Accredited Health Professions: Nurses, Psychologists, Counselors, Social Workers, MFTs, Occupational Therapists, Pharmacists, Dental Professionals, Speech-Language Pathologists, Physical Therapists & Educators.

Contact Hours for Health Professionals: Recorded seminars provide 6 contact hours of continuing education for most professions.

Educators: Educators can receive 7.5 contact hours per recorded program through cosponsorship between IBP and Alliant International University, a regionally accredited institution by the Western Association of Schools and Colleges. Contact your school district if you need prior approval for this program. For more information, contact Customer Service at (650) 223-3928.

Recording Formats: All programs are available as audio CDs (4 disks per program) and as audio-visual DVDs (4 disks per program). IBP recorded lectures are designed for individual use and cannot be used by outside organizations for instructional purposes without the written consent of IBP.

Tuition for Recordings: Audio CD sets are $50 and DVD sets are discounted to $50 from regular price of $75 when purchased onsite. Prices include shipping/handling and tax when purchased on the day of the seminar.

Tuition for Continuing Education: Add $30 per 6-hour program to receive the course outline prepared by the speaker, a post-test, and an evaluation form to complete continuing education credit.

Orders: Please allow 2-3 weeks. All major credit cards are accepted.
- Phone: (650) 223-3928
- Fax: (209) 710-8306
- Online: www.ibpceu.com/catalog
- Mail: PO Box 2238, Los Banos, CA 93635 (see order form)

Refund and Return Policy: If not completely satisfied, return the materials in resalable condition and exchange for a recorded program or book of equal value or receive a refund minus a $15 processing fee to IBP Distance Learning, PO Box 2238, Los Banos, CA 93635. Tuition for continuing education credit is not refundable.

Home Study Policies: Participants are responsible for reviewing our accreditation panel and, if necessary, contacting their boards to confirm accreditation requirements. To receive credit, listen to the recorded lecture, review the outline, and complete both the exam and evaluation form. A passing score for the post-test is 70%. The exam may be retaken without penalty or fee. The expiration date on the exam allows for at least a year to complete the program. You may receive your certificate by email, fax, or mail.

ADA and Grievance: IBP complies with ADA requirements. For ADA accommodations or for addressing a grievance, contact us at (877) 418-5474.

Why IBP Home Study: IBP is the leading provider of accredited programs focusing on the brain and behavioral sciences. Programs are selected from outstanding speakers based on current topics of greatest interest to our audience.

Warning —IBP Programs Can Be Habit Forming. Audio CDs are ideal for commutes and quiet times. DVDs are a brain-healthy alternative to television. IBP has a 95% approval rating from its home study registrants.
The Pathology of Perfectionism: How to Tame the Inner Critic

A 6-Hour Home Study Program for Health Professionals

Continuing Education Credits

Nurses: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center (ANCC). IBP is accredited as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896, and by the Florida Board of Nursing. This program provides 6 contact hours. This program is approved by the New York State Board of Physical Therapy, Provider #CPT2690086. The program is approved for 6 CE hours.

Hospitals, Colleges: Please contact your school district if you need prior approval for this program.

Counselors, Psychologists, Social Workers & MFTs: 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, Provider #CA11568, 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. ASWB Approval Period: 01/11/14 – 01/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the Florida Board of Psychology, by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by OH CSW/MFT Board, Provider #FCS1000801, by the IL Dept. of Professional Regulation, MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #533. This program provides 6 CE hours.

Substance Abuse Professionals: Institute for Brain Potential (IBP) is approved by the NAADAC. Approved Education Provider Program, Provider #102294. IBP is approved by provider by CCAPP-EL, Provider Number 45-09-128-1217. This program provides 6 CEUs.

Pharmacists and Pharmacy Technicians: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0006-16-075-HV-P and 0492-0006-16-075-HV-F.

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 the AGD. 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.

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 provides 6 CE hours.

物理治疗师: IBP is an approved CE provider by the NY State Board of Physical Therapy. This program provides 6 CE hours.

按摩师: IBP is an approved CE provider by the NY State Board of Physical Therapy. This program provides 6 CE hours.

言语病理学家: IBP is an approved provider by the CA SLPA, # OFP247. This program provides 6 CE hours.

呼吸治疗师: IBP is accredited by the CA Board of Respiratory Care, Provider #71390. This program provides 6 CE hours.

职业治疗师: IBP is an approved CE provider by the CA Board of Occupational Therapy. This program provides 6 CE hours.

Dentists, Dental Hygienists, and Dental Assistants: IBP is an approved provider by the California Board of Dental Examiners, Provider #10249. This program provides 6 CE hours.

Guidelines for Taming the Inner Critic

Cognitive-Behavioral Skills (CBT) • Identifying automatic thoughts that trigger distress • Identifying maladaptive consequences of perfectionism • Reframing cognitive distortions to shift perspective • Improving tolerance for uncertainty and ambiguity • Revising beliefs to increase willingness to compromise • Dealing with the most common obstacles that arise in CBT

Behavioral Strategies

• Limiting maladaptive safety behaviors
• Desensitization to extinguish fears
• Ritual prevention to reduce compulsive habits
• Strategies for maintaining gains

About the Instructor

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder. The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony may be the “perfect” presenter for this program. He has given over 300 presentations and seminars to health professionals around the world including highly rated presentations on OCD and perfectionism. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom.

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Initial Release Date: 08/30/2016
Expiration Date: 08/30/2019
Content Level: Intermediate
Shyness and Social Anxiety: Evidence-Based Techniques for Overcoming Fear
A 6-Hour Home Study Program for Health Professionals

There have been significant advances in assessing and treating social anxiety and, in particular, extreme shyness and performance-related fears in children and adults. This new seminar presents step-by-step techniques for overcoming fears by presenting the full range of evidence-based treatments including cognitive strategies, exposure-based treatments, social skills training, mindfulness and acceptance-based approaches, and pharmacotherapy.

Participants completing this program should be able to:
1. Describe characteristics of the spectrum of social anxiety disorders including shyness.
2. Discuss origins, associated features and common coexisting disorders.
3. Identify evidence-based psychological and pharmacological treatments for shyness and social anxiety disorders.
4. List several clinical tools and insights to successfully implement treatments for social anxiety and shyness.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center (ANCC). IBP is awarded “accreditation with distinction,” the highest level of accreditation by the ANCC.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6022. 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.

DIAGNOSIS
Social Anxiety Disorder (Social Phobia)
Avoidant Personality Disorder
Pathological Shyness

ORIGINS, ASSOCIATED FEATURES AND COEXISTING CONDITIONS
Origins
Variants
Common Coexisting Disorders
Response to Stress

TREATMENTS
Cognitive Strategies
Behavioral Strategies
Acceptance and Mindfulness-Based Approaches
Pharmacotherapy
Alternative and Complementary Therapies
Group Therapy for Social Anxiety
Self-Help

CLINICAL INSIGHTS AND TOOLS
Cognitive-Behavioral (CBT)
Exposure
Stop Playing It Safe
Acceptance-Based Strategies
Social Skills Training
Treatments for Children
Families
Roadblocks
Review

ABOUT THE INSTRUCTOR
Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder. The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.). The Oxford Handbook of Anxiety and Related Disorders. The Anti-Anxiety Workbook. Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.

© 2017 IBP
Understanding and Treating Obsessive-Compulsive Spectrum Disorders

A 6-Hour Home Study Program for Health Professionals

OCD is one of the ten most disabling medical or psychiatric conditions in the industrial world. However, advances in the brain and behavioral sciences have provided significant relief for people with recurrent and persistent obsessions and compulsions. This program describes the origins, characteristics, and evidence-based treatment of obsessive-compulsive spectrum disorders in adults and children.

Participants completing this program should be able to:
1. List key symptoms and forms of OCD spectrum disorders.
2. Name several brain structures related to OCD.
3. Identify the classes of drugs that are used to treat OCD.
4. Describe how exposure and response (ritual) prevention are applied.
5. List several adjunctive therapies that can improve therapeutic outcomes.

CONTINUING EDUCATION

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 accredited “accreditation with distinction,” the highest level bestowed by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP19986, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5642. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) #5102949. IBP is approved by provider by CCAPP-EI, Provider Number #409-129-1217. This program provides 6 CEHs.

IBP is an approved provider of CE by the FL Board of Psychological, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMTF Board, Provider #RCE7000801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #16800016, and by TX State Board of Examiners of MFTs, Provider #810. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102494. IBP is approved by provider by CCAPP-EI, Provider Number #409-129-1217. This program provides 6 hours of CE credit. Subject Code: 557.

IBP is approved as a provider of CE by the FL Board of Pharmacy. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0182-0003-16-044-H9-P and 0182-0003-16-044-H9-F.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 12/01/18. Provider ID# 315191. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RPI-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 FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000415. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PDP27. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP19986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

ABOUT THE INSTRUCTOR

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder, The Shyness and Social Anxiety Workbook: Proven Step-by-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.

© 2017 IBP
This new 6-hour program describes anxiety disorders, common coexisting conditions, assessment, and the most effective treatments. Although anxiety-related disorders often undermine a person’s ability to enjoy life, most forms of anxiety can be effectively treated.

Presented by Dr. Martin Antony, a leading expert, the program describes proven, step-by-step strategies to conquer anxiety, fear and panic.

Participants completing this program should be able to:

1. List the key features of panic disorder, phobias, social anxiety, obsessive-compulsive disorders, generalized anxiety, and posttraumatic stress.

2. Describe evidence-based psychological and pharmacological treatments for anxiety and related disorders.

Anxiety and Related Disorders

- Causes of Anxiety Disorders
- Panic Disorder
- Social Anxiety Disorder
- Phobic Disorder
  - Agoraphobia
  - School Phobia
- Dental and Medical Phobias
- Obsessive-Compulsive Disorder
- Generalized Anxiety Disorder
- Posttraumatic Stress Disorder
- Related Disorders
  - Depression
  - OC Spectrum Disorders
  - Sleep Disorders

Clinical Insights and Tools

- Emerging Anxiolytics
- Complementary and Alternative Approaches
- Exposure
- Dealing with Realistic Anxiety
- Cognitive Approaches
- Stop Playing It Safe
- Review

ABOUT THE INSTRUCTOR

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder. The Shyness and Social Anxiety Workbook, Proven Step-by-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.
Adverse Childhood Events: Lifelong Consequences and How to Overcome Them

A 6-Hour Home Study Program for Health Professionals

The Long-Term Effects of Neglect and Abuse
- Neglect
- Psychological Stress
- Abuse

Attachment
- Secure Attachment
- Anxious Attachment
- Avoidant Attachment

How the Trauma of Parents and Grandparents Can Be Inherited
- Maltreatment
- Cortisol and Chronic Stress
- Mood Disorders and Harsh Childhood Maltreatment

Self-Care and Lifestyle as Critical Foundations for Mental Health
- Resilience
- Conscientious Food Choices
- Conscientious Physical Activity
- Sleep

Psychological Pathways to Improved Brain Function
- Neuroplasticity
- Ameliorating Anxiety
- Elevating Mood
- Resolving Trauma
- Enhancing Adaptive Long-Term Memory
- Mindful Brain

ABOUT THE INSTRUCTOR

John Arden, Ph.D. is an internationally acclaimed speaker and author of works that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He is the Chief Academic Officer for IBP. Previously as Director of Training of Mental Health Professionals of 24 medical centers in Northern California, Dr. Arden supervised over 1000 postdoctoral fellows and interns and had developed training programs that promoted behavioral medicine at Kaiser Permanente.

The author of 14 evidence-based texts, Dr. Arden is working on a 15th text that forms the basis of this program. Dr. Arden has presented programs throughout the United States as well as invited lectures in Canada, Italy, Spain, China, Korea, New Zealand and Australia. Audiences appreciate his innovative teaching style and rare ability to humanize advances in the brain sciences with clinical wisdom, clarity, and warmth.

Initial Release Date: 12/20/2016
Expiration Date: 12/20/2019
Content Level: Intermediate
Brain2Brain: Using Neuroscience to Facilitate Meaningful Change

A 6-Hour Home Study Program for Health Professionals

This new program provides advances in understanding brain-based approaches to managing most common psychological and cognitive disorders seen in medical, dental, and behavioral health practices.

Emphasis is placed on explaining how to communicate with clients to facilitate meaningful change.

Participants completing this program should be able to identify:
1. Discuss the role of autostress disorders in harming the brain and body.
2. Name one or more brain-based therapies to treat generalized anxiety, focalized anxiety, posttraumatic stress, obsessive-compulsive disorder and depression.
3. List several brain-based approaches for promoting brain health.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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 CE by the FL Board of Psychology, the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCH503081, by the IL Dept. of Professional Regulation, MTCE Program, #245.000045, and by TX State Board of Examiners of MFTs, Provider #5830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102948. IBP is approved by provider CCAPP-EI, Provider Number #0-09-125-1257. This program provides 6 EUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited as a provider of continuing pharmacy education by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CPEUs). UANs: 0822-0080-07-04-H4-P and 0822-0080-07-04-H4-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing 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: 1312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider RFP-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 by the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (ACOTA) Approved Provider, #0050. The assignment of ACOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by ACOTA. This program provides 0.6 ACOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an H. Dept. of Professional Regulation Approved CE Sponsor for PT’s and PTAs. #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL. Dept. of Professional Regulation, #236.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # FDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCOs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a sponsorship 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.

Initial Release Date: 01/05/2016 Expiration Date: 01/05/2019 Content Level: Intermediate

ABOUT THE INSTRUCTOR

John Arden, PhD, is Northern California Regional Director of Training of Mental Health Professionals for Kaiser Permanente and oversees training of thousands of mental health professionals. Dr. Arden is an award-winning author of over a dozen evidence-based texts focusing on brain-based psychological therapies and the art of communicating practical applications of neuroscience. This highly practical program is based on a detailed review of current research. Dr. Arden presents seminars around the world focusing on brain-based therapy. His inspiring lectures are delivered with clarity, warmth, and clinical wisdom. Audiences appreciate his innovative teaching including the use of film clips and opportunities to experience stress-resilient mental states.
Mind Over Misery: Stress, Anxiety, Mood, and Pain
A 6-Hour Home Study Program for Health Professionals

This program describes effective mind-body approaches to overcome stress, anxiety, sadness, anger, pain, and highlights methods of elevating positive emotions. The presentation also provides an understanding of key brain systems underlying each topic.

Participants completing this new 6-hour program should be able to identify effective ways to:
1. Calm the stress response through increasing predictability and control.
2. Reduce intrusive thoughts and impulses in OCD and phobic disorders through therapies involving the habit brain.
3. Enhance social reasoning through key interpersonal techniques.
4. Relieve anxiety, elevate mood, and deepen sleep through cognitive approaches.
5. Reduce pain in patients undergoing medical and dental treatment through mind-body therapies, and
6. Elevate positive emotions through the practice of positive psychology.

CONTINUING EDUCATION
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 accorded by the ANCC. NAADAC, Provider #102949. IBP is approved by the Florida Board of Nursing, Provider #CEP13896, and by the Florida Board of Massage Therapy, Provider #RP-4261, as an approved provider by the State of Florida for 6 CEUs. IBP is approved by the American Board oftré Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #R002657, and by TX State Board of Professionals and6CEUs. IBP is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP), #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the Ohio Board of Pharmacy. IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0412-0003-16-046-FH4-P and 0412-0003-16-046-FH4-T.

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 endorsement by a state or provincial board of dentistry or ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #315413. This program provides 0.6 hours of CE credit. Subject Code: 557.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0412-0003-16-046-FH4-P and 0412-0003-16-046-FH4-T.

PAIN REDUCTION: Practicing Mind-Body Techniques

Pain

• Pain Reduction Techniques

The Joyful Brain: Practicing Positive Psychology
• The Self-Aware Brain

ABOUT THE INSTRUCTOR
John Arden, PhD, is Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden is an award-winning author of a dozen evidence-based books including brain-based psychological therapies, anxiety, PTSD, aging, dementia, and The Brain Bible: How to Stay Vital, Happy and Productive for a Lifetime (2014).

