

INTERACTIVE WEBCASTS

Tuesday, September 21, 2021, 9 AM – 4 PM (EDT)

Friday, October 29, 2021, 9 AM – 4 PM (PDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Tuesday, September 21, 2021 – Monday, November 29, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Tuesday, September 21, 2021 through Monday, November 29, 2021 to earn home study credit. Release Date: 01/01/20. Planned Expiration Date: 01/01/23.

HOME STUDY RECORDINGS

Valid for CE until January 1, 2023

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 01/01/20. Planned Expiration Date: 01/01/23.

THE HABITS OF HAPPY PEOPLE

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Interactive Webcasts with CE Credit:

Tuesday, September 21, 2021, 9 AM – 4 PM (EDT)

Friday, October 29, 2021, 9 AM – 4 PM (PDT)

On-Demand Webcast with CE Credit:

September 21, 2021 – November 29, 2021

Purchase of Recordings with Home Study CE Credit through January 1, 2023:

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) _____

TUITION

\$79 Pre-Registration Rate

\$89 Registration on the Day of the Program

\$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages)

— a text that shows how new habits are formed and the challenges that must be overcome to adopt and maintain new habits.

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

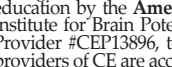
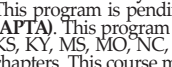
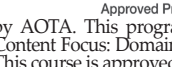
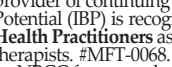
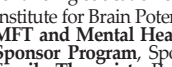
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential 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 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. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: 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. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

ACE: 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.

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 (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 marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. 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 (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-20-032-L04-P and 0492-0000-20-032-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-20-012-H04-P and 0492-0000-20-012-H04-T. Initial Release Date: 01/01/2020. Planned Expiration Date: 01/01/2023. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

PACE: Institute for Brain Potential is a 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. Release Date: 01/01/20. Expiration Date: 01/01/23.

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 pending approval by Texas chapter of the American Physical Therapy Association (APTA). 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.

MESSAGE 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 interactive 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, 6010, 6020, and 7020. Activity Number: 120863. CDR-approved credit is available for only the interactive 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.



THE HABITS OF HAPPY PEOPLE

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 Tuesday, September 21, 2021 until Monday, November 29, 2021. Registrants who sign up for the interactive 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: January 1, 2023.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/hpei.pdf

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.

THE HABITS OF HAPPY PEOPLE

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting September 21 until November 29. 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 positive psychology reveal how happy people develop habits that help them maintain positive emotions, thoughts and actions.

Happy people generally have better medical, dental and psychological health and improve the health of people around them.

Participants completing this new evidence-based program should be able to:

- 1. Identify habits that can lead to meaningful increases in happiness.*
- 2. Discuss how happiness can increase resilience to psychological stress and physical disorders.*
- 3. Describe how positive thoughts elevate mood and reduce anxiety.*
- 4. Name several interpersonal habits that can enhance happiness.*
- 5. Describe habits that calm the overactive brain.*
- 6. List five brain challenges to maintain happiness-related habits.*

Understanding Happiness

"Happiness depends less on what happens to us and more on how we view the past, enjoy the moment and create the future."

- **The New Science of Happiness:** how happiness is defined, measured, and can be meaningfully enhanced.
- **Sources of Happiness:** about 50% is genetic, 40% is within our power to change, and only 10% is affected by life circumstances
- **Unsustainable Sources of Happiness:** why improving life circumstances (e.g., income or one's appearance) does not make us sustainably happier due to hedonic adaptation.
- **Habits of Happy People:** activities, thoughts, and beliefs that support positive emotions, thoughts, caring, commitment, motivation and meaning.

Happiness and Health

"Be happy for this moment. This moment is your life."

- **The Stress-Resistant Mindset:** viewing problems as predictable and controllable; protection against the toxic effects of cortisol on the heart, immune system, and the brain, e.g., impaired short-term memory.
- **Developing Stress Resilience:** how the mastery of mental and physical challenges can prepare us for physical and psychological stressors.
- **Enhancing Physical Resilience:** why happy people generally have better sleep, lower blood pressure and blood glucose, and are less likely to develop tangles and amyloid plaque related to cognitive decline.

