

WESTLAKE, OH
DOUBLETREE BY HILTON CLEVELAND-WESTLAKE
1100 Crocker Rd, 44145
(440) 871-6000

Monday, May 15

AKRON, OH
LAPLACE EVENTS
1850 Buchholzer Blvd, 44310
(234) 334-1008

Wednesday, May 17

YOUNGSTOWN, OH
THE EMBASSY
5030 Youngstown-Poland Rd, 44514
(330) 755-1484

Thursday, May 18

MENTOR, OH
HOLIDAY INN CLEVELAND NORTHEAST-MENTOR
7701 Reynolds Rd, 44060
(440) 951-7333

Friday, May 19



FIVE PATHWAYS TO BECOMING THE BEST VERSION OF ONESELF: SOCIAL, PHYSICAL, MENTAL, EMOTIONAL, AND MEANING-BASED

LIVE SEMINAR (✓ONE)

- Westlake, May 15
- Akron, May 17
- Youngstown, May 18
- Mentor, May 19

UNABLE TO ATTEND?

PURCHASE RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- CDs
- DVDs
- Online

Name (PLEASE PRINT) _____

Home Address _____

City/State _____ Zip _____

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

Email _____

Profession(s) _____

TUITION

- \$89 Individual Rate
- \$84 Group Rate (3 or More Persons Registering Together)
- \$99 On-Site Registration (if space is available)
- \$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) — a text that provides the means to pursue excellence by developing positive habits. Preorder the book to receive it onsite at this discounted rate.

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)

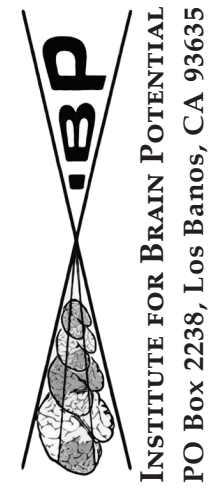
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



FIVE PATHWAYS TO BECOMING THE BEST VERSION OF ONESELF: SOCIAL, PHYSICAL, MENTAL, EMOTIONAL, AND MEANING-BASED

WESTLAKE: Monday, May 15

AKRON: Wednesday, May 17

YOUNGSTOWN: Thursday, May 18

MENTOR: Friday, May 19

- Topics Include:**
- Transforming cognitive stressors
 - Pathways to pursuing excellence
 - Designing a life plan

A New 6-Hour Program, Spring, 2023: \$89



FIVE PATHWAYS TO BECOMING THE BEST VERSION OF ONESELF: SOCIAL, PHYSICAL, MENTAL, EMOTIONAL, AND MEANING-BASED

A 6-Hour Program for Health Professionals

LIVE SEMINARS

Schedule: Check-in: 8:15–9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

Group Registration: The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

Transfers: You or members of your group can attend on different dates if there is space.

Parking: Complimentary parking is available unless indicated in the brochure.

Unable to Attend? You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the unlikely event a seminar cannot be held (e.g., unforeseeable Covid restrictions), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance.

Certificates and Confirmations: Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

RECORDED PROGRAMS

CDs and DVDs: Delivered to you within 5-7 workdays.

Online: Play or download on all devices. Need help? Call (866) 652-7414.

CE Credit: National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: http://www.ibpceu.com/info/best_version_oneself.pdf

DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email info@ibpceu.com to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

THE IBP EXPERIENCE

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.

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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**. 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.

COUNSELORS, SOCIAL WORKERS, & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential is approved as a provider of CE for Counselors and Social Workers by Ohio CSWMFT Board. This program is 6 contact hours.



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 of CE credit.



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.



CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming. Approval is pending by **OH Chemical Dependency Professionals Board (OCDPB)** for 6 CE

Hours.



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-22-008-L04-P and 0492-0000-22-008-L04-T

DENTAL PROFESSIONALS: This program provides 6 hours of continuing education credit.



PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

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.



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

OCCUPATIONAL THERAPISTS: 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 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes).

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the NAB and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: This program is pending approval by the OH Physical Therapy Association (OPTA). This program provides 6 contact hours of CE.

