

**SAINT CLOUD, MN** Thursday, May 11  
ST. CLOUD RIVER'S EDGE CONVENTION CENTER, 10 4th Ave S, 56301  
(320) 255-7272. Parking: \$1 per hour; \$10 daily maximum

**EAGAN, MN** Monday, May 15  
EAGAN COMMUNITY CENTER, 1501 Central Pkwy, 55121. (651) 675-5550

**BROOKLYN CENTER, MN** Tuesday, May 16  
HERITAGE CENTER OF BROOKLYN CENTER, 6155 Earle Brown Dr, 55430  
(763) 569-6300

**VADNAIS HEIGHTS, MN** Wednesday, May 17  
VADNAIS HEIGHTS COMMONS, 655 County Rd F E, 55127. (651) 204-6180

**MANKATO, MN** Thursday, May 18  
COUNTRY INN & SUITES BY RADISSON, MANKATO HOTEL AND  
CONFERENCE CENTER  
1900 Premier Drive, 56001. (507) 225-0007

**BLOOMINGTON, MN** Friday, May 19  
EMBASSY SUITES BLOOMINGTON, 2800 American Blvd West, 55431  
(952) 884-4811



PLEASE POST

## CALMING AN OVERACTIVE BRAIN

LIVE SEMINAR (✓ONE)

- Saint Cloud, May 11     Eagan, May 15     Brooklyn Center, May 16  
 Vadnais Heights, May 17     Mankato, May 18     Bloomington, 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 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages)  
– a text that helps reduce stress related mental habits. Preorder the  
book to receive it onsite at this discounted rate.

### FOUR WAYS TO REGISTER

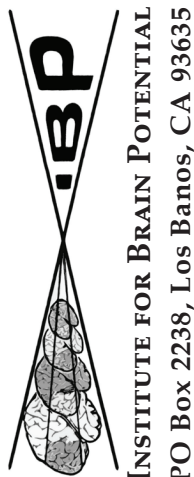
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

All major credit cards are accepted:

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



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### Topics Include:

- Chronic Stress
- Calming the Stress Response
- Realistic Worry and Generalized Anxiety

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



## CALMING AN OVERACTIVE BRAIN

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](mailto: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/calming-overactive-brain.pdf>

### DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email [info@ibpceu.com](mailto: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.

# CALMING AN OVERACTIVE BRAIN



**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 & MARRIAGE AND FAMILY THERAPISTS:** 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 CE clock hours. Approval is pending by **MN Board of Marriage and Family Therapy** for 6 CE hours.



**SOCIAL WORKERS:** 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 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.



**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: 0492-0000-22-053-L04-P and 0492-0000-22-053-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 (Performance Skills), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision).

**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 **MN Board of Physical Therapy**. This program qualifies as Category 1 in MN. This program provides 6 contact hours of CE.

**SPEECH-LANGUAGE PATHOLOGISTS:** This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

**MESSAGE 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 pre-approved by the **Commission for Case Manager Certification** to provide 6 CE contact hours to CCM® board certified case managers.

**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: 4090, 5320, 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 MN can earn 7.5 Clock Hours for successfully completing this program.

*This program presents evidence-based and practical methods to reduce unwanted thoughts, facilitate wellbeing, and improve sleep in patients and health professionals working in medical, dental and psychological settings.*

*Participants completing this 6-hour seminar should be able to:*

- 1. Describe how increasing predictability and control can protect the brain against the toxic effects of chronic stress.*
- 2. Outline how phobic and trauma-based thoughts can be desensitized.*
- 3. Describe how maladaptive thoughts linked to anxiety, anger or sadness can be reframed through Cognitive Behavioral Therapy.*
- 4. Discuss how to effectively manage cravings.*
- 5. Describe how to practice Mindfulness and Positive Psychology to produce present-centered, non-judgmental states that increase positive emotions, facilitate sleep and calm the overactive brain.*

