatience, frustration, unrealistic standards and rules.
- **Diagnosis:** keys to identifying anger-related conditions not included in the DSM-5.

Key Steps to Anger Regulation and the Brain

- **Stop:** learning to shift attention away from anger-generating thoughts and acts by reducing arousal (e.g., cue-controlled rapid relaxation); altering posture, signal breathing, improving awareness; engaging the wisdom of the slower and wiser prefrontal cortex.
- **Think:** assessing social, emotional and somatic cues and self-aware emotions to re-interpret anger-related thoughts and cognitive distortions; using the social intelligence of the orbitofrontal cortex.
- **Observe and Objectify:** ("camera checking") and restructuring dysfunctional thinking; what are the costs and benefits of engaging in anger-related behavior (am I hurting myself by trying to hurt another person)? health risks of harboring, expressing and receiving anger.
- **Plan:** identifying the range of behaviors that can lead to immediate calming and goal-directed change; key role of the dorsal prefrontal cortex.
- **Practice:** developing anger-control habits by restraining impulses and retraining the habit brain, the basal ganglia, to reign in the rapid and distorted threat-related detection of the amygdala.

Rules of Engagement When Interacting With an Angry Person

- **Agreeing on Terms of Engagement:** selecting a mutually agreeable time and place; allowing for time-outs; using "I" instead of "you" statements; avoiding attacking/defending or using non-verbal forms of aggression.
- **When to Delay Interactions:** employing "Nay's Five S's" to evaluate biological factors that contribute to arousal and limit resilience (e.g., insufficient sleep, excess stress, insufficient sustenance (e.g., hunger), substance use, and sickness).
- **When to Avoid Engagement:** a review of people with neurocognitive disorders who present a risk for anger or violence including substance use, especially alcohol, brain injury, PTSD, severe personality disorders (e.g., borderline, sociopathic), or psychosis associated with schizophrenia, major depression, bipolar disorders, episodic dyscontrol or acute confusion.
- **Assessing Risk of Violence:** methods and issues in determining risk from records and current behavior.
- **Psychopharmacology:** the use and misuse of drugs to treat anger in combination with major depression, bipolar disorders, alcohol-related disorders and related substance use disorders; beta blockers, anti-depressants, psychostimulants, atypical antipsychotics, and opioid antagonists.
- **How to Prevent or Defuse Risk and When to Get Help:** 10 key warning signs for when to seek a first responder (police, paramedic, medical or psychological emergency); when and how to warn a client while attempting to preserve a therapeutic relationship.

Habits of People Who Successfully Manage Anger

- **Ability to Control Reactivity to Stress:** the habits of learning to predict and control stressors including the benefits of social support.
- **Identifying Expectations and Implicit Rules:** when people express anger, they also convey their expectations; people with habitual anger tend to have rules that are unrealistic or impossible to meet.
- **Reframing Anger-Related Messages:** restating anger-evoking thoughts and associated emotions in a way that makes them capable of being broken down into specific, measurable and comprehensible units.
- **Mindsight:** awareness of the moods of self and others including depression, aggression, inappropriate euphoria, and paralyzing anxiety.
- **Impulse Control:** the power to delay acting or reacting including maladaptive sources of immediate gratification (e.g., intoxication) and finding healthy pleasures (e.g., physical activity).
- **Planning:** using the power of the prefrontal cortex and executive functions to work on habits that can lead to ever more effective approaches to manage anger in self and help defuse anger in others.
- **Strategies for Resourceful Responses/Defusing Anger:**
 - Coping with passive and indirect faces of anger (e.g., passive-aggressive and cold anger, sarcasm).
 - Setting and communicating clear boundaries, asserting needs with clear messaging: content, body/facial expression, and voice, while depriving the other of any "payoff" for inappropriate behavior.
 - When anger is intense or threatening (hostility and aggression/abuse): assessing risk, setting and enforcing clear boundaries and defusing the situation. Issues: when is behavior "abusive" and how to respond to protect yourself and others?
- **The Gift of Insight:** when we get angry or evoke anger in someone, there is an opportunity to learn something about self or others that can prevent future conflicts.
- **The Self-Healing Gift of Forgiveness:** learning to let go of grievances by taking stock of internal and external harm produced by expressing or receiving anger.
- **The Gift of Acceptance:** learning to accept flaws in oneself and in others that are unlikely to change.

ABOUT THE INSTRUCTOR



W. Robert Nay, Ph.D., is Clinical Associate Professor at Georgetown University School of Medicine and an internationally recognized expert in the treatment of anger-related disorders. In addition to over 30 research papers and chapters, Dr. Nay is author of leading texts including Taking Charge of Anger, Overcoming Anger in Your Relationships and the Anger Management Workbook.

Drawing on three decades of clinical experience, Dr. Nay has developed and presented over 100 programs to health professionals on anger, aggression, and relationships at medical centers and at seminars for health professionals.

Audiences appreciate his innovative teaching methods including the use of video clips that provide fascinating case histories and hands-on training to show how anger-related habits can be changed. A highly rated instructor, participants appreciate his practical information, relaxed speaking style and warm sense of humor.

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