

# Changing Health Beliefs and Behaviors

## A 6-Hour Home Study Program for Health Professionals



**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**. IBP is approved as a provider of continuing education by the **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 credit. 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 **FL Board of Psychology**. This course provides 6 contact hours of CE credit.



**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 - 11/11/26. Social workers completing this course receive 6 clinical continuing education credits.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling** and by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183. 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. The **Ohio CSWMFT Board** accepts ASWB-approved continuing education programs for social workers. This program provides 6 contact hours.



**CHEMICAL DEPENDENCY PROFESSIONALS:** 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**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



**PHARMACISTS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-23-043-H04-P. 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**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



**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: 550.



**OCCUPATIONAL THERAPISTS AND ASSISTANTS:** 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 (0.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes). This course is approved by the **Florida Board of Occupational Therapy** for 6 hours of credit.

**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)** for 6 contact hours of continuing education credit. Approval Expires: 01/20/2025. 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 program meets the criteria for physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA. This program provides 6 contact hours of continuing education credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education 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 approved as a provider of continuing education by the **CA Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **KS Health Occupations Credentialing**. 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 distance education (home study) credit. Approval Expires: 10/12/2024.

**NURSING HOME ADMINISTRATORS:** IBP is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 6 CE hours.

**DIETITIANS:** Institute for Brain Potential is accredited as a CE provider by **American Nurses Credentialing Center's Commission on Accreditation** and **Accreditation Council for Pharmacy Education**. The **Commission on Dietetic Registration (CDR)** accepts enduring (home study) activities from CE providers accredited by these organizations. IBP is approved as a CE provider by the **Florida Dietetics and Nutrition Practice Council** and **Kansas Department of Health and Environment**, Provider# LTS D1270. This program provides 6 CE hours.

**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 nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. 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 3 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. 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.

*The COVID-19 pandemic has created a fundamental need to improve health-protective behaviors. This program presents a brain-based understanding of sources of resistance to following best practices and the most effective interventions for acceptance of these behaviors and use of the new vaccines. In addition, the program provides health professionals with practical approaches for improving stress resilience and coping skills related to trauma, depression, anxiety, and exhaustion.*

Participants completing this program should be able to:

1. Review psychological responses in response to pandemics.
2. Name key brain systems involved in resistance to practicing health-protective behaviors.
3. List evidence-based interventions to improve health-protective behaviors.
4. Discuss stress resilience and coping skills for health professions.

## What Pandemics Inform Us About Mass Psychology

- A Brief History of Selected Pandemics
- Lethality
- Beliefs
- Eradication

## Seven Sources of Maladaptive Health Behaviors and the Brain

- Fear
- Anxiety
- Distrust, Disgust, and Us Versus Them
- Social Influence
- Denial
- Motivation
- Impaired Problem Solving

## Applying Evidence-Based Techniques

- The Power of Motivational Interviewing
- Delivering Persuasive Messages
- Enhancing Non-Verbal Communication
- Promoting Positive Social Influences
- Overcoming Denial
- Improving Trust
- Improving Motivation
- Enabling Problem-Solving

## Who Heals the Healer?

## Improving Health Resilience and Coping

- Health-Protective Behaviors
- Physical Distancing Without Social Isolation
- Improving Close Relationships
- Developing Positive Mindsets
- Seeking Help for Trauma, Depression, Anxiety, and Exhaustion

## ABOUT THE INSTRUCTOR



*Kateri McRae, Ph.D., an expert in the study of how the brain represents and changes emotions, is an Associate Professor of Psychology, University of Denver. Dr. McRae studies the connection between emotions, thoughts, memories and decision-making. Her work includes brain imaging and psychophysiological methods to examine how self-regulation influences thoughts and emotions.*

*Dr. McRae's programs are highly regarded by health professionals. She has developed and presented programs including Mastering Sixteen Key Habits of Emotionally Resilient People and How People Change their Minds to Adopt Healthful habits. Dr. McRae uses innovative teaching methods to make her presentations enjoyable, engaging, memorable, and practical.*