

LIVE WEBCAST FRIDAY, AUGUST 4, 2017

LIVE WEBCAST

Friday, August 4, 2017, 9 AM – 4 PM PDT

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

ON-DEMAND WEBCAST

Wednesday, August 9, 2017 – Saturday, September 9, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, August 9, 2017 through Saturday, September 9, 2017. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until February 12, 2019

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: February 12, 2019

DEVELOPING POSITIVE EMOTIONAL HABITS

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Live Webcast with CE Credit: Friday, August 4, 2017

On-Demand Webcast with CE Credit: August 9, 2017 – September 9, 2017

Purchase of Recordings with Home Study CE Credit: through February 12, 2019

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 _____

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**.

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

IBP 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 (IBP) is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP 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 (IBP) 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. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this intermediate-level course.

IBP is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, 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. This program is 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by **CCAPP-EL**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



PHARMACISTS & PHARMACY TECHNICIANS: IBP 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 0492-0000-17-049-L04-P and 0492-0000-17-049-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-16-012-H04-P and 0492-0000-16-012-H04-T. Initial Release Date: 02/12/2016. Planned Expiration Date: 02/12/2019. This program provides 6 hours (6 CEU).



DENTAL PROFESSIONALS: IBP 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 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 02/12/2016. Planned Expiration Date: 02/12/2019.

IBP, 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 an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP – an accredited approver of the physical therapy continuing education by the **Physical Therapy Board of California**. IBP is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP 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 the TX chapter of the **American Physical Therapy Association (IPTA)**. 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: IBP 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: IBP 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.

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 continuing professional education units (CPEUs) for completion of this program/materials. 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: 1120, 4040, 6010, and 7020. Activity Number: 107536. 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. IBP is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. IBP 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 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.



DEVELOPING POSITIVE EMOTIONAL HABITS

A 6-Hour Program for Health Professionals

Live Webcast Schedule: The date of the live webcast is Friday, August 4, 2017, 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, August 9, 2017 until Saturday, September 9, 2017. 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: February 12, 2019. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after September 9, 2017.

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 receive a tuition refund less a \$15 administrative 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.

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: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

DEVELOPING POSITIVE EMOTIONAL HABITS

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 August 4, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting August 9 until September 9. 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.

Mood regulation is strongly influenced by emotional habits. This new program describes the joyful brain, healthy forms of mood regulation, the habits of happy people, and guidelines for developing positive emotional habits.

Learn how positive emotions can improve the health and wellbeing of clients and health professionals working in medical, dental, and behavioral settings.

Participants completing this program should be able to

- 1. Describe several characteristics of the joyful brain.*
- 2. Describe emotional habits of happy people.*
- 3. Identify practical strategies for strengthening healthy emotional habits by applying principles of positive psychology.*

The Joyful Brain: The Neurobiology of Happiness

- **Understanding Emotional Habits:** how we feel involves habitual emotional reactions to memories associated with hurt, anger, sadness, anxiety, shame, and positive memories related to trust, joy, and love.
- **Primitive Emotional Habits and the Reptilian Brain:** rapidly acquired emotional reactions to threat and the amygdala; automatic reward-based habits, e.g., emotional eating, and the basal ganglia.
- **Positive Emotional Habits and the Prefrontal Cortex:** how the slow, deliberate acquisition of positive emotional skills can lead to the development of automatic mood-elevating emotional habits.
- **Stress Resilience:** how emotional upset, excess cortisol, hippocampal pathology and lowered mood can be reversed by cognitive reappraisal.
- **Healthy Mood Regulation Strategies:** reappraisal, problem-solving, shifting attention to positive states, and acceptance.
- **Unhealthy Forms of Mood Regulation:** escaping through food, alcohol and drugs; rumination; avoidance; inflaming, blaming, and shaming.
- **The Six Brain-Based Emotional Styles:** resilience, social intuition, stress inhibition, self-awareness, outlook and attention: guidelines for identifying strengths and weakness.
- **Happiness:** depends on how we interpret the past (parietal and temporal lobes), experience the moment (hippocampus), and imagine the future (limbic system and prefrontal cortex).

Emotional Habits of Happy People

Internalized Habits

- **Savoring the Moment:** e.g., stopping to smell the roses.
- **Practicing Non-Judgmental Awareness of Self and Others**
- **Experiencing Self-Aware Emotions:** gratitude, empathy, and compassion
- **Accepting the Limitations of Self and Others:** as a means of reducing regret, rumination, and avoidance.
- **Reminding Oneself of Joyful States:** the habit of recapturing positive memories as a means of facilitating healthy optimism.

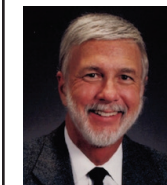
Externalized Habits

- **Connecting:** our friends and loved ones afford one of the greatest sources of happiness; happy people actively cultivate connections.
- **Resolving Conflicts Proactively:** using social intelligence to treat emotional issues as temporary and solvable.
- **Having Fun:** engaging the wonder and joy of the child's mind.
- **Energizing and Relaxing Habits:** challenging and enjoyable physical activities; relaxation through mood elevation to promote deep sleep.
- **Sharing Gratitude and Love:** communicating gratitude to our friends and love to our family in ways that strengthen bonds.
- **Living an Authentic and Meaningful Life:** being true to our self through emotional habits identified with our values, professional and creative pursuits, life purpose and beliefs.

Applying Positive Psychology To Strengthen Positive Emotions

- **Calming Practices:** Mindfulness-based Stress Meditation, moment-to-moment awareness without judgment.
- **Awareness Practices:** developing one-point concentration, Vapassana bare attention, and compassion-based meditation.
- **Practicing Gratitude:** expressing gratitude to those who have made a difference through letters and visits—why it makes us happy.
- **Identifying Our Best Self:** an exercise to focus on our strengths and to help overcome shame-related emotional habits.
- **Expressive Writing:** benefits of writing what we have kept secret to reduce rumination, depression, and shame.
- **The Forgiving Self:** memories of maltreatment are toxic; practicing the art of forgiveness to let go of grievances is healing.
- **The Trusting Self:** overcoming emotional habits that perpetuate anxiety; emotional habits for reducing social and generalized anxiety.
- **The Hopeful Self:** how acquired optimism can be cultivated to elevate mood; re-imagining the future.
- **Humor:** how to find humor in everyday life and why we should take humor and laughter seriously for health and wellbeing.
- **Acceptance-Based Exercises:** making peace with what cannot easily be changed.
- **Fulfillment:** craving without satisfaction characterizes dopamine deprivation and addiction but satisfaction without craving activates endorphins and emulates the teachings of the Dalai Lama.
- **Emotional Communication:** saying what needs to be said in a way that leads to meaningful change.

ABOUT THE INSTRUCTOR



John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy. Dr. Preston received the Mental Health Association's President's Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.

In-class exercises will enable you to identify emotional habits that are resistant to change and ways to create meaningful change. Dr. Preston will answer your questions during the second half of the lunch break and by email after the program concludes.