Positive Moods and Thoughts

"The purpose of our lives is to be happy."

- **Depression-Resistant Mindset:** how happy people are able to see their problems as temporary, impersonal and solvable.
- **Anxiety-Resistant Mindset:** how happy people identify automatic thoughts and judgments that are maladaptive and revise (reframe) them in positive ways.
- **Adaptive Coping:** overcoming the tendency to ruminate, escape, deny or ignore sensitive issues; focusing on how we recover from setbacks and ways to master challenges.
- **Acquired Optimism:** practicing the habit of optimistic thinking; how it improves sleep, elevates mood and reduces worry; the link between serotonin and mood; dopamine and expectations; norepinephrine and motivation.

Interpersonal Awareness

"Happiness is when what you think, what you say, and what you do are in harmony."

- **Expressing Needs:** how happy people communicate emotional concerns in ways that facilitate meaningful change instead of triggering conflict.
- **The Habits of Happy Couples:** how self-less rather than selfish concerns transform relationships (from "me" to "we").
- **Gratitude:** how counting our daily blessings and expressing gratitude to others meaningfully enhances our happiness; the role of the orbitofrontal cortex, social reasoning and the caring brain.
- **Self-Compassion and Renewal:** why health professionals often fail to have compassion for their own suffering; keys to self-compassion, renewal and self-healing.
- **Acceptance of Others:** how to accept traits in others that are unlikely to change; how happy people attain the self-healing gift of forgiveness.
- **Self-Acceptance and the Gifts of Imperfection:** how to tame our "inner critic" that demands unattainable standards; embracing who we truly are.

- **Purpose:** the health benefits of having life goals, values and higher meaning that engage the mind and promote the greater good.
- **Finding Humor In Everyday Life:** taking seriously the healing power of humor and laughter to reduce stress and to elevate mood.

Calming the Overactive Brain

"In the journey of life, take time to smell the roses and watch the sunset."

- **Healing Self and Others:** identifying the inherent wellness in mental and physical illness to provide hope, reduce suffering, and facilitate recovery.
- **Self-Calming:** how happy people reduce unwanted thoughts, facilitate well-being and improve sleep.
- **Mindfulness:** experiencing moment-to-moment awareness of thoughts and feelings without judgment; practicing Mindfulness-Based Stress Reduction; how happy people take the time to lose track of time.

Attaining Happiness-Related Habits: Five Brain Challenges

"The best kind of happiness is a behavior that becomes a habit."

- **Changing Reward-Based Habits:** taming immediate gratification by using the wisdom of the prefrontal cortex to inhibit maladaptive habits and initiate positive ones.
- **Healthy Activities:** practicing the power of proactive thinking to develop the courage to change and the patience to make incremental progress.
- **Enhancing Resilience To Stress:** how mastering positive mental and physical challenges prepare us to cope effectively with major psychological stress or life-threatening conditions.
- **Fulfillment:** substituting dopamine-related sources of craving and everyday addictions for endorphin-related sources joy and fulfillment.
- **Applying Positive Psychology:** empowering the creative, social, and self-aware prefrontal cortex to form positive habits by adding variety and flexibility to make positive habits become automatic.

ABOUT THE INSTRUCTOR



Jaime Kurtz, Ph.D., is Associate Professor of Psychology at James Madison University. Dr. Kurtz is an expert in the study of happiness and applying positive psychology. Her research on the psychology of happiness has been funded by the National Institutes of Mental Health. Dr. Kurtz is the coauthor of Positively Happy: Routes to Sustainable Happiness, a workbook describing the best-researched methods for creating a happier life and how to implement them.

Dr. Kurtz has won numerous awards for teaching excellence. She is recipient of the University of Virginia Psychology Department's Distinguished Teaching Fellowship, the Graduate Teaching Award, and the Rebecca Boone Teaching Award. Dr. Kurtz uses her skills as an actress to enhance the learner's experience. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.

In addition to Q & A sessions in class, Dr. Kurtz will answer your questions in class, during the second part of the lunch break, and following the program by email.