

# LIVE WEBCAST FRIDAY, MAY 17, 2019

## LIVE WEBCAST

Friday, May 17, 2019, 9 AM – 4 PM PDT

You will need a computer with internet access and speakers to participate in the webcast.

## ON-DEMAND WEBCAST

Wednesday, May 22, 2019 – Saturday, June 22, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, May 22, 2019 through Saturday, June 22, 2019. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until May 30, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: May 30, 2020

# APPLYING COGNITIVE BEHAVIORAL TECHNIQUES TO CREATE SUSTAINABLE CHANGE

✓one:

- Live Webcast with CE Credit: Friday, May 17, 2019
- On-Demand Webcast with CE Credit: May 22, 2019 – June 22, 2019
- Purchase of Recordings with Home Study CE Credit: through May 30, 2020
  - 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) \_\_\_\_\_

### PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or more persons registering together)
- \$89 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

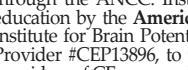
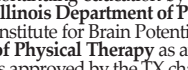
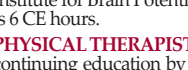
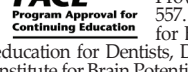
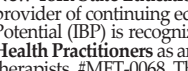
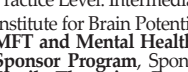
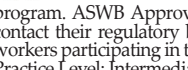
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 continuing nursing education 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 approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 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 6 clock hours.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. 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 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. This program provides 6 contact hours.

**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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program is 6 CEHs.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The live webcast is a knowledge-based activity with UANs 0492-0000-17-026-L04-P and 0492-0000-17-026-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-027-H04-P and 0492-0000-17-027-H04-T. Initial Release Date: 05/30/2017. Planned Expiration Date: 05/30/2020. 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:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 05/30/2017. Planned Expiration Date: 05/30/2020. 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**. This program is 6 CE hours.

**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 the TX chapter of the **American Physical Therapy Association (TPTA)**. TPTA Approval # 63644TX. Approval Expires: 06/28/2019. 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)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the live webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

**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: II. Suggested Learning Codes: 6010 and 6020. CDR-approved credit is available for only the live 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.



## APPLYING COGNITIVE BEHAVIORAL TECHNIQUES TO CREATE SUSTAINABLE CHANGE

A 6-Hour Program for Health Professionals

**Live Webcast Schedule:** The date of the live webcast is Friday, May 17, 2019, 9 AM, Pacific Daylight Time. 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 Wednesday, May 22, 2019 until Saturday, June 22, 2019. Registrants who sign up for the live 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: May 30, 2020. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

**Group Registrations:** Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

**Transfers and Cancellations:** Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

**24/7 Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**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.



# APPLYING COGNITIVE BEHAVIORAL TECHNIQUES TO CREATE SUSTAINABLE CHANGE

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on May 17, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting May 22 until June 22. 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 live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

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 or 4 business days.

*Changing how we think affects how we feel. In this new 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 new 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:** cognitions strongly influence how people remember the past, interpret the present, and imagine the future.
- **Origins of Maladaptive Cognitions:** the role of adverse childhood experiences and distorted cognitions.
- **Cognitive Distortions:** how our tendency to overgeneralize and view the world through a black-or-white lens produce distress.
- **Generalized Anxiety:** the "what if" mindset to guard against risk and danger and the need to think through possibilities before feeling safe, take on risk, or sleep—the anxiety-protective mindset.
- **Sadness and Depression:** the mindset of acquired pessimism, ruminating about the past, and negative expectations about the future; the belief that one's problems are personal, pervasive and permanent.
- **Hostility and Anger:** clients with a history of maltreatment and who are experiencing threat, harbor cognitions involving the need to retaliate.
- **Passive Aggression:** using covert means by being deliberately inefficient at work or withholding affection to punish a loved one without being open or clear about the source of the upset; cognitions that disarm passive aggression.
- **The Pathology of Perfectionism:** the implicit belief that one must strive to meet unrealistic or unattainable standards, even to the point of exhaustion or at the risk of objectifying patients and numbing.

## Setting the Agenda

*"We are what we think. With our thoughts, we make the world."*

- **Reasoning With Unreasonable People:** identifying areas of agreement in order to build trust before trying to resolve differences.
- **Overcoming Resistance to Change:** listing advantages and disadvantages of maintaining a maladaptive behavior.
- **Enhancing Motivation:** learn to increase motivation and willingness for change in challenging cases.

## Developing Healthier Thoughts: The Promise of CBT

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

- **Changing How We Feel By Changing How We Think:** the habit brain (basal ganglia) organizes automatic thoughts, feelings and actions; the self-aware prefrontal cortex can retrain the habit brain through CBT.
- **Untwisting Negative Thoughts:** learn over 30 powerful techniques designed to overcome distorted thinking.
  - **Basic Techniques:** empathic listening, agenda setting, thought substitution.

- **Evidence-Based Techniques:** identifying what caused the problem and what can be learned from the situation.
- **Logic-Based and Semantic Techniques:** identifying inconsistencies in negative thoughts, thinking in shades of gray instead of black and white, being specific—focusing on specific strengths as well as weaknesses.
- **Self-Monitoring:** how to reduce the frequency of habitual negative thoughts.
- **Humor-Based Techniques:** how to visualize something humorous when feeling anxiety or angry to elevate mood.
- **Positive Imaging:** positive suggestion and self-hypnosis.
- **Acceptance:** developing realistic expectations about limitations that are unlikely to change.
- **Dealing With Difficult Conversations:** how they can be initiated and can relieve stress even if there is incomplete agreement; agreeing to disagree is better than not communicating.
- **Positive Psychology:** happiness-evoking states include positive memories, emotions, and present-centered states such as mindfulness.
- **Happiness-Related Cognitions:** learn how to combine positive psychology and cognitive behavioral therapy in order to change how we feel by changing how we think.
- **Promoting Sustainable Wellbeing:** how to create an effective relapse-prevention plan integrating CBT, positive psychology, and lifestyle changes.

## ABOUT THE INSTRUCTOR



*Jonah Paquette, Psy.D., is Director of Clinical Training in the Department of Psychiatry at Kaiser Permanente, Vallejo, California. Dr. Paquette, an expert in applying cognitive behavioral and positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. Dr. Paquette was the teaching assistant of David Burns, MD, (Stanford University), a leading expert in making cognitive-behavioral techniques accessible to nursing, behavioral, and allied health professions. Dr. Paquette is the author of a research-based book entitled, "Real Happiness: Proven Paths for Contentment, Peace and Well-being."*

*An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States on topics including positive psychology, wellness, and happiness. Participants highly recommend Dr. Paquette for his ability to present practical strategies in ways that can lead to meaningful change.*

*In addition to Q & A sessions during the program, Dr. Paquette will answer your questions during the second part of the lunch break and by email after the program concludes.*