

INTERACTIVE WEBCAST

FRIDAY, JULY 26, 2019

INTERACTIVE WEBCAST

Friday, July 26, 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, July 31, 2019 – Saturday, August 31, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, July 31, 2019 through Saturday, August 31, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until June 16, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: June 16, 2021

EMOTIONS: WHAT WE FEEL, WHY WE FEEL, AND HOW TO CHANGE OUR FEELINGS

✓one:

☐ Interactive Webcast with CE Credit: Friday, July 26, 2019

☐ On-Demand Webcast with CE Credit: July 31, 2019 – August 31, 2019

Purchase of Recordings with Home Study CE Credit: through June 16, 2021

☐ 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
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 _____



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 is approved as a provider of CE for Counselors and Social Workers by the **Ohio CSWMFT Board**. 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 (Performance Patterns). 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.



6 hours of continuing education credit.



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 (APTA)** Approval Expires: 06/29/2020. 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 webcast of the program. 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 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: I. Suggested Learning Codes: 1120, 4040, 6010, and 7020. CDR-approved credit is available for only the 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.



EMOTIONS: WHAT WE FEEL, WHY WE FEEL, AND HOW TO CHANGE OUR FEELINGS

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, July 26, 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, July 31, 2019 until Saturday, August 31, 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: June 16, 2021. 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.

EMOTIONS: WHAT WE FEEL, WHY WE FEEL, AND HOW TO CHANGE OUR FEELINGS

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 July 26, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting July 31 until August 31. 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.

Advances in the brain and behavioral sciences are revealing what emotions are, when they are beneficial or harmful and how we can effectively harness emotions to improve our health and wellbeing.

Participants completing the new program should be able to:

- 1. Distinguish between emotions, moods, and thoughts.*
- 2. Describe ways that emotions benefit psychological health, well-being and survival.*
- 3. Compare and contrast beneficial and adverse forms of mood regulation.*
- 4. List different ways emotions can be regulated and what are their consequences for our psychological health and clinical disorders.*

Understanding Emotions

- **Understanding Emotions:** what emotions are and how they are different from moods, feelings, personality, and thoughts.
- **Emotional States:** reactivity, regulation and understanding.
- **Experiencing Emotions:** subjective experience, behavior and body?
- **What are Emotions Good For?** why we have emotions and why they are important for our survival and well being.

Emotion Regulation:

When, How and Why We Manage our Feelings

- **Helpful and Harmful Emotion Regulation Strategies:**
 - **Cognitive Reappraisal:** changing how we feel by changing how we think.
 - **Distraction:** the circumstances under which this technique can help.
 - **Suppression:** the drawbacks of trying to suppress emotions.
 - **Rumination:** the harmful effects of repetitive negative thinking
 - **Mindfulness:** how accepting emotions and being in the present can help
 - **Distancing:** how taking a third-person perspective can deescalate strong emotions.

Understanding Positive Emotions: Beneficial and Harmful Effects

- **When are positive emotions are good for us:**
 - **Social relationships:** how positive emotions are a vital ingredient to forming and maintaining social ties.
 - **Coping with stress:** how positive emotions help us bounce back from negative experiences
 - **Creative thinking:** how positive emotions promote a more global and creative mindset compared to negative emotions
- **Harmful Effects of Positive Emotions:**
 - **Instability:** why too much variability and not enough stability in one's positive feelings can be predict poor mental health outcomes.
 - **Striving to Be Happy:** how seeking positive emotions can paradoxically lead to decreased well-being and greater anxiety and depression; the more people pursue happiness the less they seem to be able to obtain it.
 - **Mental Health Issues of Impaired Mood Regulation:** experiencing a variety of positive and negative emotions predicts increased positive mental health outcomes as well as decreased negative medical health issues.

Clinical Applications: Emotions and Mental Illness

- **Emotion Regulation and psychopathology:** emotions are a central part of the symptoms of many common clinical disorders.
 - **Major Depressive Disorder:** how emotions may be constricted during depression.
 - **Generalized anxiety disorder:** how worry may be a form of emotional avoidance.
 - **Panic Disorder:** how a fear of fear may cause difficulties.
 - **Bipolar Disorder:** how intense positive feelings can have negative consequences.
- **Guidelines for Effective Emotion Regulation:** how we can feel better by improving the way we regulate our emotions and how these techniques can be successfully used to treat clinical disorders.

ABOUT THE INSTRUCTOR



June Gruber, Ph.D. is an Assistant Professor at University of Colorado Boulder in the Departments of Psychology and Neuroscience and is Director of the Positive Emotion and Psychopathology Laboratory. She is Associate Director of Research at the Sutherland Center for Bipolar

Disorders. An internationally recognized expert in the study of happiness, emotion, and mood disorders. Dr. Gruber has over 100 publications, chapters, and commentaries in the field. She is currently the Interim Editor in Chief for one of the leading journals in psychological science, Perspectives on Psychological Science.

Dr. Gruber presents key discoveries and practical findings with clarity, insight, and clinical wisdom. This new program includes science-based instruction, interactive videos, and group discussions. Samples of Dr. Gruber's lectures can be viewed online including the TedX Talk presentation concerning "The Dark Side of Happiness" at <https://www.youtube.com/watch?v=fi8Mhvsiiymo> and she has a free online course in Human Emotion available through YouTube and iTunes U. For more information about her work read here: <http://www.gruberpeplab.com>

In addition to Q & A sessions in class, Dr. Gruber will answer your questions during the second half of the lunch break and by email after the program concludes.