## Understanding the Overactive Brain

- **Chronic Stress:** how cortisol, an adrenal hormone, endangers short-term memory, increases anxiety, perpetuates PTSD, sustains depression, produces eating disorders, and undermines sleep.
- **Calming the Stress Response:** increasing predictability and control over stressful thoughts enables the prefrontal cortex to calm the limbic system and retrain the habit brain, the basal ganglia.
- **Fear-Based Memories:** the amygdala, fear, and insomnia.
- **Medical and Dental Phobias:** systematic desensitization and drugs that inhibit emotional memories, e.g., beta blockers.
- **PTSD:** traumatic memories including medical treatment produces arousal, and flashbacks, impairs sleep and causes people to avoid PTSD-related situations
- **Intrusive Memories and Flashbacks:** hippocampus and replay of traumatic memories; drugs that block unwanted memories.
- **Realistic Worry and Generalized Anxiety Disorder:** activation of the dorsal prefrontal cortex; GABA receptors the limbic system and habit brain; anxiolytics versus SRIs and related drugs.
- **Depression-Related Thoughts:** rumination and cognitions that one's problems are personal, pervasive and permanent; lowered mood, anhedonia, poor concentration, and impaired sleep.
- **Depressed Brain:** low serotonin, norepinephrine and dopamine impair prefrontal planning, motivation, and emotion regulation.
- **OCD Spectrum Disorders:** recurrent thoughts and behaviors of one's body or surroundings, the social brain and the habit brain.
- **Perfectionism:** obsession "I must strive to meet unrealistically high standards and am self-critical when I fail to do so."
- **Thoughts That Keep Us Awake:** memories and temporal and parietal cortices; present-centered thoughts and the limbic system; future-centered thoughts and the prefrontal cortex.
- **The Dark Side of Food Addictions:** carbohydrate-rich foods and serotonin; fatty foods and dopamine; sweets and opioid peptides.
- **Cravings:** addictions for comfort foods, caffeine, alcohol, and prescription and illicit drugs alter the circuits of the habit brain; in anticipation, bingeing, and withdrawal and negative emotions.

## Brain-Based Therapies for Calming an Overactive Brain

- **Fear Conditioning and Extinction:** applying exposure-based therapies, e.g., systematic desensitization, flooding, virtual reality and EMDR; psychological therapies versus antidepressants.
- **Taming the Beast Within:** slow thinking engages the wisdom and thoughtful delay of the prefrontal cortex to deal with anger and disorders of impulse control.
- **Treating Thought Distortions with Cognitive Behavioral Therapy:** how anxiety, anger or sadness are resolved by re-interpreting old problems (reframing), arguing against strongly held beliefs (disputation) and testing assumptions.
- **Mental Approaches to Improving Sleep:** mental exercises that quiet prefrontal areas associated with recurrent emotions, unresolved social issues, planning and pain.
- **Reducing Cravings:** willpower is usually not enough but new habits can reduce immediate gratification and cravings, retrain addiction circuits and help make healthy behavior automatic.
- **Complementary Medicines and Pharmacotherapy:** why many health professionals use complementary medicines to treat anxiety, stress or depression with valerian, kava, SAMe and St. John's Wort; comparison with anxiolytics and antidepressants.
- **The Joyful Brain:** the neurobiology of happiness: understanding positive emotions that facilitate stress resilience, healthy forms of mood regulation, calm states of awareness, optimism and humor.
- **Acceptance and Commitment:** learning to accept in others flaws that are unlikely to change and moving on; overcoming the pathology of perfection by accepting our own limitations.
- **Mindfulness:** the calming effects of attending to the present and witnessing thoughts without judging them; using mindfulness to reduce pain, distress and stress.

## ABOUT THE INSTRUCTOR

*Brian King, Ph.D., is an expert in Applied Psychobiology including how positive states contribute to health and wellbeing. Dr. King wrote the evidence-based book the Laughing Cure. He has developed and presented training programs for health professionals throughout the United States including The Habits of Happy People and Developing Positive Emotional Habits.*

*Dr. King is recognized for innovative teaching methods including memorable film clips, fascinating case histories, demonstration of key techniques and use of comedic dialogue. Participants receive a detailed outline prepared by Dr. King for all lecture topics and key references.*

*Dr. King will answer your questions in class, during the second half of the lunch break, and by email after the program adjourns.*