SPEECH-LANGUAGE PATHOLOGISTS: This program has been approved by the **California Speech-Language Pathology & Audiology Board (SLPAB)** and the **Florida Board of Speech-Language Pathology and Audiology**. The **OH Board of Speech-Language Pathology and Audiology** accepts courses approved by the SLP licensing boards of other states. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by NCBTMB as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

PHYSICIAN ASSISTANTS: This educational activity provides 6 hours of Category 2 CME credits.

DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 4040, 6010, and 7020.

ALLIED HEALTH PROFESSIONS: Naturopathic Physicians, Veterinarians, Prosthetists, Orthotists, and Chiropractors receive a Certificate of Completion for this 6-hour program. Please contact your regulatory board to determine course approval.

EDUCATORS: educators in OH can earn .75 CEUs for successfully completing this program.

This practical program is designed to enable health professionals to pursue positive growth in all facets of their lives.

This updated program provides an unusual opportunity to practice key skills to create meaningful change.

Participants completing this 6-hour program should be able to:

1. Discuss social pathways to translate social stressors into insights.
2. Describe physical pathways for optimizing health.
3. List mental strategies to excel by transforming cognitive stressors.
4. Describe methods of optimizing healthy moods.
5. Discuss how meaningful experiences can enhance wellbeing.

Social Actualization

- **Managing Acute Stressors Before they Become Chronic:** anxiety, sadness, anger, and loneliness.
- **Conflict Resolution Strategies:** instead of giving advice, address concerns and symptoms.
- **Pathways to Deeper Connection:** compassion empathy, selflessness, kindness, and caring.
- **Self-Worth and Loving Kindness:** compassion, acceptance and unconditional love.

Developing Physical Resilience

- **Optimizing Physical Resilience:** ways to take small steps incrementally, purposefully, and enjoyably.
- **Mind-Body Connection:** Who Gets Sick, Who Stays Well: stress, immune suppression, pain, and sleep.
- **An Anti-inflammatory Lifestyle:** how movement can normalize appetite, reduce cravings, and deepen sleep.
- **Mood and Memory:** physical activities that regenerate neurons, support short-term memory, and brain health.
- **Designing a Purposeful Activity Program:** key steps.

Mental Pathways

- **Stress-Resilient Mindset:** viewing stressors as challenges by turning off the acute adrenaline “fight-freeze-or-flight” response and the cortisol “worry” response.
- **Curbing Anxiety-Based Mental Habits:** reducing fear and uncertainty by redirecting “what if” cognitions.
- **Reducing Self-Criticism:** taming the beast within, our inner critic, by validating core strengths.
- **Practicing Mindfulness-Based Stress Reduction:** insights for practicing a calming awareness to help reduce anxiety.

Enhancing Positive Emotions

- **Changing How We Feel by Changing How We Think:** guidelines for untangling cognitive distortions.
- **Emotion Regulation:** methods for managing frustration, resentment, anger, and sadness including depression.
- **Cultivating Hope:** how to instill positive expectations, feeling safe, being cared for, and taking positive actions.
- **The Habits of Happy People:** how they remember the past, imagine the future, and savor the present.

Meaningful Experiences

- **Empathy and Perspective Taking:** durable pathways to enhancing meaningful relationships
- **Enjoyment of Positive Experiences:** key interventions including reframing the ordinary and experiencing the extraordinary by changing perspective.
- **Key Aspects of Living a Meaningful Life:** forming a cohesive life narrative, having a sense of purpose, and of making a meaningful difference.
- **Developing a Plan:** a transformative opportunity to re-imagine an optimized life by linking the five pathways to becoming the best version of oneself.

ABOUT THE INSTRUCTOR

Jaime Kurtz, Ph.D., Professor of Psychology at James Madison University, is an expert in the study of happiness and applying positive psychology. Dr. Kurtz is coauthor of Positively Happy: Routes to Sustainable Happiness, a workbook describing the best-researched methods for creating a happier life and how to implement them.

Dr. Kurtz, an outstanding instructor, has presented programs for IBP including Overcoming Disabling Thoughts; The Habits of Happy People, and Experiencing and Practicing Positive States: Hope, Joy, Calm and Laughter.

Health professionals appreciate her ability to demonstrate practical skills that can be applied in everyday life to optimize wellbeing. Dr. Kurtz communicates practical information with insight and wisdom.

In addition to Q & A in class, Dr. Kurtz answers your questions during the second half of the lunch break and by email after the program adjourns.