

## INTERACTIVE WEBCASTS

Thursday, February 16, 2023, 9 AM – 4 PM (PST)

Monday, April 17, 2023, 9 AM – 4 PM (PDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

## ON-DEMAND WEBCAST

Thursday, February 16, 2023 – Wednesday, May 17, 2023

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Thursday, February 16, 2023 through Wednesday, May 17, 2023 to earn home study credit. Release Date: 04/01/22. Planned Expiration Date: 04/01/25.

## HOME STUDY RECORDINGS

Valid for CE until April 1, 2025

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 04/01/22. Planned Expiration Date: 04/01/25.

## AWESTRUCK!

# HOW THE NEW SCIENCE OF AWE CAN MAKE US HAPPIER, HEALTHIER, AND MORE CONNECTED

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### Interactive Webcasts with CE Credit:

Thursday, February 16, 2023, 9 AM – 4 PM (PST)

Monday, April 17, 2023, 9 AM – 4 PM (PDT)

### On-Demand Webcast with CE Credit:

February 16, 2023 – May 17, 2023

### Purchase of Recordings with Home Study CE Credit through April 1, 2025:

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) \_\_\_\_\_

### TUITION

- \$84 Pre-Registration Rate
- \$94 Registration on the Day of the Program

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://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 \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development 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 recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact 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 clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

**ACE** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. 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 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) 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 #SW-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 marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

**AOTA** American Occupational Therapy Association Approved Provider. 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 (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

**PHARMACISTS & PHARMACY TECHNICIANS:** 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 0492-0000-22-061-L04-P and 0492-0000-22-061-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-22-033-H04-P and 0492-0000-22-033-H04-T. Initial Release Date: 04/01/2022. Planned Expiration Date: 04/01/2025. 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.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. 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.

**PACE** Institute for Brain Potential. Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557. Release Date: 04/01/22. Expiration Date: 04/01/25.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved 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. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA), Approval Expires: 08/28/2023. 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), # PDI247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 live and distance education CE 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: 6010 and 6020. CDR-approved credit is available for only the interactive 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.



## AWESTRUCK!

# HOW THE NEW SCIENCE OF AWE CAN MAKE US HAPPIER, HEALTHIER, AND MORE CONNECTED

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 Thursday, February 16, 2023 until Wednesday, May 17, 2023. Registrants who sign up for the interactive 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: April 1, 2025.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/awei.pdf](http://www.ibpceu.com/info/awei.pdf)

**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.



## AWESTRUCK!

# HOW THE NEW SCIENCE OF AWE CAN MAKE US HAPPIER, HEALTHIER, AND MORE CONNECTED

### FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?**

Yes! First, register for the program. You will receive a link to view the program starting February 16 until May 17. 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 in person?**

Yes, but only if you live near a city where IBP is currently presenting this program as an in-person seminar.

**Q: My profession is not included in the brochure. Can I receive continuing education credit for completing this program?**

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 to 4 business days.

*In this new program, you will learn about the exciting science of awe, and its benefits for health professionals working in medical, dental and behavioral settings and their clients.*

*This practical program includes strategies to overcome stress, strengthen interpersonal relationships, increase life satisfaction, improve physical health, and enhance overall wellbeing.*

*Participants completing this new program should be able to:*

- 1. Explain the importance of awe as a fundamental human emotion.*
- 2. Explain the benefits of awe for psychological wellbeing.*
- 3. Describe the impact of awe on physical health, including its effect on inflammation and the immune system.*
- 4. Explain the positive effect of awe on social relationships.*
- 5. Describe the ways that experiences of awe change the body and brain.*
- 6. Discuss strategies for increasing awe in daily life to enhance wellbeing.*

### Introduction

*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."*

- **What is Awe:** how the moments that make us go "wow!" can change our lives.
- **A Brief History of Awe:** how awe has been conceptualized and understood by philosophers, theologians, and modern scientists.
- **Cross Cultural Research:** a universal human emotion, reports of awe appear across all countries and cultures.

### Why Do We Experience Awe?

*"The first act of awe, when humans were struck with the beauty or wonder of nature, was the first spiritual experience."*

- **An Evolutionary Perspective:** why awe might have worked to our evolutionary advantage as a species.
- **The Purposes of Awe:** how awe leads to greater feelings of connection with others, increases kindness and generosity, and makes us curious about the larger world around us.

### Psychological Effects of Awe

*"Somewhere, something incredible is waiting to be known."*

- **How Awe Increases Positive Emotions:** how experiences of awe increase positive emotions and lastingly enhance life satisfaction.
- **How Awe Impacts the Stress Experience:** how moments of awe counteracts the experience of everyday hassles, chronic stress, and can reduce the experience of posttraumatic stress.
- **Awe Shifts our Time Perspective:** while most of us feel stretched thin and short on time, awe helps us go from feeling "time poor" to "time rich."

### The Impact of Awe on our Bodies and Brains

*"We are now in the mountains and they are in us, kindling enthusiasm, making every nerve quiver, filling every pore and cell of us."*

- **Awe Produces an Anti-inflammatory Response:** how awe reduces activation of pro-inflammatory cytokines and can reduce low-grade chronic inflammation.
- **Our Brain on Awe:** the experience of aesthetic, spiritual and mystical states and the parietal lobes, mood regulation and the genu of anterior cingulate cortex, coherent and peaceful states of awareness and how awe is reflected in brain wave activity.
- **Stress Resilience:** how the experience of awe calms the adrenal fight-or-flight response to acute stress and the cortisol response to chronic stress.

### The Darker Side of Awe – When Awe is Awful

*"Although the world is full of suffering, it is full also of the overcoming of it."*

- **The Impact of Negative Awe Experiences:** while most experiences of awe are described in positive terms, some moments of awe are filled with terror, fear, and dread.
- **Negative Awe and Altruism:** although negative awe experiences don't share many of the benefits of positive awe, they do appear to increase altruism and a sense of interpersonal connection.

### Becoming More Awestruck

*"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself."*

- **Pathways to Awe:** experiencing nature, learning about awe-inspiring individuals, fostering social connection, encountering the arts, and much more – we can find opportunities for awe all around us.
- **The Awe-Inspired Life:** how to create meaningful habits by cultivating daily awe across ten domains of life, in order to lastingly increase our physical and emotional health.
- **Creating Lasting Change:** guidelines for seeking and experiencing awe in everyday life as a means to improving health and wellbeing.

### ABOUT THE INSTRUCTOR



*Jonah Paquette, PsyD., is a noted clinical psychologist, author, and speaker with expertise in topics ranging the application of cognitive-behavioral therapy and positive psychology. Dr. Paquette has been responsible for training mental health professionals at major medical centers. He is the author of four texts for health professionals that focus on the application of positive psychology and improving wellbeing. Titles include: Happily Even After, Awestruck, The Happiness Toolbox, and Real Happiness.*

*Dr. Paquette has developed and presented programs throughout North America in major medical settings to train mental health professionals. Topics presented on behalf of the IBP include Applying Cognitive-Behavioral Techniques to Create Sustainable Change, Understanding and Treating Posttraumatic Stress Disorder, The Happiness Edge: Applying Positive Psychology in the Workplace, Awestruck: How the New Science of Awe Can Make Us Happier, Healthier and More Connected, and Happily Even After. Audiences highly recommend Dr. Paquette's programs for their abundance of practical information presented with clarity, warmth, and clinical wisdom.*