

MATTESON, IL **Wednesday, October 19**
HOLIDAY INN MATTESON CONFERENCE CENTER, 500 Holiday Plaza Dr, 60443
(708) 747-3500

JOLIET, IL **Thursday, October 20**
CLARION HOTEL & CONVENTION CENTER JOLIET, 411 S Larkin Ave, 60436
(815) 729-2000

GURNEE, IL **Friday, October 21**
HOLIDAY INN CHICAGO NORTH - GURNEE, 6161 W Grand Ave, 60031
(847) 336-6300

SKOKIE, IL **Monday, October 24**
HOLIDAY INN CHICAGO NORTH SHORE, 5300 W Touhy Ave, 60077
(847) 679-8900

OAK BROOK, IL **Tuesday, October 25**
DOUBLETREE BY HILTON HOTEL CHICAGO - OAK BROOK
1909 Spring Rd, 60523. (630) 472-6000

ELGIN, IL **Wednesday, October 26**
HOLIDAY INN ELGIN HOTEL AND SUITES CHICAGO NORTHWEST
495 Airport Rd, 60123. (847) 488-9000



PLEASE POST

CHANGING HOW WE FEEL BY CHANGING HOW WE THINK

LIVE SEMINAR (✓ONE)

- Matteson, Oct 19 Joliet, Oct 20 Gurnee, Oct 21
 Skokie, Oct 24 Oak Brook, Oct 25 Elgin, Oct 26

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 provides guidelines for improving habitual thoughts.
Preorder the book to receive it onsite at this discounted rate.

FOUR WAYS TO REGISTER

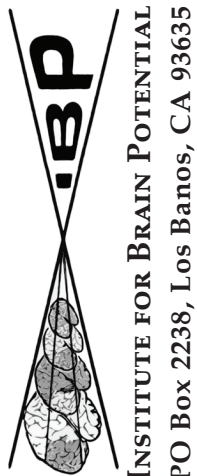
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____



CHANGING HOW WE FEEL BY CHANGING HOW WE THINK

MATTESON: Wednesday, October 19
JOLIET: Thursday, October 20
GURNEE: Friday, October 21
SKOKIE: Monday, October 24
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ELGIN: Wednesday, October 26

Topics Include:

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

A New 6-Hour Program, Fall, 2022: \$89



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.

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/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 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.

Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for marriage and family therapists, #168.000183. This program provides 6 clock 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 CEs. 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: 0492-0000-21-023-L04-P and 0492-0000-21-023-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.



OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an **APPROVED PROVIDER OF CONTINUING EDUCATION** by the American Occupational Therapy Association, Inc. 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: 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: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **IL Department of Professional Regulation**, Sponsor #216.000210. This program provides 6 contact hours of CE.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

MASSAGE THERAPISTS: Institute for Brain Potential is an **IL Department of Professional Regulation** Approved CE Sponsor for massage therapists, #24500045. The program provides 6 CE hours. IBP 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.

DIETITIANS: IBP is an **IL Department of Professional Regulation** Approved CE Sponsor for LDNs, #199.000112. 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.

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 IL can earn 7.5 PDU's for successfully completing this program.

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

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in areas of character pathology and personality disorders. He has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout North America. In this innovative presentation, film excerpts will illuminate ways to improve how we feel by changing how we think. Audiences commend his insightful and practical programs and enjoy his warm sense of humor.

Dr. Shannon will answer your questions in class, during the second half of the lunch break and by email after adjournment.