

INTERACTIVE WEBCAST FRIDAY, APRIL 19, 2019

INTERACTIVE WEBCAST

Friday, April 19, 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, April 24, 2019 – Friday, May 24, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, April 24, 2019 through Friday, May 24, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until February 4, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: February 4, 2020

THE HABITS OF HAPPY PEOPLE

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Interactive Webcast with CE Credit: Friday, April 19, 2019

On-Demand Webcast with CE Credit: April 24, 2019 – May 24, 2019

Purchase of Recordings with Home Study CE Credit: through February 4, 2020

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

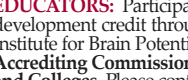
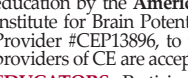
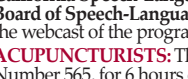
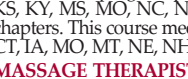
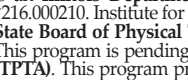
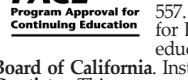
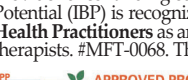
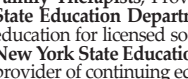
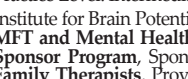
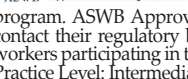
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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**. 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 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 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 clock hours.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the 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 (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) and Occupational Therapy Process (Outcomes). 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.

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 0492-0000-16-042-L04-P and 0492-0000-16-042-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-011-H04-P and 0492-0000-17-011-H04-T. Initial Release Date: 02/04/2017. Planned Expiration Date: 02/04/2020. 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: Institute for Brain Potential 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 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 02/04/2017. Planned Expiration Date: 02/04/2020. 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**. 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 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: 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 pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education credit.

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 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: The date of the interactive webcast is Friday, April 19, 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, April 24, 2019 until Friday, May 24, 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: February 4, 2020. 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.

THE HABITS OF HAPPY PEOPLE

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 April 19, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting April 24 until May 24. 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



Brian E. King, Ph.D., (Bowling Green State University) is an expert in Applied Biopsychology and has conducted research concerning social and biological factors that affect positive emotions, thoughts and habits. His acclaimed instruction integrates positive psychology and cognitive neuroscience to provide practical strategies to attain and maintain happiness-enhancing habits.

An outstanding and entertaining speaker, Dr. King also performs as a stand-up comedian. His outstanding presentations provide practical strategies for acquiring and mastering happiness-enhancing habits. Health professionals praise his use of innovative teaching methods. In this presentation, film clips and comedic dialogue will be used to characterize how to acquire happiness-related skills and how to make them automatic.

Audiences applaud his insightful and practical presentations and enjoy his sense of humor. In addition to Q & A sessions in class, Dr. King will answer your questions during the second half of the lunch break and by email after the program concludes.