Dr. Arden presents workshops on brain-based therapy internationally and in the United States. Dr. Arden presents scientific discoveries with clarity, clinical wisdom, and compassion.
Pathways to Successful Aging
A 6-Hour Home Study Program for Health Professionals

This new evidence-based seminar describes five key factors that support successful aging: social interaction, physical activity, education, diet and sleep.

As a result of completing this program participants will be able to identify:
1. How social support is linked to wellbeing, cognition and longevity, while loneliness and isolation are identified with depression and dementia.
2. How physical activity supports neurogenesis, reduction of inflammation, normalization of blood glucose and enhancement of cell repair.
3. How the lifelong pursuit of learning is associated with reduced risk of cognitive decline and dementia.
4. How a healthy diet supports key neurotransmitters, protects the brain from Type 2 diabetes, rapid aging, cognitive decline and dementia.
5. How sound sleep supports memory consolidation, brain glucose metabolic activity and cognition.

CONTINUING EDUCATION

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 the FL Board of Nursing, Provider FCEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACCP No. 9342. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), #003592. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychologists, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMTF Board, Provider #FESC000901, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #160.001610, and by TX State Board of Examiners of MFTs, Provider #2800. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0003-0030-1604-HB4-P and 0003-0030-1604-HB4-P.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18.

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 FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for Pts and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours. MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy. SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAP, #2DP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCAs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respirology Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

The Social Factor

- Social Deprivation
- Social Support
- Social Brain Networks
- Loneliness

Physical Activity

- How Exercise Alters Our Brains
- Reduction of Inflammation
- Glycemic Control
- Cell Repair

Diet

- Neurotransmitter Reserve
- Sugar and Advanced Glycation End-Products
- Healthy Fats
- Alcohol
- Marijuana

Sleep and the Aging Brain

- Removal of Neurotoxins
- Cortisol
- Sleep and Learning
- Guidelines for Better Sleep

ABOUT THE INSTRUCTOR

John Arden, PhD, is Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden is an award-winning author of a dozen evidence-based texts include brain-based psychological therapies, anxiety, PTSD, aging, dementia, and The Brain Bible: How to Stay Vital, Happy and Productive for a Lifetime (2014).

Dr. Arden presents workshops on brain-based therapy internationally and in the United States. Dr. Arden presents scientific discoveries with clarity, clinical wisdom, and compassion.

Initial Release Date: 08/30/2016 Expiration Date: 08/30/2019 Content Level: Intermediate
How We Heal Ourselves And Others: Communicating In Ways That Create Meaningful Change

A 6-Hour Home Study Program for Health Professionals

Effective communication is critical to the healing process. In this new 6-hour seminar, learn to identify the inherent wellness in a person with mental or physical illness and how to communicate in ways that lead to meaningful change.

This evidence-based program provides health professionals working in medical, dental, and behavioral settings with the key skills to produce calm, enhance hope, reduce pain, and promote recovery.

Participants completing this program should be able to:
1. Identify brain and behavioral processes that contribute to the healing process.
2. List successful approaches to relieve anger, sadness and anxiety.
3. Outline effective strategies for handling difficult conversations.
4. Describe how to apply Positive Psychology to promote mindfulness, positive emotions, self-compassion, and acceptance.

CONTINUING EDUCATION

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 accredited “accreditation with distinction,” the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #31160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culppeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Professional Regulation, Provider #77225. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the National Association of Addiction Care Providers, #100249. IBP is approved by provider by CCAPP-EL, Provider Number #46-09-128-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0927-0000-16-022-VH-P and 0927-0000-16-022-VH-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the AGD, Provider #29737. This program is approved for 6 CE credits.

NURSES: Institute for Brain Potential (IBP) is an approved provider of continuing education for nurses by the New York State Board of Nursing, Provider #13-CGP-0002. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the NH State Board of Massage Therapy, #12-NH-017. This course provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #00551U. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes) and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an H Dept. of Professional Regulation Approved CE Sponsor for PTs & PTAs, #216.00201. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the H Dept. of Professional Regulation, #245.001945. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #FDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the NY State Board of Respiratory Care, #78861, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cooperative 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.

ABOUT THE INSTRUCTOR

Paula Butterfield, Ph.D., (Ohio State University) is a nationally celebrated psychologist, clinician, researcher, author, and instructor. Dr. Butterfield has directed the Educational Research and Training Division for the Department of Internal Medicine at Ohio State University and has been a Director of Physician Leadership and Management Education.

The winner of four awards for distinguished teaching, Dr. Butterfield has developed national training programs for over two decades. Her outstanding presentations integrate evidence-based research in the brain and behavioral sciences with essential communication strategies in people who are resistant to change. An outstanding speaker, Dr. Butterfield uses innovative teaching methods including the use of film clips.

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Understanding Sleep-Wake Disorders: Practical Tips for Improving Sleep

A 6-Hour Home Study Program for Health Professionals

This program focuses on improving sleep in people with insomnia and sleep-related problems identified with depression, anxiety, and chronic pain. Emphasis is placed on the application of cognitive-behavioral therapy and related approaches to manage thoughts that keep us awake.

Participating completers this evidence-based 6-hour seminar should be able to identify:
1. Discoveries concerning the health risks of non-restorative sleep.
2. Treatments for sleep apnea, sleep-related movement disorders, and disturbances of circadian rhythm.
4. The relationship between sleep disorders and coexisting disorders of mood anxiety, and pain.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 0342. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpepper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSHWMB Board, Provider #RCS100801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.0007183, and by TX State Board of Examiners of MFTs, Provider #880. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the Association for Addiction Professionals, Provider Program, #109249. IBP is approved by provider by CCAPP-EL, Provider Number #49-09-125-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0490-0000-17-014-F04-P and 0490-0000-17-014-F04-T.

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 12/31/14 – 11/30/16. Provider ID #312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RP-2421, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0953. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs for 6 contact hours. Content Focus: Domain of OT (Areas of Occupation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit. PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 General CE credits by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development 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.

ABOUT THE INSTRUCTOR

Colleen Carney, Ph.D., is Associate Professor in Psychology and Director of the Sleep and Depression Laboratory at Ryerson University, Toronto, Canada, where she conducts trials in the treatment of sleep and depression and trains professionals in behavioral sleep medicine. Dr. Carney has over 100 publications and was the author of the first self-help book of evidence-based treatment of comorbid insomnia. Dr. Carney’s book and the training materials are being used in a nationwide rollout of CBT-I training of VA healthcare providers. Her research is funded by the NIH, National Sleep Foundation and the Canadian Institutes of Health Research. Dr. Carney’s research has been featured in the New York Times and Wall Street Journal and has appeared in numerous radio and television broadcasts including World News with Diane Sawyer. A video clip from the program is available at http://goo.gl/31Qoz6.

Dr. Carney has over 15 years of clinical and teaching experience and is an expert in Cognitive-Behavior Therapy for Insomnia. She is best known for training health professionals to use CBT for treating patients with insomnia related to depression, anxiety, fibromyalgia, chronic fatigue syndromes, trauma, cancer and pain. Participants will receive a detailed outline including self-help resources, books, reliable Internet links, and access to support groups. Dr. Carney is internationally recognized as an outstanding trainer and speaker.
Understanding Psychocardiology
A 6-Hour Home Study Program for Health Professionals

This new program describes how thoughts, emotions and behaviors play an integral role in the progression and regression of coronary artery disease.

Learn why women are more likely to die of heart disease (43%) than men (37%), the role of traditional and psychological risk factors, and the importance of cardioprotective habits.

Participants completing this program who work in medical, dental, and behavioral health practices should be able to:
2. List modifiable traditional risk factors.
3. List modifiable psychological risk factors, and
4. Discuss the role of a cardioprotective lifestyle and psychological habits in preventing, managing or reversing coronary artery disease.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider FCEP13906, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). The ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 CE clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychologists, by the FL Board of Social Work, MFT and Mental Health Counseling, by the OH CSWMT Board, Provider #RCST00801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #166-000080, and by TX State Board of Examiners of MFTs, Provider #SW. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #1022949. IBP is approved by provider CCAPP-EI, Provider Number #S-09-128-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 789-0000-16-096-H04-P and 789-0000-16-096-H04-T.

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 program 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 ACD 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 by the AGD does not imply endorsement of specific course content, products, or clinical procedures by AGD.

IBP, Provider #R12461, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0586. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides (6) AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Intervention and Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is in an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCA’s in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13906, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 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.

Differences in Coronary Artery Disease: Men and Women
- Warning Symptoms
- Biological Risk Factors
- Psychological Risk Factors
- Diagnosis and Treatment Standards

Modifiable Biological Risk Factors
- Chronic Psychological Stress
- Depression
- Anger
- Maladaptive Anxiety
- Lack of Social Support
- Impaired Impulse Control
- Denial

Cardioprotective Habits
- Emotional Regulation
- The Adherent Mindset
- The Stress Resilient Mindset
- The Habits of People Who Reverse Coronary Artery Disease

ABOUT THE INSTRUCTOR

Doug Cort, Ph.D. is an expert in the study and practice of Psychocardiology. As Director of the Psychology Program for Preventive Cardiology at UC Davis for 19 years, as a researcher and an internationally recognized speaker, Dr. Cort is recognized for his contribution to the treatment of psychological factors underlying cardiovascular disorders.

Dr. Cort has presented lectures on Psychocardiology in North America, Europe and Asia. Health professionals attending his workshops appreciate his abundance of practical information expressed with warmth and humor, and his inclusion of authentic, compassionate experiences from working with patients.

© 2017 IBP
A revolution is occurring in our understanding of how memory, stress, diet, and cholesterol affect brain health and cognition. This new understanding provides critical information for health professionals working in medical, dental, and behavioral health practices.

Participants completing this program should be able to identify key issues and discoveries regarding:
1. Different forms of memory and the causes of forgetting.
3. Evidence-based benefits and risks of fats, grains, sugars, diets, and select nutraceuticals on brain health, disease risk, and longevity.
4. Benefits and risks of current and next generation statins for managing and preventing disorders affecting the brain and heart.

CONTINUING EDUCATION
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 accredited as a provider of continuing education for the Florida Board of Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 clock hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #1136, 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. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSHMFT Board, Provider #RCST100001, by the IL Dept. of Professional Regulation, MFT CE Sponsor Program, #160.00108, and by TX State Board of Examiners of MFTs, Provider #S50. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #024991. IBP is approved by provider by CCAPP-EL. Provider #46-S09-126-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designed for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-031-H04-P and 0492-0000-15-031-H04-T.

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. 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.

IBP, Provider #RP4261, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #65.001045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, # FD6247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: ROCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cooperative 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.

David Diamond, Ph.D., is Professor of Psychology, Pharmacology and Physiology at the University of South Florida and Director of the USF Collaborative Neuroscience Program. Dr. Diamond is an expert in the study of memory, stress, heart disease, diet and brain function. An outstanding instructor, Dr. Diamond has received accolades for teaching excellence at USF and is an invited speaker at scientific conferences around the world. Dr. Diamond has taught programs for continuing education to health professionals for close to a decade and is one of the highest rated speakers teaching on behalf of IBP. Audiences highly recommend his programs for their wealth of valuable information, insightful reviews of current controversies, and ability to impart key concepts with clarity and enthusiasm.

ABOUT THE INSTRUCTOR

Memory, Aging, Stress, Diet and Cholesterol: Current Brain Controversies and Discoveries
A 6-Hour Home Study Program for Health Professionals

Memory, Emotion and Tragic Forgetting
• Emotional Memory
• Short-Term Memory, Alcohol, and Binge Drinking
• Long-Term Memory
• Habit Memory
• Everyday Subconscious Memory Processing
• Brain Training Programs
• Tragic Forgetting

Understanding Stress
• Neurotoxic Stress
• Adrenal Stress Hormones
• Depression
• PTSD

Controversies in Nutrition: What is Healthful and Harmful?
• Myths, Government Intervention and Bad Science
• Fats, Grains and Sugars
• Healthful and Harmful Diets
• Nutraceuticals and Supplements
• Longevity

Cholesterol: Friend or Foe of Heart and Brain Health
• Myths on Cholesterol and Clogged Arteries
• Are Statins “Wonder Drugs?”
• How Common are Adverse Effects of Statins?
• Cholesterol, Cancer and Dementia

Memory, Aging, Stress, Diet and Cholesterol: Current Brain Controversies and Discoveries: A 6-Hour Home Study Program for Health Professionals

Initial Release Date: 07/30/2015 Expiration Date: 07/30/2018 Content Level: Intermediate

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Stress-Related Disorders

A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION
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 “accreditation with distinction,” the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13906, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), #10650, by TX State Board of Examiners of MFTs, Provider #R90. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the Association for Addiction Professionals, Ethical Approval #1784, and TX State Board of Examiners of MFTs, Provider #R90. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0892-0300-14-026-HR-T and 0892-0300-14-026-HR-T.

DEPARTMENTAL COUNSELORS: IBP is designated as an Approved CAE Program Provider by ASWB, #P0471. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychologist, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RST20081, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #116000185, and by TX State Board of Examiners of MFTs, Provider #R90. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, as approved Education Provider Program Provider, Provider #102248. IBP is approved by provider by CCAPP-EI, Provider Number #09-122-1217. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0892-0300-14-026-HR-T and 0892-0300-14-026-HR-T.

DEPARTMENTAL COUNSELORS: IBP is designated as an Approved CAE Program Provider by ASWB, #P0471. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychologist, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RST20081, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #116000185, and by TX State Board of Examiners of MFTs, Provider #R90. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, as approved Education Provider Program Provider, Provider #102248. IBP is approved by provider by CCAPP-EI, Provider Number #09-122-1217. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0892-0300-14-026-HR-T and 0892-0300-14-026-HR-T.

DEPARTMENTAL COUNSELORS: IBP is designated as an Approved CAE Program Provider by ASWB, #P0471. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

Using Your Brain to Increase Stress Resilience

Understanding Stress-Related Disorders
• The Language of Stress-Related Symptoms
• The Double-Edged Sword
• The Cortisol “Worry” Hormone
• Trauma
• Short-Term Memory
• Threat
• Energy Storage
• Reproductive Hormones
• Inflammation
• Autoimmune Disorders and Stress
• Periodontal Disease
• Vascular Inflammation
• Mood Disorders
• Sleep Disorders
• Chronic Pain
• Accelerated Aging
• Alzheimer’s Disease

ABOUT THE INSTRUCTOR
Ted Dumas received his Ph.D. in Physiological Psychology from the University of Virginia and is Assistant Professor of Molecular Neurobiology at George Mason University. His research concerns ways to protect the brain against the damaging effects of chronic stress in early life, posttraumatic stress in midlife, and disorders of the aging brain. In addition, he is studying how the brain forms new habits.

An outstanding and inspiring speaker, Dr. Dumas has presented CE programs for over a decade to nurses, behavioral health and allied health professionals. Dr. Dumas communicates key discoveries in terms that are at once clear, practical, and stress-free. Participants receive a detailed outline prepared by the speaker including lecture topics, key references and links.
Who Gets Sick and Who Stays Well: Microbes, the Immune System and Brain

A 6-Hour Home Study Program for Health Professionals

This program describes the role of microbial health in determining who gets sick and who stays well, who develops chronic inflammation, immune and autoimmune disorders, periodontal disease, disorders of brain development and cognitive impairments.

Participants will also acquire evidence-based guidelines for the use of probiotics and other foods for restoring GI health.

Health professionals working in medical, dental, and behavioral health environments should be able to:

1. Discuss the importance of microbial health for your profession.
2. Identify how microbial health can affect brain development or the risk of Alzheimer's disease.
3. Describe how a disorder of stress, anxiety or mood is linked to microbial imbalance.
4. List one or more evidence-based approaches to restoring microbial health.

