

**PLEASANTON, CA**  
FOUR POINTS BY SHERATON PLEASANTON  
5115 Hopyard Rd, 94588  
(925) 460-8800

Wednesday, March 6

**FOSTER CITY, CA**  
CROWNE PLAZA FOSTER CITY  
1221 Chess Dr, 94404  
(650) 570-5700

Monday, March 11

**PALO ALTO, CA**  
CUBBERLEY COMMUNITY CENTER THEATER  
4000 Middlefield Rd, 94303  
(650) 329-2418

Wednesday, April 3

**FREMONT, CA**  
CENTURY HOUSE AND GARDENS  
37447 Fremont Blvd, 94536  
(510) 796-0606

Wednesday, April 24

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
LOS ALTOS, CA  
PERMIT #131

# CHANGING HOW WE FEEL BY CHANGING HOW WE THINK

LIVE SEMINAR (✓ONE)

- Pleasanton, Mar 6
- Foster City, Mar 11
- Palo Alto, Apr 3
- Fremont, Apr 24

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

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages)
  - a text that provides guidelines for improving habitual thoughts.
  - 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)

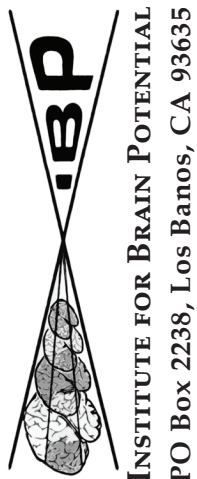
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

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

Signature \_\_\_\_\_

PLEASE POST



# CHANGING HOW WE FEEL BY CHANGING HOW WE THINK

PLEASANTON: Wednesday, March 6

FOSTER CITY: Monday, March 11

PALO ALTO: Wednesday, April 3

FREMONT: Wednesday, April 24

### Topics Include:

- Cognitive and Behavioral Techniques
- Handling Difficult Conversations
- Positive Psychology and Mindfulness

A New 6-Hour Program, Spring, 2019: \$79



# CHANGING HOW WE FEEL BY CHANGING HOW WE THINK

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 (less than 1%) a seminar cannot be held (e.g., inclement weather), 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/changing\\_thinking.pdf](http://www.ibpceu.com/info/changing_thinking.pdf)

## DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 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.

# CHANGING HOW WE FEEL BY CHANGING HOW WE THINK



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



**PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, AND MFTs:** 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 is 6 CE credits.



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, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) 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.



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



**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: 0492-0000-18-035-L04-P and 0492-0000-18-035-L04-T

**DENTAL PROFESSIONALS:** Institute for Brain Potential (IBP), provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of CA**. 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. Subject Code: 557. This program is 6 CE hours.



**APPROVED PROVIDER OF CONTINUING EDUCATION** by The American Occupational Therapy Association, Inc. 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) and Occupational Therapy Process (Outcomes).

**NURSING HOME ADMINISTRATORS:** This program has been approved by the California Nursing Home Administrator Program (NHAP) for 6 CE hours.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **Physical Therapy Board of California (PTBC)**. This program provides 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is approved as a provider of CE by CA Speech-Language Pathology & Audiology Board (SLPAB), #PDP247. This program provides 6 contact hours.

**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.

**ACUPUNCTURISTS:** This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 continuing education.

**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: 6010, 6020, and 6030.

**EDUCATORS:** This program provides 7.5 PGs of professional development toward license renewal in CA through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

*The thought-mood connection underlies acute psychological stress, anxiety, mood disorders, challenging interpersonal relationships and also the experience of peace and positive emotions.*

*This course is designed to help health professionals and their clients feel better by overcoming maladaptive emotions, generating positive emotions and mindful states of awareness.*

*Participants completing this new six-hour program should be able to identify evidence-based practices to help calm:*

1. *Acute Stress,*
2. *Worry and Anxiety,*
3. *Sadness, Persistent Depression and Mood Swings,*
4. *Challenging Relationships and Conversations, and*
5. *Conditions improved by generating Positive Emotions and Mindfulness-Based states of awareness.*

## Acute Stress

- Stress-related automatic thoughts
- Mindsets: combination of stress-related thoughts

### Calming Acute Psychological Stress

- Words that reduce acute anxiety
- Deep breathing techniques
- Revising automatic stress-evoking thoughts
- Acting before emotions are “up and running”

## Worry and Anxiety

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Posttraumatic Stress Disorder
- Obsessive Compulsive Disorder

### Experiencing Relief from Anxiety

- Automatic thoughts and core beliefs
- Untwisting negative thoughts
- Overcoming cognitive distortions
- Cognitive restructuring
- Curtailing “what if” thinking
- Managing thoughts that keep us awake

## Sadness, Persistent Depression and Mood Swings

- Work-Related Fatigue
- Persistent (Low Grade) Depression
- Major Depressive Disorder
- Bipolar Disorder

### Pathways to Feeling Better

- Experiencing cognitive reappraisal
- Spending time more joyfully
- Mindful acceptance of unwanted emotions
- Distancing: taking a third person perspective
- Overcoming rumination
- Experiencing hopeful cognitions

## Challenging Relations, Situations and Conversations

- Borderline Personality Disorder
- Antisocial Personality Disorder
- Narcissistic Personality Disorder
- OCD-Related Disorder
- Anger-Spectrum Disorder
- Addictive Disorder

### Managing Challenging Relationships

- Setting clear boundaries
- Shifting the focus to problem solving
- Mindful Listening: hearing without judging
- Conflict-Resolution: identifying what a person means and needs to hear.

## Positive Emotions and Mindful States

- Happiness Deprivation Disorder: happiness is more than relief from negative emotions; it involves the generation of positive emotions
- Satisfaction Deprivation Disorder: impairment in experiencing wellbeing.
- Meaning Deficiency Disorder: a lack of coherence, sense of purpose, and life contribution

### Generating Positive Emotions and Calm

- Cognitive habits of happy people
- Cultivating strengths
- Unexpected sources of gratitude
- Connecting values with actions
- Developing a life plan
- Mindful awareness without judgment
- Mindfulness-Based pain relief
- Mindfulness-Based anxiety relief
- Mindfulness-Based reduced regret

## 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 positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. 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 interventions to manage acute stress, anxiety, mood, interpersonal conflict, and to apply positive psychology. Participants highly recommend Dr. Paquette's presentations for his ability to communicate 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.*