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 approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP10986, and Florida Board of Nursing. This program provides 6 contact hours.

PHYSICAL THERAPISTS: IBP is accredited by the American Physical Therapy Association to sponsor continuing education for physical therapists. IBP maintains responsibility for this program and its content. This program provides 6 CE hours.

COUNSELORS, SOCIAL WORKERS & MFIs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6542. 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.

ONLINE COURSES: IBP is approved by IECE, provider #1060, to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE hours.

On-Demand Webcast: 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 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

One
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
Audio CDs
Audio-Visual DVDs
Purchase of Recordings without CE Credit:
Audio CDs $10
Audio-Visual DVDs $75
Tuition is in US dollars.
Name (please print):
Address:
City/State Zip
Fax:
Email
Profession:
Pre-Registration
$79 Individual Rate
$74 Group Rate (for more persons registering together)
$89 On-Site Registration (if space is available)

Four Ways To Register
1. Internet: www.ibpcem.com
2. Mail: PO Box 2308, Los Banos, CA 93635
3. Fax: (916) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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/Membership and maintenance of credentialing credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement.

PHYSICAL THERAPISTS: This program is approved by IBP as an approved provider of physical therapy continuing education by the Physical Therapy Board of California (PTB) in accordance with Title 22, Division 8, Chapter 13 of the California Administrative Code. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language Pathology and Audiology Board, the Florida Board of Speech-Language Pathology and Audiology, and the Florida Board of Nursing. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved provider by the American Massage Therapy Association (AMTA) through NCBTMB, the California State Board of Massage Therapy, and the Florida Board of Massage Therapy. This program provides 6 CE hours.

DENTAL PROFESSIONALS: IBP is accredited as an Approved PACE Program Provider by the American Dental Association Commission on Accreditation (CODA). 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: 597. Initial Release Date: 02/11/2016. Planned Expiration Date: 02/11/2019. This program provides 6 CE hours.

TRANSFERS AND CANCELLATIONS: Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before the start of the program will 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 for good one 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 77-0408630) has presented practical, informative, and practical seminars by outstanding speakers since 1984.

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 and on-demand webcast, the certificate will be 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 the start of the program will 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 for good one 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.

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Institute for Brain Potential: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0408630) has presented practical, informative, and practical seminars by outstanding speakers since 1984.
Typically, within 3 or 4 business days.

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; ruminating; 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 weaknesses.
• 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 Mediation, moment-to-moment awareness without judgment.
• Awareness Practices: developing one-point concentration, Vipassana 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-imaging the future.
• Humor: how to find humor in everyday life and why we should make it the habit of finding 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.