CONTINUING EDUCATION

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—by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP19306, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCR as an Approved Continuing Education Provider, ACCP No. 482. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South 24th Street, Suite 300, Lenexa, KS 66215, www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RS0100801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #166.001263, and by TX State Board of Examiners of MFTs. Provider #RSU. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102249. IBP is approved by provider by CCAPP-EI Provider Number #420-16-01. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 6946-0030-16-014-P and 1646-0003-16-004-P.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #P131313. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #P142016, 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 FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #246.000145. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCSs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13906, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Understanding the Microbiome

• Your Microbiome
• Friendly and Harmful “Alien” Bacteria
• Microbial Communication
• Understanding Antibiotic Resistant Bacteria
• Immune System Development
• Allergies and Autoimmune Disorders

Neurocognitive Disorders

• Birth
• Infancy, Learning and Memory
• Autism
• Schizophrenia
• Alzheimer's Disease

Stress, Anxiety and Mood

• Neurotransmitters
• Stress and Inflammation
• Generalized Anxiety
• Depression

Restoring Microbial Health

• Probiotic-Containing Foods and Drinks
• Microbiota-Friendly Diet
• Probiotics
• Restoring Microbial Balance
• Importance of Stress-resilience for Microbial Balance

ABOUT THE INSTRUCTOR

Lisa E. Goehler, Ph.D., is Lecturer in Nursing, Neuroimmunology and Behavior at the Center for the Study of Complementary Therapies at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions as they affect the gut brain. She has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders result from inflammation of the GI tract.

An outstanding speaker, Dr. Goehler presents practical discoveries to her students and health professionals with enthusiasm, clarity and warmth.

Initial Release Date: 06/29/2016 Expiration Date: 06/29/2019 Content Level: Intermediate
Emotion Disturbance in Bipolar Disorder in Youth and Beyond: When Feeling Too Good Can Be Bad

A 6-Hour Home Study Program for Health Professionals

The symptoms of mood swings underlying bipolar disorder include elevated mood to severe and sometimes psychotic mania. This new program presents advances in understanding and diagnosing disorders of emotion regulation in bipolar mood disorders.

The program provides key insights and methods to explore and explain how healthy people can regulate their moods more effectively.

Participants completing the program should be able to:
1. Distinguish between manic and depression and variations of bipolar symptom disorders in youth and adults.
2. Identify how positive emotions affect experience, behavior, and the body cognitive, social and the physical health benefits associated with positive emotions.
3. Discuss the role of emotion reactivity, emotion regulation, and the brain in bipolar disorders.
4. Describe evidence-based psychotherapy approaches to treating bipolar disorders.
5. Identify factors that increase risk for psychopathology and distress beyond bipolar disorders in healthy youth and adults.

Part 1: Definitions and Diagnosis:
• Understanding Emotion and Bipolar Disorder
• What Are Positive Emotions?

Part 2: Bipolar Disorder and Emotion Reactivity
• Emotion and Psychopathology
• Magnitude of Emotional Response
• Context Sensitivity
• Understanding Positive Emotions

Part 3: Bipolar Disorder and Emotion Regulation
• Identifying Adaptive and Maladaptive Psychological Approaches
  • Amplifying Negative Emotions
  • Dampering Emotions
  • Thought Suppression
  • Feeling Stuck in the Present
  • Cognitive Reappraisal
  • Distraction
  • Mindfulness
  • Empirically Supported Treatments
  • Pharmacotherapy
  • Sleep interventions
  • Family-Focused Treatment

Part 4: Beyond Bipolar Disorder: A Dark Side of Positive Emotions?
• Common Myths about Happiness
• Beyond Bipolar Disorder
• Stability
• Striving
• Emotional Diversity

ABOUT THE INSTRUCTOR

June Gruber, Ph.D. is an Assistant Professor at University of Colorado Boulder in the Departments of Psychology and Neuroscience and Director of the Positive Emotion and Psychopathology Laboratory. Dr. Gruber is Associate Director of Research, Sutherland Center for Bipolar Disorders. She was previously an Assistant Professor of Psychology at Yale University. She received her B.A. and Ph.D. in Clinical Psychology from UC Berkeley. An internationally recognized expert in the study of bipolar disorders and emotion, Dr. Gruber has authored over 100 publications or chapters in the field.

Dr. Gruber presents key discoveries and practical findings with clarity, insight, and clinical wisdom. This science-based program includes interactive videos and group discussions.
This new program focuses on mind-body connections that affect inflammation including stress, sleep, physical activity and mood. Emphasis is placed on nutrients that regulate inflammation related to cardiodiabetic disorders, allergies, asthma, autoimmune disorders, brain-related disorders, and on lifestyle prescriptions.

Participants completing this program should be able to identify nutrients that affect:
1. chronic stress, steroids and NSAIDs,
2. weight gain, hypertension, and diabetes,
3. allergies, asthma, periodontitis, and autoimmune disorders,
4. sleep, mood, cerebrovascular disease and Alzheimer’s disease, and
5. habits designed to protect the aging body and brain.

CONTINUING EDUCATION

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 the NY State Board of Physical Therapy. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-053-H04-P and 0492-0000-16-053-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association. This program is approved for 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the Florida Board of Massage Therapy. # PDP247.

PHYSICIAN ASSISTANTS: This program is approved by the PA Board of Healthcare Practitioners, Provider #PA00002217, for 6 CEUs.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #00501. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 CEUs and 0.6 CEUs for the OTR/L (Client Factors) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #16333. This program is approved by the NY State Board of Physical Therapy for 6 CEUs. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved by the IL Dept. of Professional Regulation, #D45-000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA Board, # PDT247. This program provides 6 CE hours.

THEORETICAL CREDIT: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEPT13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a consortium 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.

Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions

A 6-Hour Home Study Program for Health Professionals

Chronic Inflammation: The Mind-Body Connection
- Understanding Chronic Inflammation
- Acute Stress
- Chronic Stress
- Corticosteroids
- Anti-Stress Nutrients
- NSAIDs
- Anti-Inflammatory Nutrients
- Nutrients that Regulate Inflammatory Messengers

Cardiometabolic Inflammation
- The Stress Connection
- Metabolic Syndrome
- Prediabetes and Diabetes
- Managing Hypertension
- Beneficial Dietary Fats

Allergies, Asthma, Autoimmune Conditions
- Allergies
- Food Allergies
- Asthma
- Periodontal Disease
- Common Autoimmune Disorders
  - Thyroid Disorders
  - GI Tract
  - Rheumatoid Arthritis

Brain
- Sleep
- Mood
- Stroke
- Alzheimer’s Prevention
- Brain-Protective Fats

Anti-Inflammatory Lifestyle Habits
- Neuroprotective Mindset
- Physical Activity
- Sleep
- Avoiding Inflammatory Foods
- Nutritional Strategies for the Aging Brain
- Anti-Inflammatory Recipes
- Life-Extending Nutrients

ABOUT THE INSTRUCTOR

Nick R.S. Hall, Ph.D. (University of South Florida), a neurobiologist, is internationally recognized for his pioneering contributions to the study of stress, emotions, and the immune system. He is the author of numerous scientific publications and texts concerning mind-body interactions and disease. Dr. Hall hosts a national conference in the fall with the University of South Florida on Psychoimmunology, in which leading researchers present how emotions, stress, fatigue, and depression influence who gets sick and who stays well. Dr. Hall’s research has been featured on 60 Minutes, the BBC Nova series, and the PBS series, Healing and the Mind.

A remarkable speaker, health professionals highly recommend his seminars for his special ability to present practical discoveries with clarity, warmth and humor.
How People Change their Minds to Adopt Healthful Habits
A 6-Hour Home Study Program for Health Professionals

Applying Social Psychological Methods To Change Minds

- Miller and Rollnick’s Motivational Interviewing to Overcome Resistance to Change
  - Four Processes
  - Motivational Brain
- Prochaska’s Readiness to Change
  - Five Stages of Change
  - Health Attitudes and the Brain
- Bandura’s Self-Efficacy: Belief in the Ability to Make Specific Changes
  - How to Increase Self-Efficacy
  - Self-Efficacious Brain
- Adjen’s Translating Good Intentions Into Action
  - The Power of Planning
  - The Prepared Brain
- Rothman and Salovey’s Message Framing
  - Fear-Based Messages to Change Behavior
  - When to Use Hope-Based Messages
- Cialdini’s Sources of Social Influence
  - Applying Sources of Social Influence
  - The Social Brain
- Deci and Ryan’s Self-Determination through Intrinsic Motivation
  - Motivating People to be True to Their Best Self
  - Intrinsic Motivation
- Marlatt’s Relapse Prevention
  - Relapse Prevention
  - Retraining the Addicted Brain

Methods To Change Habits

- Kelley and Heatherton’s Self-Regulation and the Habit Brain
  - Why Is Self-Regulation So Hard To Achieve?
  - Understanding Cravings
  - Systems That Can Restrain Habit Brain
- Maintaining Goal-Directed Behavior
- Tools For Retraining the Habit Brain
  - Retraining the Habit Brain
  - Improving Impulse Control
- Practicing Reward Substitution for Want-Based Habits
- Tools for Behavioral Change
  - Developing Resilience

CONTINUING EDUCATION

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.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6050, which means it meets national standards for content, organization, and delivery. Please contact your school district if you need prior approval for this program.

IBP offers 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.

The Prepared Brain

How People Change their Minds to Adopt Healthful Habits

If clients were to follow the advice of their health professionals including eating, physical activity, drinking, smoking, prescription and addictive drugs, a majority of heart attacks, strokes, cancers and other chronic conditions could be prevented or delayed.

This program presents eight key methods developed by social psychologists to help people change their minds to adopt health related behaviors. However, in order to achieve sustainable change, it is also necessary to develop durable health-promoting habits.

Participants completing this program should be able to:

1. Key social psychological tools for promoting change.
2. Key habit-based behavioral tools for developing sustainable habits.

Apply the principles outlined in the program to your practice.

continuing education

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About the Instructor

Bill M. Kelley, Ph.D., Professor of Psychological and Brain Sciences and Director of the Dartmouth Brain Imaging Center at Dartmouth College, is an expert in the study how people learn to control their thoughts, behaviors, emotions, and desires.

Dr. Kelley has received important awards from the National Institute of Mental Health, the National Institute of Drug Abuse and the National Science Foundation. Dr. Kelley is an expert in the study of self-regulation and has published leading research concerning eating and ways to manage cravings.

Initial Release Date: 01/31/2017 Expiration Date: 01/31/2020 Content Level: Intermediate
A 6-Hour Home Study Program for Health Professionals

Overview of Immune System

- Antigens
- Macrophages
- Helper T-cells
- Natural Killer Cells
- B-cells
- Antibodies
- Interferons
- Cytokines

Chronic Inflammation: Mind-Body Interactions

- The Silent Epidemic
- Chronic Psychological Stress
- Sleep Loss and Fatigue
- Stress-Related Eating
- Periodontal Disease
- Stress, the Aging Immune System and Cancer
- Alzheimer’s Disease
- Mood Disorders - A New Understanding

Treatments

- Anti-Inflammatory Nutrients
- Regular Physical Activity
- Depression Resistance
- The Type-B Personality
- Close Relationships
- Emotional Resilience
- Mindfulness
- Optimism and Positive Affect
- Meaning

Fundamental advances have been made in understanding the link between mental states and immune function. The discipline called psychoneuroimmunology has provided important discoveries concerning who gets sick and who stays well.

Psychological stress, expectancy, mood, sleep, physical activity and inflammatory foods and nutrients play an important role in health and chronic inflammation. New discoveries are revealing how chronic inflammation underlies the onset and progression of the most common chronic disorders. Participants completing this fascinating and informative program should be able to:

1. Identify parts of the immune system that are affected by mental states.
2. Describe how disorders of inflammation influence the development of chronic medical, dental, and psychological disorders.
3. List several strategies to support immune system health based on current research findings.

CONTINUING EDUCATION

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.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCR as an Approved Continuing Education Provider, ACEP No. 0342. Programs that do not qualify for NBCR credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) is approved by the California Board of Registered Nursing, Provider #CEP13896, and by the Florida Board of Nursing. This program provides 6 contact hours.

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.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards, 100 South Ridge Parkway, Suite B, Columbus, OH 43220, www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology. by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, J16000010, and by TX State Board of Examiners of MFTs, Provider #380. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 018-0030-06-16-P-490P and 018-0030-06-16-P-490T.

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 endorsement of specific course content, products, or clinical procedures by 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 endorsement of specific course content, products, or clinical procedures by 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 endorsement of specific course content, products, or clinical procedures by 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 endorsement of specific course content, products, or clinical procedures by AGD.

ABOUT THE INSTRUCTOR

Margaret Kemeny, Ph.D., is Professor of Psychiatry and Director of Health Psychology at the University of California, San Francisco. An expert in the immune system and health psychology, she is one of the leading scientists to advance the field of psychoneuroimmunology. Her research focuses on how thoughts and emotions affect the response to stress, the immune system and physical health. Her research has been supported by the National Institutes of Health and other major organizations.

Dr. Kemeny is an outstanding teacher and mentor. An acclaimed speaker, she has presented programs to the full spectrum of health professionals throughout North America and is one of our most well-received instructors. Audiences consistently commend Dr. Kemeny for her wealth of practical information, her special ability to make complex concepts easily understood, and her enthusiasm and warmth.

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Humor, Laughter and Health
A 6-Hour Home Study Program for Health Professionals

In this 6-hour evidence-based seminar presented by a neuroscientist/comedian, learn how to reduce stress and improve health and wellbeing by finding humor in everyday life.

Health professionals in medical, dental and behavioral settings will learn how humor elevates mood, reduces anxiety, ameliorates pain, and promotes wellbeing.

Participants completing this evidence-based program should be able to:
1. Cite how humor reduces stress-related hormones, enhances trust, increases pleasure, and improves immune system health.
2. State how humor can be used to reduce pain in children and adults treated in medical and dental settings.
3. Describe how humor, laughter and related positive states can reduce generalized anxiety, phobic anxiety and depression.
4. Discuss how humor can improve the effectiveness of therapies including interpersonal, cognitive-behavioral and positive psychology.
5. List ways in which humor can promote healthful habits.

Why Humor is Good for the Brain and Body

- Why We Laugh: From Ha to Aha
- Stress Hormones
- Oxytocin
- Immune Health
- Pleasure
- Humor and Brain Health

Reducing Pain

- The Norman Cousin Program
- Dental Pain Reduction
- Acute Pain Relief
- Leaving Patients in Stitches
- Reducing Chronic Pain

Humor In Medical Settings

- Heart-Warming Humor
- Type 2 Diabetes
- Cancer

Reducing Anxiety and Elevating Mood

- Generalized Anxiety
- Social Anxiety
- Depressed Adults
- Late Life Depression

Using Humor In Your Practice
By Practicing Humor

- Interpersonal Therapy
- Cognitive-Behavioral Therapy
- Positive Psychology
- Difficult Conversations and Situations

Using Humor to Promote Healthful Habits

- Reducing Apprehension
- Enhancing Willingness to Change
- Improving Patient Satisfaction
- Calming an Overactive Brain
- Summary

CONTINUING EDUCATION

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 accredited as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP139066, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved CE sponsor of physical therapy CE. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSHMFT Board, Provider #RCE00801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #RCST030801. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #1032949. IBP is approved by provider by CCAPP-EI, Provider Number #S08-125-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 082-0000-17-012-HN-P and 045-0000-17-012-HN-T.

