

Applying Cognitive Behavioral Techniques to Create Sustainable Change

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.

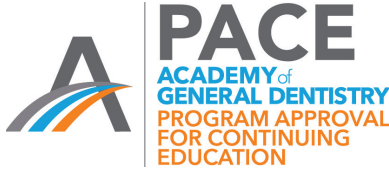


CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.



PHARMACISTS 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 is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-22-067-H04-P and 0492-0000-22-067-H04-T. 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**.



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). 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 pending approval by Texas chapter of the **American Physical Therapy Association (APTA)** for 6 contact hours of continuing education credit. 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: 04/30/2024.

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.

Changing how we think affects how we feel. In this program, learn how to use of cognitive behavioral techniques to help clients in medical, dental, and behavioral health practices.

This program is designed to provide health professionals with effective cognitive behavioral therapies (CBT) to help overcome negative thoughts and beliefs, to strengthen interpersonal relationships and enhance wellbeing.

Participants completing this program should be able to:

1. Discuss how maladaptive cognitions originate.
2. Describe the cognitive distortions that perpetuate common psychological sources of suffering.
3. List several methods of setting the agenda when working with challenging clients.
4. List key cognitive distortions that can perpetuate maladaptive emotions.
5. Discuss an approach to apply CBT techniques to improve health outcomes in a client with a specific psychological, dental or medical condition.
6. Discuss how positive psychology and CBT to help produce sustainable wellbeing and happiness.

How Distorted Thinking Creates Suffering

"The happiness of your life depends on the quality of your thoughts."

- How We Think Changes How We Feel
- Origins of Maladaptive Cognitions
- Cognitive Distortions
- Generalized Anxiety
- Sadness and Depression
- Hostility and Anger
- Passive Aggression
- The Pathology of Perfectionism

Setting the Agenda

"We are what we think."

With our thoughts, we make the world."

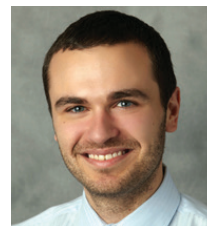
- Reasoning With Unreasonable People
- Overcoming Resistance to Change
- Enhancing Motivation

Developing Healthier Thoughts: The Promise of CBT

"Change your thoughts, and you change your world."

- Changing How We Feel By Changing How We Think
- Untwisting Negative Thoughts
- Basic Techniques
- Evidence-Based Techniques
- Logic-Based and Semantic Techniques
- Self-Monitoring
- Humor-Based Techniques
- Positive Imaging
- Acceptance
- Dealing With Difficult Conversations
- Positive Psychology
- Happiness-Related Cognitions
- Promoting Sustainable 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.