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 program provider are accepted by the AGD for fellowship/mastership and membership maintenance credit. Approval does not imply approval by state or provincial board of dentistry or ACD endorsement. The current approval extends from 12/01/14 – 11/30/18. Provider ID #R4-261. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #R4-261, 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 FL Board of Dental Hygiene. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider. 5059. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides (16 AOTA CEUs or 6 contact hours. Content Focus: Domains of OT (Activity Demands), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an Approved Continuing Professional Education Provider for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy, as an approved provider of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved CE provider by IL Dept. of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCSs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP139066, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

Educators: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

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 cognitive neuroscience with positive psychology to show how humor can be used to enhance health and wellness.

An outstanding and entertaining speaker, Dr. King also performs as a stand-up comedian at major venues throughout the USA and produces an annual Comedy Festival. This memorable program provides practical strategies to improve health and wellbeing. Participants praise his use of innovative teaching methods. In this presentation, film clips, cartoons and comedic dialogue will be used to demonstrate how laughter can be the best medicine. Audiences applaud his insightful and practical presentations and enjoy his sense of humor.

© 2017 IBP
This program provides evidence-based and practical methods to reduce unwanted thoughts, facilitate well-being, and improve sleep in patients and health professionals working in medical, dental and psychological settings.

Participants completing this program should be able to:
1. Describe how increasing predictability and control can protect the brain against the toxic effects of chronic stress.
2. Outline how phobic and trauma-based thoughts can be desensitized.
3. Describe how maladaptive thoughts linked to anxiety, anger or sadness can be reframed through Cognitive-Behavioral Therapy.
4. Discuss how to effectively manage cravings.
5. Describe how to practice Mindfulness and Positive Psychology to produce present-centered, non-judgmental states that increase positive emotions, facilitate sleep and calm the overactive brain.

**CONTINUING EDUCATION**

**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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** 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, Provider #31160, 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. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, Marriage and Family Therapy, by the OH CSW/MFT Board, Provider #RCST0001, by the IL Dept. of Professional Regulation, MT/CE Sponsor Program, #160.00110, and by TX State Board of Examiners of MFTs, Provider #810. This program provides 6 CE hours.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102294. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-126-1217. This program provides 6 CEUs.

**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0005-16-049-H04-T and 0492-0005-16-049-H04-T.

**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 of AGD endorsement. The current term of approval extends from 12/30/14 – 12/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RP-423, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

**OCCUPATIONAL THERAPISTS:** IBP is an American Occupational Therapy Association (AOTA) Approved Provider, 0603I. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 06 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** This program is approved by IBP, which is accredited by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

**MASSAGE THERAPISTS:** IBP is an approved CE provider by the NY State Board of Physical Therapy, #65-003145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the CA SLPA, # PDP247. This program provides 6 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** ROCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

**EDUCATORS:** Participants completing this program will receive 7.5 contact 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.

**Initial Release Date:** 08/30/2016 **Expiration Date:** 08/30/2019 **Content Level:** Intermediate

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### Brain-Based Therapies for Calming an Overactive Brain

- Fear Conditioning and Extinction
- Taming the Beast Within
- Treating Thought Distortions with Cognitive-Behavioral Therapy
- Mental Approaches to Improving Sleep
- Reducing Cravings
- Complementary Medicines and Pharmacotherapy
- The Joyful Brain
- Acceptance
- Mindfulness

### Understanding the Overactive Brain

- Chronic Stress
- Calming the Stress Response
- Fear-Based Memories
- Medical and Dental Phobias
- PTSD
- Intrusive Memories and Flashbacks
- Realistic Worry and Generalized Anxiety Disorder
- Depression-Related Thoughts
- Obsessive Spectrum Disorders
- Pathology of Perfectionism
- The Depressed Brain
- Thoughts That Keep Us Awake
- The Dark Side of Food Addictions

### ABOUT THE INSTRUCTOR

George F. Koob, Ph.D., is one of the world’s leading experts concerning how the brain forms new habits. He Chairs the Committee on the Neurobiology of Addictive Disorders at Scripps and teaches at UCSD. Dr. Koob has been appointed as director of the National Institute of Alcohol Abuse and Alcoholism of the NIH.

Professor Koob’s research revealed how illegal and everyday addictions alter the brain and how to overcome them. To learn more about Dr. Koob’s research and teaching, you may visit his website at http://www.scripps.edu/research/faculty/koob

Dr. Koob has received five “Outstanding Faculty Teaching Awards” at UCSD. An excellent and inspiring speaker, Dr. Koob provides health professionals with guidelines to facilitate meaningful change.
How The Brain Forms New Habits: Why Willpower Is Not Enough

A 6-Hour Home Study Program for Health Professionals

<table>
<thead>
<tr>
<th>Why are habits so difficult to change? Habits govern how we think and act. They influence who needs care and who stays well in medical, dental, psychological, and educational settings. This program describes how the brain forms new habits and how to facilitate meaningful change.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participants completing the program should be able to:</td>
</tr>
<tr>
<td>1. Name several characteristics of reward-centered habits.</td>
</tr>
<tr>
<td>2. Identify several evidence-based strategies for managing reward-centered habits.</td>
</tr>
<tr>
<td>3. Describe how threat-based mental habits are connected to maladaptive emotions and actions.</td>
</tr>
<tr>
<td>4. List one or more strategies for coping adaptively with threat-based mental habits.</td>
</tr>
<tr>
<td>5. Identify several evidence-based principles for initiating and maintaining health-promoting habits.</td>
</tr>
</tbody>
</table>

CONTINUING EDUCATION

**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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** 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.

**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-12-01-H04-P and 0492-0000-12-01-H04-T.

**PHARMACISTS AND PHARMACY TECHNICIANS:** 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.

**PBLSCT030801, Provider Number 830.** This program provides 6 CE hours.

**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.

**PBLSCT030801, Provider Number 830.** This program provides 6 CE hours.

**PACTB011201, Provider ID# 312413.** This program provides 6 CE contact hours. Subject Code: 557.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the CA SLPA, # PDP247. This program provides 6 CE hours.

**OCCUPATIONAL THERAPISTS:** IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0601I. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an H. Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #2612.001201. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

**MASSAGE THERAPISTS:** IBP is an approved CE provider by the H. Dept. of Professional Regulation, #5E.000145. This course is approved for 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

**RECEIVED BY THE INSTRUCTOR**

George F. Koob, Ph.D., is one of the world’s leading experts concerning how the brain forms new habits. He Chairs the Committee on the Neurobiology of Addictive Disorders at Scripps and teaches at UCSD. Dr. Koob has been appointed as director of the National Institute of Alcohol Abuse and Alcoholism of the NIH. Professor Koob's research revealed how illegal and everyday addictions alter the brain and how to overcome them. To learn more about Dr. Koob’s research and teaching, you may visit his website at http://www.scripps.edu/research/faculty/koob

Dr. Koob has received five “Outstanding Faculty Teaching Awards” at UCSD. An excellent and inspiring speaker, Dr. Koob provides health professionals with guidelines to facilitate meaningful change.
Behavioral and Medicinal Characteristics of Plant-Based Nutrients
A 6-Hour Home Study Program for Health Professionals

OVERVIEW

Over half of adults seen by practitioners in behavioral, dental, and medical settings have altered their diets to prevent or manage chronic conditions. Based on human clinical trials published in the last decade, this unique 6-hour program separates popular claims from scientifically validated discoveries.

Participants completing this program should be able to identify nutrients indicated for preventing or treating selected disorders including:
1. Chronic stress, anxiety, depression, and cognitive decline,
2. Disorders of pain and chronic inflammation,
3. Common Disorders of the respiratory system,
4. Stress-related GI disorders, celiac sensitivity, and IBS,
5. Risks factors underlying cardio-metabolic health, and
6. Conscientious eating habits.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5342. 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 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, Provider #N1361, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culver City, CA 90230. www.aswb.org. ASWB Approval Period: 1/1/17 – 12/31/19. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by The FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS100001, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.001TS, and by TX State Board of Examiners of MFTs, Provider #650. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #105249. IBP is approved by provider CCAPP-EL, Provider Number #05-09-1229. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.0 CEUs). UANc: 0492-0000-17-003-H04-T and 0492-0000-17-003-H04-P.

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 type provide a means of continuing professional development and reflection of knowledge in the field of dentistry. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by CA SLFAB, PFPD#247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCSs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Respiratory Care, Provider #6370298, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 75 contact hours of professional development credit through a co-sponsorship 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.

ABOUT THE INSTRUCTOR

Dr. Merrily Kuhn received a doctoral degree in Physiology followed by doctorates in Naturopathic Medicine and Holistic Medicine. She has taught graduate programs in pharmacology and complementary medicine and has been affiliated with SUNY at Buffalo. As a practicing Naturopathic Physician, Dr. Kuhn treats a wide range of disorders presented in this program.

Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation’s most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.

Initial Release Date: 01/24/2017
Expiration Date: 01/24/2020
Content Level: Intermediate
Cardiovascular Health, Inflammation and Nutrition
A 6-Hour Home Study Program for Health Professionals

Inflammation fuels the development and progression of cardiovascular disease. However, diet plays a key role in preventing and managing cardiovascular disease. This program is designed for health professionals working in medical, dental, and behavioral settings, allied health professions and educators. The information presented in this program is largely based on peer-reviewed research published in the last decade.

Participants completing this program should be able to:
1. Identify the role of cortisol, thyroid and estrogen in the development of coronary artery disease.
2. Describe evidence-based findings concerning the role of inflammation, lipids including fish oil, and cholesterol.
3. List several beneficial nutrients that can be beneficial for the heart including vitamins, minerals, antioxidants and alcohol.
4. Compare and contrast beneficial and harmful effects of different forms of carbohydrates and the adverse effects of excess sucrose and high fructose corn syrup.
5. Identify spices that can protect the heart and treat conditions associated with cardiovascular disease.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains approval responsibility for this program and its content. This program provides 6 CE credits.

IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS010081, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #116800473, and by TX State Board of Examiners of MFTs, Provider #RP-36. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider Number 501948, to sponsor continuing education forasha. IBP is approved by provider by CCAPP-EI, Provider Number #04-09-125-12-17. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0902-0003-11-0515P-600-

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 acceptable 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 12/1/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 357.

IBP, Provider #RF-426, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #06590. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an H. Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #266.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #25E000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLIPA, #DP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: ROCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are approved 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.

Key Hormones

- Chest Discomfort
- Cortisol
- Estrogen
- Thyroid

Inflammation, Lab Tests, Fats, Fish

Vitamins, Minerals, Antioxidants, and Alcohol

- Oil and Cholesterol

Spices

- Hypertension
- Platelet Aggregation
- Type 2 Diabetes
- Coronary Artery Disease

Dietary Considerations

- Polyphenols
- Nuts
- Mediterranean Diet
- Okinawan Diet
- Plant-Based Diets
- Moderately Overweight? You Might Live Longer

ABOUT THE INSTRUCTOR

Dr. Merrily Kuhn received a doctoral degree in Physiology followed by doctorates in Naturopathic Medicine and Holistic Medicine. She has taught graduate programs in pharmacology and complementary medicine and has been affiliated with SUNY at Buffalo. As a practicing Naturopathic Physician, Dr. Kuhn treats a wide range of disorders presented in this program.

Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation’s most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.

© 2017 IBP
There is growing evidence that a number of complementary medicines and nutrients are of benefit for specific medical conditions. However, there is also a great deal of misinformation. This program distinguishes evidence-based research findings from popular claims. The information presented in this seminar is designed to be of direct relevance to nurses, dental professionals, pharmacists, behavioral health and allied health professions.

Participants completing this program should be able to identify the safety and effectiveness of complementary medicines and nutrients for:
1. Inflammation and chronic pain,
2. Hormone and non-hormone related cancers,
3. Metabolic syndrome and coronary artery disease, and
4. Selected psychiatric and neurologic conditions.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13906, and by the FL Board of Nursing. This program provides 6 contact hours.

COACHES, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) is approved by the American Psychological Association, Provider #1160, as an Approved Continuing Education Provider, ACEP No. 352. 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 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.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UA#s: 0492-0001-17-010-H04-P and 0492-0001-17-010-H04-T.

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 IBP are accepted by the AGD for4-Year dental professionals, pharmacists, behavioral health and allied health professions.

COMPLEMENTARY AND ALTERNATIVE MEDICINE PROVIDERS: IBP is approved by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is approved by ASHA, Provider #6050, to offer 6 contact hours of ASHA CEUs. The assignment of ASHA CEUs is determined by the individual's state licensing board. This program provides 6 CEUs.

MFTs: Institute for Brain Potential (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 FL Board of Dentistry. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NADDAC Education Provider Provider Program. Provider #102949. IBP is approved by provider by NAADAC, 800 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.naadac.org. NAADAC Approved Provider, #6050. The assignment of NAADAC CEUs is determined by the individual's state licensing board. This program provides 6 CEUs.

MFTs: Institute for Brain Potential (IBP) is approved by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #CEP13906, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

ABOUT THE INSTRUCTOR

Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmacotherapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.

Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer’s guide to quality control.
Spices As Natural Medicines
A 6-Hour Home Study Program for Health Professionals

In the last decade, major medical centers have identified how selected spices can complement the prevention and management of chronic disorders.

Based on human clinical trials published in the last decade, this unique 6-hour program separates popular claims from scientifically validated discoveries for the use of spices as natural medicines.

Participants completing this program should be able to identify selected spices indicated for preventing or treating:
1. Disorders of the GI tract,
2. Pain and inflammation,
3. Respiratory disorders,
4. Cardiometabolic disorders, and
5. Disorders affecting the brain and behavior.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

PSYCHOLOGISTS, PSYCHOLOGISTS, SOCIAL WORKERS & MPS: 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #1022949. IBP is approved by provider by CCAPP-EL Provider Number #S-09-125-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-14-047-H04-P and 0492-0000-14-047-H04-T.

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.

IBP, Provider #RP-426, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (ACOTA) Approved Provider, 10630. The assignment of ACOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by ACOTA. This program provides 6 ACOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an II. Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the II. Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. Subject Code: 557.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 05/04/2015 Expiration Date: 05/04/2018 Content Level: Intermediate

ABOUT THE INSTRUCTOR

Dr. Merrily Kuhn received a doctoral degree in Physiology followed by doctorates in Naturopathic Medicine and Holistic Medicine. She has taught graduate programs in pharmacology and complementary medicine and has been affiliated with SUNY at Buffalo. As a practicing Naturopathic Physician, Dr. Kuhn treats a wide range of disorders presented in this program.

Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation’s most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.

Understanding Spices
- Medicinal Spices
- Key Properties
- Spices with Medical Characteristics

GI Tract
- Bioavailability
- Stress and Digestive Disorders
- Gut-Brain Connection
- Celiac Disease
- Irritable Bowel Syndrome

Pain and Inflammation
- NSAID Effects
- Steroid Effects
- Steroid-Related Osteoporosis
- Dental Disorders
- Rheumatoid Arthritis
- Osteoarthritis

Respiratory Disorders
- Allergies
- Rhinitis and Sinusitis
- Influenza
- Asthma
- Chronic Inflammatory Lung Disorders

Cardiometabolic Disorders
- Hypertension
- Platelet Aggregation
- Triglycerides
- Insulin Resistance
- Type 2 Diabetes
- Diabetic Neuropathy
- Coronary Artery Disease

Brain and Behavior
- Chronic Stress
- Appetite Control
- Anxiety and Insomnia
- Depression
- Age-Related Cognitive Decline
- Stroke
- Vascular (Multi-Infarct) Dementia
- Alzheimer’s Disease

Preparing Spices to Optimize Their Benefits
- Sources
- Storage
- Preparation
- Combining Spices

© 2017 IBP
Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood
A 6-Hour Home Study Program for Health Professionals

The enteric nervous system, the gut brain, plays a pivotal role in regulating inflammation, stress, metabolism, appetite, and mood. This unique evidence-based program is designed for health professionals working in medical, dental, and behavioral settings and allied health professions.

Participants completing this program should be able to:
1. Describe key functions of the gut brain.
2. List several ways the gut brain regulates appetite.
3. Identify how stress contributes to digestive disorders.
4. Describe how inflammation of the gut can affect mood and anxiety.
5. List several disorders that can be effectively treated with probiotics.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, #CEP13896, and by the FL Board of Nursing, this program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5042. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours.

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 by the American Psychological Association to sponsor continuing education for social workers. The assignment of provider credit is valid for social workers who contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCS100060, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by the TX State Board of Examiners of MFTs, Provider #RS80. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #87896, Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number #80-09-128-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.75 CEUs). UANc: 0492-0000-16-051-FH4-P and 0492-0000-16-051-FH4-T.

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 certification in recognition of continuous education. Approval does not imply acceptance for credit 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.

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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0563. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Provider for PTs and PTAAs, #216.000210. IBP is recognized by the KY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000015. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

ABOUT THE INSTRUCTOR

Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmaco-therapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.

Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer’s guide to quality control.

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Initial Release Date: 08/30/2016  
Expiration Date: 08/30/2019  
Content Level: Intermediate
What Is In Our Food
A 6-Hour Home Study Program for Health Professionals

In this practical program, learn the health risks associated with contaminants in the water, milk, grains, meat and fish, fats and sweeteners, and food storage in the home and hospital and ways to reduce risks.

Participants completing this program should be able to name several ways to improve the quality of their:
1. Water,
2. Milk and milk substitutes,
3. Foods beneficial for the GI tract,
4. Meat, poultry and fish,
5. Fats, sweeteners and seasonings,
6. Food additives and preservatives,
7. Food storage, and
8. Home and medical, dental or behavioral health practice.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #699608, and by the FL Board of Nursing. This program provides 6 contact hours.

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 CE by the FL Board of Registered Nursing, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #838. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #1102949. IBP is approved by provider by CCAPP-EL, Provider Number #0-08-126-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 000-000-14-045-T and 000-000-14-045-F14-T.

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.

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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0057I. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the American Physical Therapy Association (APTA). IBP is an APTA Approved Provider, #016499. This program provides 6 hours of continuing education credit.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, #602547. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

ABOUT THE INSTRUCTOR

Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmacotherapy, A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.

Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer’s guide to quality control.
The Habits of Happy People
A 6-Hour Home Study Program for Health Professionals

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 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.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP11936, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #11360, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culispeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS008001, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, P166-000180, and by TX State Board of Examiners of MFTs, Provider #51090. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-011-H04-P and 0492-0000-17-011-H04-T.

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 certification of completion. 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.

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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6035. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 CEU (AOTA CEUs) or 6 contact hours. 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 contact.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA's, 2160-00210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #265-000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, # FPD247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Respiratory Care, #CEP11936, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive contact hours of professional development credit through a consortium 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.

ABOUT THE INSTRUCTOR
Jaime Kurtz, Ph.D., is Assistant 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 a 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.
Overcoming Disabling Thoughts:
Special Focus: Applying Positive Psychology
A 6-Hour Home Study Program for Health Professionals

Anger, depression, and anxiety contribute to poor health outcomes in medical, dental, and behavioral settings. However, research and clinical experience demonstrate that the application of positive psychology can fundamentally improve health outcomes.

This new 6-hour seminar is designed to provide health professionals and educators with key insights and tools to apply positive psychology in healthcare, educational, or family settings to help overcome disabling thoughts and enhance happiness and well-being.

Participants completing this program should be able to:
1. Identify recurrent disabling thoughts that can undermine self-care.
2. List several approaches to manage disabling thoughts that contribute to maladaptive anger, depression, anxiety, and dysfunctional relationships.
3. Outline ways to apply positive psychology to improve care and self-care in healthcare, educational, or family settings.

Continuing Education

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.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-14-025-H04-P and 0492-0000-14-025-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of Oral Health Professionals. Provider #RCST030801.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, National Association of Addiction-Certified Counselors, Provider #102949.

MASSAGE THERAPISTS: IBP is an approved provider by the New York State Board of Massage Therapy, Provider #88396.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #00359. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6.0 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the American Board of Physical Therapy. Provider #083137.

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the New York State Board of Physical Therapy for 6 hours of credit.

MASSAGE THERAPISTS: IBP is an approved CE provider by the New York State Board of Massage Therapy, Provider #168090.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider, #00359.

Applying Positive Psychology

Identifying Disabling Thoughts
- Abandonment and Instability
- Mistrust and Abuse
- Emotional Deprivation
- Social Isolation
- Entitlement
- Grudge
- Pessimism
- Fear of Failure
- Insufficient Self-Control/Discipline
- Depressive Thoughts
- Anxiety
- Perfectionism and Self-Criticism

Developing Resilience to Disabling Thoughts
- Facilitating Anger Resistance
- Improving Depression Resistance
- Developing Anxiety Resistance
- Enhancing Social Intelligence
- Enriching Relationships

ABOUT THE INSTRUCTOR

Jaime L. Kurtz is Assistant Professor of Psychology at James Madison University. Dr. Kurtz is an expert in the study of positive psychology, decision-making, and in ways to enhance well-being. Her research has examined the effects of stress, awareness and eating, and practical ways to enhance positive emotions in people with mood disorders and in healthy individuals. In addition to numerous research articles on emotions, Dr. Kurtz is coauthor of Positively Happy, a handbook written with Dr. Sonja Lyubomirsky focusing on routes to sustainable happiness.

Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. Students and health professionals commend her engaging teaching style and her ability to present practical information with clarity and warmth.
The Psychobiology of Hope
A 6-Hour Home Study Program for Health Professionals

The hopeful brain is proactive, focuses on prevention of illness, experiences joy more than sorrow, is stress resilient, and is adept at handling challenging situations.

In this new program, participants will learn how to cultivate hope for patients in medical, dental and behavioral practices.

Participants completing this program should be able to:
1. List key characteristics of hopeful people.
2. Identify several aspects of the hopeful brain.
3. Discuss characteristics of hopeful patients in response to pain, fatigue, anxiety, and adversity.
4. List ways hope can be elevated in patients to improve health.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved as Continuing Education Provider, ACPP No. 352. 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 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 CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #FSU000801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #166.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102249. IBP is approved by provider CCAPP-EI, Provider Number #E-029-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-041-H04-P and 0492-0000-16-041-H04-T.

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 IBP 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 ACD 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.

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 FL Board of Dentistry. This program provides 6 CE hours.

ABOUT THE INSTRUCTOR

Jaime Kurtz, Ph.D., is Assistant 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.
Evidence-Based Nutritional Strategies for the Aging Brain
A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) is approved as a provider of continuing education by the NAADAC, Provider #102949. IBP is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpepper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCS010081, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #H6-000101, and by TX State Board of Examiners of MFTs, Provider #580. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 59-09-122127. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0060-16-09-H04-T and 0492-0060-16-09-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of General Dentistry (AAGD). 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.

IBP, Provider #BP-2461, 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 of the FL Board of Dentistry. This program provides 6 CE hours.

IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0930. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6.0 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000415. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 08/30/2016 Expiration Date: 08/30/2019 Content Level: Intermediate

ABOUT THE INSTRUCTOR

Michael E. Lara, M.D., a Psychiatrist, completed his residency at Stanford University and is Board Certified in Neurology and Psychiatry. Dr. Lara is recognized for his use of evidence-based approaches to treat the whole person through lifestyle prescriptions including physical activity and nutrition to reduce anxiety, elevate mood, improve memory and enhance wellbeing.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.

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Nutrients significantly affect stress, attention, anxiety, mood, impulse control, and sleep. In this program, you will learn evidence-based strategies to enhance care in medical, dental, behavioral, and educational settings.

Participants completing this program should be able to:

1. Identify nutrients that can affect neurotransmitters including serotonin, dopamine, and brain opiates.
2. Discuss how mood disorders are influenced by inflammation and anti-inflammatory nutrients.
3. Describe how appetite and stress-related eating are affected by the adrenal hormones, norepinephrine and cortisol.
4. Discuss the behavioral consequences of poorly regulated glycemic control.
5. Identify selected nutrients that can impair or enhance attention, anxiety, cognition, and sleep.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COACHES, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBC in 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 program. This program provides 6 clock hours.

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, Provider #11360, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Columbus, OH 43220. www.aswb.org. ASWB Approval Period: 11/1/14 – 11/1/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board. Provider #RCS100801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #IH6.000783, and by TX State Board of Examiners of MFTs. Provider #830. This program provides 6 CE hours.

STRENGTHS ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #32949. IBP is approved by provider by CCAPP-EI. Provider Number 48-09-125-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-14-024-H04-P and 0492-0000-14-024-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association (ADA), C1973. The formal continuing dental education program of this provider is accepted by the AGD for Mandatory Continuing Education Credit. Approval does not imply acceptance by a state or provincial board of dentistry. This program promotes 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved provider by the NCBTMB. Provider #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAP, # PDP517. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development and 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.

Food for Thought: How Nutrients Affect Mental Health and the Brain

A 6-Hour Home Study Program for Health Professionals

Nutrients that Influence Key Neurotransmitters
- Dietary Sources of Neurotransmitters
- Serotonin
- Dopamine (D2)
- Opioids
- Norepinephrine
- Glutamate
- GABA

Inflammation and Mood
- Chronic Inflammation
- The Inflammation-Brain-Mood Connection
- Anti-inflammatory Nutrients
- Antidepressants
- Bipolar I and II and Mania

Stress-Related Eating and Appetite
- Stress, Food Restriction, and the “Starvation” Response
- Cortical Regulation of Eating
- Diets and Mental Health
- Anti-Stress Nutrients
- Prefrontal Control of Eating

Blood Sugar, Brain and Behavior
- The Hungry Brain
- Pre-Diabetes and Type 2 Diabetes
- Appetite Suppressants

Optimizing Sleep and Awareness
- Attention
- Anxiety
- Preventing Cognitive Impairment
- Sleep and Shift Work

ABOUT THE INSTRUCTOR

Michael E. Lara, M.D., a Psychiatrist, completed his residency at Stanford University and is Board Certified in Neurology and Psychiatry. Dr. Lara is recognized for his use of evidence-based approaches to treat the whole person through lifestyle prescriptions including physical activity and nutrition to reduce anxiety, elevate mood, improve memory and enhance wellbeing. An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.
Optimizing Brain Health: Six Key Biomarkers
A 6-Hour Home Study Program for Health Professionals

Biomarkers are measurable indicators of normal biologic processes, pathogenic processes, or responses to a therapeutic intervention. Typically determined from analyses of blood or saliva, they include C-reactive protein, homocysteine, hemoglobin A1c, vitamin D, the omega-3 index, and DNA analysis.

In this introductory program, learn about the key biomarkers associated with optimal brain health, resources for beginning self-directed testing, and nutritional and lifestyle-based strategies for optimizing levels of key biomarkers.

Participants completing this non-technical program should be able to:
1. Identify the basic physiologic roles of six key biomarkers associated with optimal brain function.
2. Recognize common causes leading to abnormal levels of these biomarkers.
3. Describe the brain disorders associated with abnormal levels of these biomarkers.
4. Identify resources for self-directed testing.
5. Describe lifestyle-based strategies such as exercise, diet, and sleep for optimizing levels of these biomarkers.
6. Identify how these biomarkers affect key neurotransmitters and hormones including cortisol.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Commission’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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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 CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT, and Mental Health Counseling, by the OH CSHMFT Board, Provider #RCS5100801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs Provider #830. This program provides 6 CE credits.

SUBSTANCE ABUSE: PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #402941, Provider #1002941, and by the CA Board of Behavioral Sciences, Provider #PDR02941. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-10-033-H14-T and 0492-0000-10-033-H14-P.

DENTAL PROFESSIONALS: IBP is designated as an Advanced PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education program(s) 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 the AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #431241. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RP4261, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #80383. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PEs and Ptas, #2160.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000183. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, #1D2P247. This program provides 0.6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cooperative 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.

Initial Release Date: 08/14/2015 Expiration Date: 08/14/2018 Content Level: Intermediate

ABOUT THE INSTRUCTOR

Michael E. Lara, M.D., a clinical neuroscientist, was educated at Harvard, UCLA and Stanford. Dr. Lara is recognized for his evidence-based approaches to treating the whole person including lifestyle prescriptions that include nutrition and exercise. Dr. Lara maintains a private medical practice in Belmont, CA and is board-certified in Psychiatry and Neurology.

An outstanding, insightful and inspiring presenter with a talent for simplifying complex subjects, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion and wisdom.

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The Pharmacy in Your Kitchen: An Overview of Medical and Medicinal Foods
A 6-Hour Home Study Program for Health Professionals

Attention and Cognition
- Attention
- Improving Focus
- Treating Cognitive Decline
- Enhancing Cognition

Depression
- Deplin®
- Omega-3 Fats
- SAMe (S-Adenosyl-L-methionine)
- Neurotransmitters

Pain
- Theramine™ for Chronic Pain and Low Back Pain
- Limbrel and Osteoarthritis
- Metanx® for Diabetic Neuropathy
- NSAID-Enhancing Foods
- Corticosteroid-Enhancing Foods

immune System
- Inflammation
- Periodontal Disease
- Foods to Eliminate or Reduce
- Pulmona™
- Probiotics and the GI Tract

Cardiometabolic Disorders
- Weight Control
- App Trim®
- Cholesterol
- Blood Glucose
- Hypertension
- Endothelial Function
- Platelet Aggregation
- Coronary and Cerebral Arteries
- VascazenTM

Sleep
- GABAdone™
- Sentra PM®
- Tryptophan
- Melatonin

About the Instructor
Michael E. Lara, M.D., a Psychiatrist, completed his residency at Stanford University and is Board Certified in Neurology and Psychiatry. Dr. Lara is recognized for his use of evidence-based approaches to treat the whole person through lifestyle prescriptions including physical activity and nutrition to reduce anxiety, elevate mood, improve memory and enhance wellbeing.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.

© 2017 IBP
Pumped: Building a Better Brain Through Exercise and Movement
A 6-Hour Home Study Program for Health Professionals

Exercise is one of the most effective, non-pharmacologic methods to elevate mood, improve memory, and enhance overall wellbeing. Learn how to develop a personalized program and maintain the exercise habit.

In this new program, you will learn evidence-based strategies to enhance care in medical, dental, and behavioral practices.

Participants completing this program should be able to:
1. Describe how sedentary behaviors contribute to mood disorders and cognitive decline.
2. Describe how key neurotransmitters such as serotonin, norepinephrine and brain opiates are influenced by exercise.
3. Discuss how exercise induces anatomical changes in the brain through brain-derived neurotrophic factor, vascular endothelial growth factor, and other chemical messengers.
4. Identify how different forms of exercise such as cardiovascular training and resistance training affect mood and cognition.
5. Describe the neural circuitry of forming healthy habits and discuss practical tips in establishing and maintaining the exercise habit.

CONTINUING EDUCATION

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 a provider of continuing education by the CA Board of Registered Nursing, Provider CEPI39066, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, Provider No. 4S-09-128-1217. This program provides 6 CEHs.

Approved Education Provider Program, Provider #102949. IBP is approved by provider by SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is accredited as a provider of continuing education by the CA SLPAB, # PDP247. This program provides 6 CE credits.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development through a collaborative 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.

The Molecules of Movement

- How Exercise Affects Neurotransmitters
- Hormones and Exercise
- Exercise and the Stress Response
- Neuroplasticity and Neurogenesis
- Angiogenesis and Vasculogenesis

Cardio or Weights?

- Using Exercise to Reduce Anxiety and Depression
- Exercise Versus Pharmacotherapy
- Cognitive Benefits of Aerobic Exercise
- Cognitive Benefits of Resistance Training
- Moving Mindfully

Establishing the Exercise Habit

The Neural Circuitry of Healthy Habits
- Exercise and Positive Emotions
- The Exercise Habit
- Exercise and the Neurobiology of Addiction

Just Do It!
- Overview of Exercise Programs
- Injury Prevention
- Program Design
- Developing a Personalized Program

ABOUT THE INSTRUCTOR

Michael E. Lara, M.D., a Psychiatrist, completed his residency at Stanford University and is Board Certified in Neurology and Psychiatry. Dr. Lara is recognized for his use of evidence-based approaches to treat the whole person through lifestyle prescriptions including physical activity and nutrition to reduce anxiety, elevate mood, improve memory and enhance wellbeing.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.

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SLEEP AND THE BRAIN
A 6-HOUR HOME STUDY PROGRAM FOR HEALTH PROFESSIONALS

Informed by advances in neuroscience, pharmacology, and behavioral medicine, this program focuses on people who develop effective habits to overcome sleep problems associated with stress.

Participants completing this program should be able to identify:
1. How stress-related sleep disorders affect inflammation, appetite, pain, mood, anxiety, and risk of chronic disorders affecting the body and brain.
2. Indications and risks of benzodiazepine and non-benzodiazepine hypnotics, orexin antagonists, melatonin and melatonin agonists, alternative and complementary medicines, medical foods, and supplements.
3. Mental, environmental, physical, and nutritional habits that can promote restorative sleep in patients and health professionals working in medical, dental, and behavioral health practices.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, 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 CE hours.

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 CE credits.

IBP, Provider #11360, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 1001 Newton Drive, Silver Spring, MD 20902. ASWB Approval Period: 11/11/14 – 11/11/19. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS100001, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #1606.001083, and by the TX State Board of Examiners of MFTs, Provider #880. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the American Addictions Certification Association, Provider #1025949. IBP is approved by provider by CCAPP-EL, Provider Number ES-09-126-1217. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-008-H04-P and 0492-0000-16-008-H04-T.

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 – of this provider – are accepted by AGD for specified credit toward recertification. 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.

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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0035. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT Areas of Occlusion. This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved provider by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved provider by IL Dept. of Professional Regulation, #245.000143. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # PDP247. This program provides 6 CE hours.

RESPRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

Initial Release Date: 01/25/2016 Expiration Date: 01/25/2019 Content Level: Intermediate

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SLEEP, STRESS, AND DISORDERS OF THE BRAIN AND BODY

Why We Sleep?
Why We Dream?
Understanding Restorative Sleep
Sleep Duration?
Chronic Stress
Inflammation
Appetite
Chronic Pain
Metabolic Syndrome
Cancer
Aging Clock

HYPNOTICS, RELATED DRUGS AND NUTRIENTS

Benzodiazepines
Z Drugs
Suvorexant
Ramelteon
Melatonin
Sedating Antidepressants
Neuropathic Pain
Medical Foods
Tapering Sleep Medications
Health Considerations

HABITS OF PEOPLE WHO OVERCOME INSOMNIA

Mental Habits That Facilitate Sleep
- Chronic Pain
- Muscle Tension
- Threat
- Fight-or-Flight

Environmental, Physical and Nutritional Habits
- Prioritizing Sufficient Sleep
- Pre-Sleep Rituals
- Entraining Circadian Rhythms
- Reducing Sensory Stimulation
- Reducing Time In Bed
- Physical Activity and Sleep Time
- Naps
- Help for Shift Workers
- Alcohol and Caffeine
- Snacks that Help Relax

ABOUT THE INSTRUCTOR

Michael E. Lara, M.D., a clinical neuroscientist, was educated at Harvard, UCLA and Stanford. Dr. Lara is recognized for his evidence-based approaches to treating the whole person including lifestyle prescriptions that incorporate the role of nutrition, exercise, and sleep. Dr. Lara maintains a private medical practice in Belmont, CA and is board-certified in Psychiatry and Neurology.

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion and wisdom.

© 2017 IBP
This program is designed to help you understand and experience various forms of meditation from ancient healing traditions of the East to contemporary Western practices.

Participants completing this program should be able to:
1. Distinguish between two major forms of meditation, mindfulness-related states and focused awareness.
2. Identify selected features of meditative traditions originating in India, Tibet and Japan.
3. Name several evidence-based health-related benefits of contemporary meditative practices.
4. Describe how to develop personalized meditation programs to improve health and wellbeing of clients in medical, dental, behavioral or other health professions.

CONTINUING EDUCATION

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 level of recognition by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #12393996, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, #6528. 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 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, Provider #1160, is approved as a provider of continuing education by the Association of Social Work Boards (ASWB) #6528. This program provides 6 CE credits.

CPE CREDITS: Institute for Brain Potential (IBP) is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) to offer the non-credentialed professionals (e.g. dental hygienists, EMTs, religious counselors, etc.) 6 hours of continuing education credits. These credits are not approved for CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 008-0000-07-013-H04-P and 008-0000-07-013-H04-T.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 830. This program provides 6 CE credits.

This program provides 6 CE credits.

STAKEHOLDERS: Institute for Brain Potential (IBP) is approved by the State Board of Education (SBE), #1511. This program provides 6 CECHs.

PLANNERS AND MANAGERS: Institute for Brain Potential (IBP) is approved by the California Board of Psychology, Provider #1160. This program provides 6 CE credits.

IBP, Provider #0038, is approved as a provider of continuing education by the CA SLPAB. This program provides 6 CE credits.

IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. This program provides 6 CE credits.

IBP, Provider #CEP1390, is approved by the American Academy of Pediatrics, Section on Pediatric Dentistry, Provider #0002290. This program provides 6 CE credits.

IBP, Provider #RP-4261, is approved by the American Dental Association, Council on Dental Education and Dental Accreditation, Provider #6528. This program provides 6 CE credits.

IBP, Provider #6050, is approved by the American Occupational Therapy Association, Inc. (AOTA), as an approved provider of OT CEUs. This program provides 6 OT CEUs.

IBP, Provider #CEP1390, is approved by the American Speech-Language-Hearing Association (ASHA), Provider #6101. This program provides 6 ASHA CEUs.

Developing a Personalized Meditation Program

Understanding Meditation
- Mindfulness (Open Monitoring)
- Focused Attention (Closed Monitoring)
- The Mindful Brain
- Minding the Body by Embodying the Mind

Meditative Traditions of the East
- Thinking Without Judging
- Thinking in the Here and Now
- Thinking Without Suffering
- Tibetan Self-Aware Positive Emotions
- Zen: Thinking About Not Thinking

Meditative Adaptations of the West
- The Relaxation Response
- Transcendental Meditation
- Yoga
- Teachings of the Dalai Lama
- Zen
- Mindfulness-Based Stress Reduction
- Mindfulness-Based and Acceptance-Based Cognitive Therapy

ABOUT THE INSTRUCTOR

Dennis Marikis, PhD. (Ohio State University), is an acclaimed psychologist, clinician, and researcher, with expertise in using meditation and neurofeedback to treat a wide range of disorders occurring in patients seen in medical, dental, and behavioral health practices.

Dr. Marikis has developed and presented training programs for health professionals throughout the United States for over 20 years. An outstanding speaker, Dr. Marikis has appeared on many radio programs and has been known as the “radio psychologist.” Participants appreciate the use of innovative teaching methods including the use of film and the opportunity to practice and experience different meditative practices.
Mastering Sixteen Key Habits of Emotionally Resilient People
A 6-Hour Home Study Program for Health Professionals

Emotional resilience involves the ability to withstand and rapidly rebound from psychological stress.

Advances in the brain and behavioral sciences have revealed the critical role of emotional habits in response to threat, fear, anxiety, sadness, addiction, and cravings.

Health professionals working in medical, dental, and behavioral health practices and educators should be able to:
1. Identify how the brain acquires maladaptive and resilient emotional habits.
2. Name several health benefits of emotionally resilient habits.
3. Describe several habits of emotionally resilient people that can be applied to enhance your professional skills.

CONTINUING EDUCATION

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 a “Provider with Distinction,” the highest recognition awarded by the ANCC. IBP is accredited as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP19369, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #1160, is approved as a provider for continuing education by the California Board of Registered Nursing, Provider #6031. This program provides 6 CE credits.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-038-H04-P and 0492-0000-15-038-H04-T.

DEMENTIAL 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 and Membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or dental 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.

IBP, Provider #RF4261, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0035. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE sponsor. This program provides 6 CE hours.

MMAECE: Approved by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: ROCs in New York receive 6 hours of Category II credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP19369, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

How the Habit Brain Works

- Fear-Based Habits
- Cravings
- Forming New Habits

Protecting Against Risks of a Runaway Habit Brain

- Protecting the Brain From Neurotoxic Stress
- Protecting the Body From Stress-Related Diseases
  - Preventing Metabolic Syndrome
  - Protecting the Immune System
  - Protecting the Heart
- Avoiding Downward Emotional Spirals
- Restraining and Retraining the Habit Brain

Mastering Sixteen Key Habits of Emotionally Resilient People

- Confronting Rather than Avoiding Fears
- Reward Substitution
- Acting Quickly to Prevent Emotional Uproar
- Reframing Anxieties
- Overcoming Anxiety
- Overcoming Anger
- Overcoming Sadness
- Reducing Cravings
- Generating Positive Emotions
- Practicing Social-Emotional Habits That Facilitate Emotional Resilience
- Practicing Positive Psychology Through Self-Aware Emotions
- Listening Mindfully
- Speaking Mindfully
- Acceptance When Change Is Unlikely
- Energizing Habits
- Improving Sleep

ABOUT THE INSTRUCTOR

Kateri McRae, Ph.D., is Assistant Professor of Psychology at the University of Denver, and an expert in the study of emotion regulation. Her work includes the role of brain images to reveal how emotional resilience and maladaptive emotions are organized in the brain and practical approaches to improving emotional self-control.

Dr. McRae’s lectures are highly regarded by health professionals. Her programs are both practical and inspirational. Using fascinating case histories, film clips, and her skills as an actress, Dr. McRae uses innovative teaching methods that make her presentations highly memorable and enjoyable, and are designed to enhance emotional resilience in health professionals and their patients.

© 2017 IBP
This new program presents evidence-based strategies to protect the brain from the toxic effects of stress, mood disorders, age-related cognitive impairment, Alzheimer’s Disease and related dementias.

Advances in neuroscience reveal that it typically takes decades for cognitive decline and dementia to occur. In the absence of disease modifying drugs, recent clinical trials support key lifestyle changes and the adoption of brain-protective nutritional strategies.

Participants completing this new program should be able to:

1. Name several forms of memory that are vulnerable to aging and dementia.
2. Identify how chronic stress can impair short-term memory.
3. List key risk factors for Alzheimer’s Disease and Vascular Dementia.
4. Discuss how mental activity, sleep, or exercise can affect successful aging.
5. Name one or more brain-protective nutritional strategies.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP11896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). Provider #ASWB11608, by the IL Dept. of Professional Regulation, MT CEC Sponsor Program, #166.000183, by and TX State Board of Examiners of MFTs, Provider #392X. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102499. IBP is approved by provider by CCAPP-EI, Provider Number #890-126-2317. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0202-0001-15-008-HB4-T and 0202-0001-15-008-HB4-F.

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 IBP are recognized by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or ACD endorsement. The current term of approval extends from 12/1/14 – 11/30/18.

Provider ID: #631001. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #P4-2461, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP1896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 hours of professional development credit through a co-sponsorship 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.

Cognition, Successful Aging, and Nutrition
A 6-Hour Home Study Program for Health Professionals

Memory and Executive Functions
- Emotional Memory
- Short-Term Memory
- Working Memory
- Habit Memory
- Remote Memory and Cognitive Domains
- Executive Functions

Neurotoxic Effects of Stress and Cognitive Impairment
- Stress and Cortisol
- Depression
- PTSD
- Age-Related Cognitive Impairment

Understanding Dementia
- Cognitive Domains
- Incidence
- Alzheimer’s Disease
- Vascular Dementia
- Lewy Body and Frontotemporal Dementias
- Cognitive Protection

Brain-Protective Strategies
- Improving Sleep
- Neurogenesis
- Physical Activity
- Mental and Social Activity

Nutritional Strategies for Successful Aging
- Blood Pressure
- Glycemic Control
- Pro- and Anti-Inflammatory Oils
- Anti-Stress, Cortisol-Regulating Nutrients
- Statins
- Drug-Induced Nutritional Deficiencies
- Neuroprotective Diets
- Resveratrol
- Curcumin

ABOUT THE INSTRUCTOR

Mark B. Moss, Ph.D., a Neuropsychologist, is co-director of the Laboratory for Cognitive Neurobiology and is Chair of Neurobiology at Boston University School of Medicine. His research, supported in part by the NIH, includes the role of the prefrontal cortex in cognition, memory, the aging brain, hypertension, and dementia.

Dr. Moss has received multiple awards for excellence in teaching. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.
Understanding Executive Functions: Focus, Emotional Control, Motivation and Social Intelligence

A 6-Hour Home Study Program for Health Professionals

Executive functions are critically involved in academic and professional success, sustainable relationships, health, and happiness.

Key executive functions enable us to focus, control impulses, form flexible plans, use social intelligence, and maintain motivation. Learn how drugs alter executive functions and how to use the power of the prefrontal cortex to muster habits and manage pain.

Participants completing this program should be able to identify:
1. The key executive functions.
2. Disorders of attention, impulse control, motivation and social intelligence that rely on executive function.
3. Drugs that alter executive functions including psychostimulants, sedative/hypnotics, antidepressants, mood stabilizers, and chemical dependencies.
4. How to use executive functions to manage pain.
5. How to use executive functions to manage eating.
6. How to practice executive functions to strengthen healthy habits and choices as you age.

CONTINUING EDUCATION

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 level of accreditation offered by ANCC.

COUNSELORS, PSYCHIATRIC SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5842. 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 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, Provider Provider #1156, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). Provider #ASWB20560, by the IL Dept. of Professional Regulation MT CE Sponsor Program, 116/001105, and by the TX State Board of Examiners of MFTs. Provider #100. This program provides 6 CE hours.

PHYSICAL THERAPISTS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

IBP is approved by the American Physical Therapy Association to offer Clinical Education for Physical Therapists, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved provider of physical therapy CE. This program provides 6 CE credits.

IBP, Provider Provider #1156, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). Provider #ASWB20560, by the IL Dept. of Professional Regulation MT CE Sponsor Program, 116/001105, and by the TX State Board of Examiners of MFTs. Provider #100. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by the Florida Alcohol & Drug Education Program, Provider #RP-4261, to confer continuing education credit. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMT Board, Provider #RCHSTP00001, by the IL Dept. of Professional Regulation MT CE Sponsor Program, 116/001105, and by the TX State Board of Examiners of MFTs. Provider #100. This program provides 6 CE hours.

IBP is accredited as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been accredited as an Approved Continuing Education Provider, ACEP No. 5842. 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 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, Provider Provider #1156, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). Provider #ASWB20560, by the IL Dept. of Professional Regulation MT CE Sponsor Program, 116/001105, and by the TX State Board of Examiners of MFTs. Provider #100. This program provides 6 CE hours.

FACULTY: Mark B. Moss, Ph.D., a Neuropsychologist, is co-director of the Laboratory for Cognitive Neurobiology and is Chair of Neurobiology at Boston University School of Medicine. His research, supported in part by the NIH, includes the role of the prefrontal cortex in cognition, memory, the aging brain, hypertension, and dementia.

Dr. Moss has received multiple awards for excellence in teaching. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.
Learn how anger-related thoughts originate, ways they can be diagnosed, effective rules of engagement and how to defuse anger.

Health professionals working in medical, dental, and psychological environments and educators should be able to:
1. Identify origins and forms of anger-related habits, beliefs and acts.
2. List several effective guidelines for interacting with an angry person including strategies for defusing anger.
3. Identify key steps in improving anger regulation.
4. Name key habits of people who learn to manage their anger to produce meaningful change.

Understanding Anger-Related Disorders
- Development of Stress Resilience
- Passive Aggression
- Sarcasm
- Cold Anger
- Hostility
- Diagnosis
- Health Risks

Key Steps to Anger Regulation
- Stop
- Think
- Observe and Objectify
- Plan

When and How to Interact With an Angry Person
- When to Avoid Engagement
- When to Delay Interactions
- Reducing Risk and Seeking Help

Habits of People Who Successfully Manage Anger
- Impulse Control
- Agreeing on Terms of Engagement
- Communicating Grievances to a Third Party
- Reframing Anger-Related Thoughts
- Strategies for Resourceful Responding
- Acceptance and Commitment
- Ability to Control Reactivity to Stress

ABOUT THE INSTRUCTOR

W. Robert Nay, Ph.D., is Clinical Associate Professor at Georgetown University School of Medicine and an internationally recognized expert in the treatment of anger-related disorders. In addition to over 30 research papers and chapters, Dr. Nay is author of leading texts including Taking Charge of Anger, Overcoming Anger in Your Relationships and the Anger Management Workbook.

Drawing on three decades of clinical experience, Dr. Nay has developed and presented over 100 programs to health professionals on anger, aggression, and relationships at medical centers and at seminars for health professionals.

Audiences appreciate his innovative teaching methods including the use of video clips that provide fascinating case histories and hands-on training to show how anger-related habits can be changed. A highly rated instructor, participants appreciate his practical information, relaxed speaking style and warm sense of humor.
The Psychology and Narratives of Cancer Survivors
A 6-Hour Home Study Program for Health Professionals

In this new program, learn how cancer survivors and people with other life-threatening disorders, caregivers, families and friends can find meaning, develop resilience and help create the conditions for posttraumatic growth.

This program includes the narratives that influence cancer survivors, as well as the stories clients construct to understand and cope with their chronic conditions. These perspectives are critical for understanding the whole client and facilitating the healing process for clients and health professionals alike.

Participants working in medical, dental, and behavioral practices should be able to describe:
1. Key psychological experiences and behavioral consequences of being a cancer survivor.
2. The expectations of cancer survivors and health professionals from direct-to-consumer advertising and other cultural influences.
3. Approaches for distinguishing between bereavement and depression and research-based findings on facilitating the normal grieving process and overcoming depression.
4. Pathways to dealing with anxiety and managing uncertainty associated with illness recurrence.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited 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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 contact hours.

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, Provider #11360, 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. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCST103801, by the IL Dept. of Professional Regulation and by the TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #F079240. IBP is approved by provider by CCAPP-EI, Provider Number 8s-08-125-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0411-0010-16-071-H04-P and 0411-0010-16-071-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Florida Board of Dentistry. 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 – 11/30/16. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #R4261, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0509. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approve by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PIs and PTAs, #216.000210. This program is approved by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000415. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PPD247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: ROCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

The Psychology of Being a Survivor: the confusing and contradictory meanings of ‘survival;’ from superiority to guilt, from personality to luck – with the recent addition of growth.

Seasons of Survival: how expectations contribute to stress during testing, diagnosis and treatment and how survivors think about the presence of cancer to reduce the anxiety of being in remission.

Quality of Life: beyond mere survival, how to help people manage the stress and anxiety that is common after chemotherapy, cardiac surgery, and other major medical procedures; effective times and ways to intervene in order to help people overcome their sense of loss.

The Role of Social Support: different types of social support, lay and professional, and the value of group membership in accepting and even embracing new identities; social media and social support.

Transforming Death Anxiety into Growth: overcoming psychological barriers to achieve positive psychological changes experienced as resilience, and becoming more skillful at living.

An Instructional Design for Survivorship: skill development strategies to achieve personal readiness for adverse events by maintaining physical resilience, social support, and a mindset for continuing recovery and growth.

Future of Cancer Survivorship: lifelong maintenance therapies, mobile apps for mental health, and the potential for virtual reality in adjusting to life after cancer.

ABOUT THE INSTRUCTOR

Thomas B. Nickel, Ph.D., has been Executive Director of Continuing Education at Alliant International University and is an expert in Instructional Technology as applied to online learning and certified training sites for behavioral health professionals.

Dr. Nickel has presented continuing education programs for many years that focus on end-of-life issues. Audiences commend his programs for the use of narrative perspectives, research discoveries, and concrete suggestions for facilitating the healing journey. In sum, this program is not only designed for health professionals who may live or work with clients that have life-threatening conditions but for people who want to live more fully.
The Happiness Edge: Applying Positive Psychology in the Workplace

A 6-Hour Home Study Program for Health Professionals

In this program, learn how to apply principles of positive psychology for health professionals working in medical, dental and behavioral settings and their clients.

This practical program includes strategies to increase work-related happiness, foster gratitude, increase mindfulness, support optimism, improve inter-personal relationships, and maintain habits that can optimize health and wellness.

Participants completing this program will be able to describe:
1. How the happiness habit can be acquired and how it can enhance work-related effectiveness.
2. The impact of the gratitude habit on health and wellbeing.
3. How applying positive psychology can help overcome the pathology of perfectionism.
4. The importance of mindfulness, a present-centered state that can improve health, wellbeing and relationships, and
5. Why a healthy mind including the importance of resilience and resourcefulness usually contributes to a healthy body.

CONTINUING EDUCATION

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 accorded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACET No. 0553. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of State Social Work Boards (ASSWB), #ASWB0801. This program provides 6 CEUs.

IBP is approved as a provider of CE by the Florida Board of Psychology, by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #OCSW0903, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #1160001063, and by TX State Board of Examiners of MFTs, Provider #SW0527. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #10/1294. IBP is approved by provider #T927874554, Provider #CAPP-10-04-2008. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0822-0000-16-0160-HBT. Approval does not imply endorsement by a state or provincial board of pharmacy or a Board of Pharmacy.

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 a Board of Dentistry. The current term of approval extends from 12/01/14 – 11/30/18.

Provider ID: 314315. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #R-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 FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the American Occupational Therapy Association (AOTA) Approved Provider, #0053. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides (6 AOTA CEUs) or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

MASSAGE THERAPISTS: IBP is an approved provider by the California Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA Speechlanguage Pathology Board.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

Introduction: How Positive Psychology Can Increase Work-Related Happiness

• How The Happiness Habit Can Be Acquired
• How Happiness Fuels Success, Not the Other Way Around
• The Upward Spiral

Fostering Appreciation

• The Impact of Gratitude
• The Gratitude Habit

The Mindful Present Enhances How We Imagine the Future

• The Importance of Being Present
• Practicing the Mindfulness Habit

Developing Realistic Optimism

• The Impact of Interpersonal Connections
• The Kindness Edge
• Overcoming the Pathology of Perfectionism
• Developing the Kindness Habit

Prioritizing Health and Wellness

• A Healthy Mind is a Healthy Body
• Health and Wellness Programs At Work
• Developing Health-Related Habits

ABOUT THE INSTRUCTOR

Jonah Paquette, Psy.D., is Director of Clinical Training in the Department of Psychiatry at Kaiser Permanente, Vallejo, California. Dr. Paquette, an expert in applying positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. He provides consultation to schools and organizations on happiness-enhancing interventions. Dr. Paquette is the author of a research-based book entitled, “Real Happiness: Proven Paths for Contentment, Peace and Well-being.”

An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States on topics including positive psychology, wellness, and happiness. Participants highly recommend Dr. Paquette’s presentations for his ability to communicate practical strategies in ways that can lead to meaningful change.
Stress and Metabolism: Mind-Body Connections: 
Appetite, Mood, Cognition, and Sleep 
A 6-Hour Home Study Program for Health Professionals

This program presents psychological and nutritional strategies for key stress-related metabolic conditions. Designed for health professionals working in medical, dental, and behavioral health practices, participants completing this new and unique program should be able to identify:

1. The role of stress in habit-related eating.
3. The contribution of metabolic syndrome to cognitive impairment and Alzheimer’s disease and pathways to successful aging.
4. Effective approaches to improving sleep.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culver City, CA 90230, www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #CRSTU00801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #16CD000185, and by TX State Board of Examiners of MFTs, Provider #3830. This program provides 6 CE hours.

SUBSTANCE ABUSE: PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102249. IBP is approved by provider by CCAPP-EI, Provider Number #S-09-129-1217. This program provides 6 EUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-16-011-H04-P and 0492-0000-16-011-H04-T.

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 for credit. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 3173117. This program provides 6 CE credit. Subject Code: 557.

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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (ACOTA) Approved Provider, #00591. The assignment of ACOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by ACOTA. This program provides 0.6 ACOTA CEUs or 6 contact hours. Content Focus: Domain 1 (Client Factors and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA, IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216/000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #CEP13896. This course is approved for 6 CE hours. This course provides 6 CE hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # PFP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

Initial Release Date: 02/12/2016 Expiration Date: 02/12/2019 Content Level: Intermediate

Stress and Stress-Related Eating

• Chronic Stress
• Habit Brain
• Restraining and Retraining the Habit Brain
• Cortisol Regulation

The Mood-Metabolism Connection

• Understanding Brain Mood Regulation
• Mood-Appetite Connection
• Improving Mood by Normalizing Brain Metabolism
• Mood Regulation

Protecting the Aging Brain

• Inflamed Brain
• Neurotoxic Effects of Cortisol Impair Memory
• Metabolic Syndrome and Alzheimer’s Disease
• Preventing and Managing Metabolic Syndrome
• Promoting Successful Cognitive Aging
• Reducing Neuroinflammation
• Improving Sleep

Stress-Related Eating

• Anxiety
• Depression
• Metabolic Syndrome
• Protecting the Aging Brain
• Mindfulness-Based Sleep Meditation
• Slowing the Aging Clock
• Summary

ABOUT THE INSTRUCTOR

Aric A. Prather, PhD, is an Assistant Professor in the Department of Psychiatry and Associate Director of the Center for Health and Community at UC San Francisco. He is an expert in the study of stress resilience, inflammation, depression, sleep and longevity. He helps direct the UCSF Stress Measurement Center and is affiliated with Osher Center for Integrative Medicine and the UCSF Center for Obesity Assessment, Study, and Treatment (COAST). Dr. Prather has received multiple awards for his research and is funded by several organizations including the NIH.

An engaging, informative, and fascinating speaker, health professionals recommend his presentations for their wealth of practical information and lifestyle solutions that can lead to a meaningful change in health and wellbeing.

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Child and Adolescent Psychopharmacology Update
A 6-Hour Home Study Program for Health Professionals

Neuropsychiatric Conditions and the Brain
- I Cannot Control My Reactivity to Stress
- I Cannot Control My Impulses
- I Cannot Trust
- I Cannot Control My Moods
- I Cannot Make Flexible Plans or Stay Motivated

Attention Deficit/Hyperactivity Disorders
- Diagnostic Challenges
- Pharmacotherapy
- Integrative Approaches

Anxiety-Related Disorders
- Obsessive-Compulsive Disorders
- Social Anxiety Disorder, Separation Anxiety and School Avoidance
- PTSD

Mood Disorders
- Depression
- Bipolar Disorder

Special Populations
- Borderline Personality Disorder
- Conduct Disorder and Aggression
- Autism Spectrum Disorders
- Sleep Disorders

Advice for Parents and Health Professionals
- Calming Your Stress Response
- Enhancing Resilience
- Mind Over Misery
- Empathic Listening
- Handling Difficult Situations
- Checklist Before Providing Treatment

CONTINUING EDUCATION

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.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5542. 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 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.

MFTs: Institute for Brain Potential (IBP) is approved by the California Board of Behavioral Sciences CTP #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

PHARMACY: IBP is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 012-0000-1400-RH-1P and 012-0000-1400-RH-1P.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association, Commission on Accreditation. Provider #1036909. This program provides 6 CE hours.

Nurses, Counselors, Psychologists, Social Workers, MFTs, Pharmacists and Pharmacy Technicians, and Dentists: 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. IBP is solely responsible for all aspects of the programs. This program provides 6 CE hours.

REHABILITATION PROVIDERS: Institute for Brain Potential (IBP) has been approved by the American Speech-Language-Hearing Association (ASHA) as an ASHA Approved Continuing Education Provider, Provider No. 9861000003. This program provides 6 CEUs.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CSULB, #42262. This program provides 6 CE hours.

Respiratory Care Professionals: Institute for Brain Potential (IBP) is approved by the American Association for Respiratory Care (AARC) as an approved continuing education provider. This program provides 6 CEUs.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 10/12/2014 Expiration Date: 04/10/2017 Content Level: Intermediate

An outstanding and inspiring speaker, Dr. Preston has presented to audiences around the world. He is an author of numerous books and articles, including "Mind Over Misery: Calming Your Stress Response." He has been a co-editor of "Empirically Validated Approaches to Psychological Treatment: A Manual for Clinicians," which is widely used in graduate programs across the country.

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 "Counseling Survivors of Traumatic Events," "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.

© 2017 IBP
# Developing Positive Emotional Habits

A 6-Hour Home Study Program for Health Professionals

## Mood Regulation

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.

## CONTINUING EDUCATION

**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.

**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** 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.

**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-012-H04-P and 0492-0000-16-012-H04-T.

**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 of a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/2014 – 11/30/18. Provider ID #312413. This program provides 6 hours of CE credit. Subject Code: 557.

**OCCUPATIONAL THERAPISTS:** IBP is an American Occupational Therapy Association (AOTA) Approved Provider. Provider #0691. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 06 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for Pts and Ptas, 021L100010. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

**MASSAGE THERAPISTS:** IBP is an approved CE provider by IL Dept. of Professional Regulation, #26500004. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the FL Board of Massage Therapy.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the CA SLPAF, # FP247. This program provides 6 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the NY State Board of Respiratory Care, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

**EDUCATORS:** Participants completing this program will receive 7.5 contact hours of professional development toward a co-sponsorship 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.

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**Initial Release Date:** 02/12/2016 **Expiration Date:** 02/12/2019 **Content Level:** Intermediate

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### Emotional Habits of Happy People

<table>
<thead>
<tr>
<th>Internalized Habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Savoring the Moment</td>
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<tr>
<td>Practicing Non-Judgmental Awareness of Self and Others</td>
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<tr>
<td>Experiencing Self-Aware Emotions</td>
</tr>
<tr>
<td>Accepting the Limitations of Self and Others</td>
</tr>
<tr>
<td>Reminding Oneself of Joyful States</td>
</tr>
</tbody>
</table>

### Externalized Habits

| |
| Connecting |
| Resolving Conflicts Proactively |
| Energizing and Relaxing Habits |
| Sharing Gratitude and Love |
| Living an Authentic and Meaningful Life |

### Applying Positive Psychology to Strengthen Positive Emotions

| |
| Calming Practices |
| Awareness Practices |
| Practicing Gratitude |
| Identifying Our Best Self |
| Expressive Writing |
| The Forgiving Self |
| The Trusting Self |
| The Hopeful Self |
| Humor |
| Acceptance-Based Exercises |
| Fulfillment |
| Emotional Communication |

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### 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 Counseling Survivors of Traumatic Events, 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.
This new program reveals how the human brain modifies itself in response to learning, stress, depression, injury, pain, addiction, and aging.

Participants completing this 6-hour program should be able to:

1. Describe how the brains of people with autism, attention deficits, and dyslexia differ and how to work effectively with these clients in medical, dental, or behavioral health practices.
2. Identify how chronic stress contributes to major and minor depressions and how mood disorders affect sleep, appetite, memory, and self-care.
3. List causes of addiction and some ways medical, dental, or behavioral health professionals can help clients experience less pain.
4. Describe how mental stimulation, physical activities, and nutrition can promote healthy aging.

### CONTINUING EDUCATION

**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 “accredited with distinction,” the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13096, and by the FL Board of Nursing. This program provides 6 contact hours.

**COACHES, CONSULTANTS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 0492. 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 is awarded “accreditation with distinction,” the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13096, and by the FL Board of Nursing. This program provides 6 contact hours.

### The Ever-Changing Brain

**A 6-Hour Home Study Program for Health Professionals**

#### Developmental Issues

- Brain Maturation
- Attachment
- Memory
- Developmental Disabilities

#### Stress, Depression, and Sleep

- Toxic Stress
- Major and Minor Depressions
- Treating Depression
- Improving Sleep

#### Injury and the Recovery Process

- Four Pathways to Recovery
- Recovery of Movement
- Sensory Adaptation
- Recovery of Language
- Cognitive Rehabilitation

#### Pain and Addiction

- Chronic Pain
- Causes of Addiction
- Dopamine
- Opioid Analgesics
- Reducing Pain

#### The Healthy Aging Brain

- Subclinical Memory Impairment
- Inflammation
- Alzheimer’s Disease
- Preventing Multi-Infarct Dementia
- Parkinson’s Disease and Dementia
- Neuroprotective Activities
- Neuroprotective Nutrients
- Neuroprotective States of Awareness

### 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 Counseling Survivors of Traumatic Events, 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.

© 2017 IBP
The Habits of Stress-Resilient People
A 6-Hour Home Study Program for Health Professionals

In this program, learn to protect the brain and body from the toxic effects of stress and cortisol by developing a stress-resilient mindset.

Learn how stress-resilient people manage cravings, reduce fear and anxiety, elevate mood and experience positive states.

Health professionals in medical, dental, and behavioral settings completing this practical program should be able to identify one or more habits that:
1. Protect the brain and body from toxic effects of stress and cortisol,
2. Manage stress-related cravings,
3. Overcome fears or generalized anxiety,
4. Produce positive moods, and
5. Experience calm, mindfulness, meaning and happiness.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing 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 the California Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

PHYSICAL THERAPISTS: This program is approved by APTA and is an approved sponsor of physical therapy CE. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-017H-H0-T and 0492-0000-15-017H-H0-P.

MENTAL HEALTH PROFESSIONALS: 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.

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 on endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 312413. This program provides 6 CE hours.

Physicians: IBP, Provider #107022, is accredited as a provider of continuing education for physicians by the ACCME. This program, which provides 6 credit hours, is approved for Category 1 credit in the areas of Psychiatry (068-557), and Family Medicine (068-557). UAN: 0190-0000-15-040H-H0-T.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-017H-H0-P and 0492-0000-15-017H-H0-T.

MFTs, Counselors, Psychologists, Social Workers, Marriage & Family Therapists: IBP is approved by the Board of Examiners of MFTs, Provider #619. This program provides 6 CE hours.

DENTAL HYGIENISTS AND DENTAL ASSISTANTS: This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Practice and Knowledge Requirements). The program is designed to provide an overview of stress management. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 312613. This program provides 6 CE hours. Subject Code: 557.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing 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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

PHYSICAL THERAPISTS: This program is approved by APTA and is an approved sponsor of physical therapy CE. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-017H-H0-T and 0492-0000-15-017H-H0-P.

MFTs, Counselors, Psychologists, Social Workers, Marriage & Family Therapists: IBP is approved by the Board of Examiners of MFTs, Provider #619. This program provides 6 CE hours.

DENTAL HYGIENISTS AND DENTAL ASSISTANTS: This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Practice and Knowledge Requirements). The program is designed to provide an overview of stress management. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 312613. This program provides 6 CE hours. Subject Code: 557.

IBP, Provider #102949, is awarded “accreditation with distinction,” the highest recognition awarded by the ANCC. IBP is awarded “accreditation with distinction,” the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 hours of CE credit. Subject Code: 557.

حبال حقيقة العناية بالدماغ والجسم من التأثيرات السامة لل стресс y cortisol, والعمل على تطوير عقلة مكافحته.

تعلم كيفية التحكم مع الإدمان على الشحات، تقليل الخوف والقلق، وتعميق الحالة المزاجية وتجربة الأشياء الإيجابية.

الصحة المحترفين في التخصصات الطبية واللسانية، والتينوميات السلوكيية، وعملاء الصحة، والذين يقومون بتكميل هذا البرنامج العملية مع تقديمهم إحدى أو أكثر العادات الآتية:
1. حماية الدماغ والجسم من التأثيرات السامة لل стресс و cortisol,
2. استخدام التحكم مع الإدمان على الشحات،
3. تجاوز الخوف أو الاكتئاب الشمولي،
4. توليد مزاج إيجابي،
5. تجربة الأشياء الإيجابية والاحترام.

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.
Mental Health Issues In Aging:
Navigating the Challenges of Old Age
A 6-Hour Home Study Program for Health Professionals

This program provides an updated understanding of key mental health problems including grief, depression, anxiety, insomnia, and cognitive decline and habits to protect us from these conditions as we age.

Participants completing this program should be able to:
1. Describe issues concerning the treatment of aging adults with mental illness.
2. Identify adaptive ways of responding to loss.
3. Discuss evidence-based approaches of treating depression and anxiety in old age.
4. List several evidence-based approaches for improving sleep in seniors.
5. Name several habits of people least likely to develop Alzheimer’s disease and vascular dementia, which combined produce about 75% of all dementias.

CONTINUING EDUCATION
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.

COUNSELORS, PSYCHOLOGISTS, 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the NY State Board of Physical Therapy, Provider #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit.

MASSAGE THERAPISTS: IBP is an approved CE provider by Alliant International University, Provider #RCST030801, and by the IL Dept. of Professional Regulation, Provider #RMT-00001. This program provides 6 CE credits.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is accredited by the American Speech-Language-Hearing Association, Provider #SLPA000622. This program provides 6 clock hours for participating in this course.

CHALLENGES UNDERLYING THE TREATMENT OF MENTAL ILLNESS IN THE ELDERLY
• Demographics
• Insufficient Funding
• Ageism
• Loneliness
• Disenfranchised Loss
• Loss of Loved Ones
• Drug Overdose and Suicide

EMOTIONAL ADJUSTMENT
• Grief
• Grief Counseling
• Mourning
• Bereavement
• Complicated Bereavement
• Where We Die
• What Mental Health Professionals Need To Know
• Care for Caregivers

Depression
• Late Life Depression
• Illness-Related Depression
• Subsyndromal Depression
• Dementia With Depression
• Pharmacological Concerns
• Hypothyroidism
• Habits That Help Protect Against Late-Life Depression

Anxiety Disorders
• Generalized Anxiety
• Phobic Disorder
• PTSD in the Elderly
• Psychopharmacology
• Anxiety-Reducing Habits

Age-Related Sleep Disorders
• Sleep Deprivation
• Understanding Restorative Sleep
• Obstructive Sleep Apnea
• Restless Leg Syndrome
• Sleep Disorders and the Heart
• Common Conditions That Disrupt Sleep
• Drugs Likely to Disrupt Sleep in the Elderly
• Complementary and Alternative Medications
• Selected Hypnotics
• Sleep Protective Habits

Cognitive Disorders
• Cognitive Disorders
• Age-Associated Memory Impairment
• Mild Cognitive Impairment (MCI)
• Dementia
• Common Dementias
• Alzheimer’s Disease
• Vascular Dementia (VAD)
• Chronic Inflammation
• Clinical Tests
• Cognitive Reserve
• Pharmacotherapy
• The Habits of People Least Likely To Develop AD or VAD

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at University of California, Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Taking Charge of Bipolar Disorder, Loving Someone with Bipolar Disorder, Child and Adolescent Psychopharmacology, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy.

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Initial Release Date: 06/05/2016
Expiration Date: 06/05/2019
Content Level: Intermediate

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Psychopharmacology Update: Basics and Beyond
A 6-Hour Home Study Program for Health Professionals

In this non-technical presentation focusing on adult psychopharmacology, participants will receive key updates concerning the safety and effectiveness of drugs used to treat attention deficit disorders, depression, bipolar disorder, and other mood disorders, anxiety-related disorders, OCD-spectrum disorders and PTSD, and sleep.

Participants completing this program should be able to identify:
1. Current issues concerning the marketing, prescription, and adherence related to psychopharmacologic medications.
2. How stress and elevated cortisol can undermine short-term memory and mood and the benefits of neuroprotective drugs.
3. Issues underlying the diagnosis and treatment of attention deficit/ hyperactivity disorder.
4. Issues in diagnosing and treating major depression, mania, and bipolar disorders in adults and youth.
5. Advances in diagnosing and treating disorders of anxiety, obsessive-compulsive disorders, and PTSD-related conditions.
6. Advances in understanding and treating insomnia.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5452. Programs that do not quality for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), provider #1030901. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychologoe, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMT Board, Provider #FCSW000801, by the IL Dept. of Professional Regulation, MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #RCST030801. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the American Physical Therapy Association’s Commission on Accreditation in Physical Therapy Education as a “knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0420-0002-17-134-HIP and 0420-0002-17-134-HIP-T.”

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 the 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 ACD endorsement. The current term of approval extends from 12/01/14 to 11/30/17. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557.

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 FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0420-0002-17-03-HIP-T and 0420-0002-17-03-HIP-T.

• Psychotherapy: A Changing Landscape
  • Prescribing Practices
  • Outcome Data
  • Non-Physician Health Professionals
  • Ethical and Legal Concerns
  • What Drug Companies Don’t Want You to Know

• Stress-Induced Brain Damage and Neuroprotection
  • Toxic Effects of Chronic Stress
  • Neuroprotective Medications
  • Neuroprotective Proteins

• Major Depression
• Bipolar Disorder
• Overdiagnosis
• Childhood-Onset Bipolar Disorder
• Treatment of Adolescents and Adults

• Anxiety Disorders
  • Treatment combinations
  • Clinical Syndromes and Specific Treatment Guidelines

• Obsessive-Compulsive Disorder and PTSD
  • Diagnostic Update in the DSM-5
  • Obsessive-Compulsive Disorder
  • Posttraumatic Stress Reactions including PTSD

• Attention-Deficit Hyperactivity Disorders
  • Diagnostic Criteria
  • Psychostimulants
  • Antidepressants
  • Alpha-2 Agonists
  • Sluggish Cognitive Tempo
  • Inosomnia
  • Long-Term Effects of Sleep Deprivation
  • Sedative-Hypnotics
  • Suvorexant
  • Melatonin
  • Maximizing Quality Sleep

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 Counseling Survivors of Traumatic Events, 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.

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© 2017 IBP
Understanding and Managing Depressive Disorders
A 6-Hour Home Study Program for Health Professionals

Major depression is a leading cause of reduced life expectancy, disability, and impaired quality of life.

About half of people experiencing severe depression fail to seek treatment, and about half of people receiving treatment do not respond or relapse.

This program provides updated, evidence-based diagnostic and treatment guidelines, and reviews advances in overcoming treatment-resistant depression.

Participants completing this 6-hour program should be able to:
1. Identify major characteristics of depression.
2. Describe how cortisol, a stress-related hormone, can undermine mood.
3. Distinguish between the psychological and biological symptoms of depression.
4. Name several medical risk factors for depression.
5. List several psychological risk factors for depression and evidence-based psychological treatments.
6. Compare the long-term effectiveness of pharmacologic therapies to non-pharmacologic treatments.

CONTINUING EDUCATION
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 the CA Board of Registered Nursing, Provider #CEP139086, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS, & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5342. 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 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 CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCS100001, by the IL Department of Professional Regulation, MFT CE Sponsor Program, J168.001851, and by TX State Board of Examiners of MFTs. Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, American Addiction Counselors Association, Provider #102849. IBP is approved by provider by CCAPP-EL, Provider Number 80-09-126-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0192-0000-14-036-H04-P and 0192-0000-14-036-H04-T.

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 12/31/14 – 11/30/16. Provider ID 312413. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #74261, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #9050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is an IL Dept of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAP, # PDP1247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP139086, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 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.

The Many Faces of Depression
• Unipolar Depression • Depression in Youth • Dysthymic Disorder • Depression With Bipolar Disorders • Substance Use Disorder • Seasonal Affective Disorders • Elderly

Stress, Cortisol, and Depression
• Stress and Depression • Origins • Regenerating Hippocampal Neurons

Symptoms and Brain Circuits
• Core Symptoms • Cognitive Symptoms • Biological Symptoms • Reduced Positive Affect • Increased Negative Affect

Medical Factors
• Chronic Inflammation • Thyroid • Postpartum Depression • Perimenopause • Chronic Pain • Sleep Loss • Light Deprivation • Parkinson’s Disease

Psychological Factors
• Mindset • Loss of Predictability and Control • Blocked Emotional Expression • Loss of Social Support • Personal Loss • Loss of Meaning

Initial Support and Psychological Therapies
• Providing Acute Symptomatic Relief • Family Support • Stabilizing Sleep • Prescribing Physical Activity • Initiating Psychotherapy • Interpersonal Therapy • Cognitive-Behavioral Therapy • Acceptance and Commitment Therapy • Positive Psychology

Psychopharmacology and Combined Treatments
• Understanding Antidepressants • Choosing the Right Antidepressant • Symptom-Based • Improving Adherence • Novel Treatments • Evaluating Alternative/Complementary Therapies • Overcoming Treatment Failure • Relapse Prevention • Developing Depression-Resilient Habits

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 Counseling Survivors of Traumatic Events, 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.

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Initial Release Date: 08/18/2014 Expiration Date: 08/18/2017 Content Level: Intermediate
Understanding and Treating Death Anxiety
A 6-Hour Home Study Program for Health Professionals

Death anxiety is pervasive in many patients, family members and healthcare professionals. This new program describes the nature of death anxiety, its impact, ways to effectively cope with end-of-life issues, and how we can use death anxiety to live more fully.

Participants including health professionals working in medical, dental and behavioral health settings should be able to:
1. Identify key characteristics of death anxiety.
3. Distinguish between adaptive and maladaptive forms of coping concerning death anxiety.
4. Name several brain areas that contribute to death anxiety.
5. Outline ways to help ensure that patients receive the kind of end-of-life care that fulfills their directives.
6. Describe how to channel a death anxiety into life-affirming choices and experiences.

CONTINUING EDUCATION

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 accredited with “accreditation with distinction,” the highest recognition awarded by ANCC.

IBP is awarded “accreditation with distinction,” the highest recognition awarded by the ANCC. IBP is accredited as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP130966, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, #7-7620. 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 is an approved provider of continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP, Provider #1160, is approved as a provider for continuing education by the Association of State Boards of Social Work Examiners, #0983. The program provides 6 continuing education clock hours for participating in this course. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, by the IL Dept. of Professional Regulation, by the MA Board of Social Work Practice, by the OR Board of Counselors, by the TX State Board of Examiners of MFTs, Provider #530. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #001294. This program is approved by provider #120294. IBP is approved by provider CCAPP-EL, Provider Number 80-09-126-117. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0120-0000-15-01-HBF-04 and 0120-0000-15-01-HBF-05.

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 type provided by IBP are accepted by AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18.

IBP, Provider RPR-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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (ACOTA) Approved Provider, #8035. The assignment of ACOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by ACOTA. This program provides (6 ACOTA CEUs for 6 contact hours. Content Focus: Domain of OT (Areas of Occupation, Client Factors, and Context and Environment). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited agency by the Physical Therapy Program of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000145. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP130966, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Understanding Death Anxiety

“Understanding this extraordinary thing called death – not when you are physically dying, but while you are living, while you are laughing, while you are climbing a tree, while you are sailing a boat or swimming.” — Krishnamurti

Preparations

• An Instructional Design for Dying
• Medico-Legal Decisions
• Endgame Strategy
• Ensuring Advanced Directives are Followed
• Preparation for Dying
• Being Present With Dying Patients

Fulfilling Our Life Purpose

• Living More Fully
• Living With Serenity
• Mindful Approach to Death Anxiety

Neuroplasticity and Death Anxiety

“To invent the future is the purvey of the prefrontal cortex.” — Fuster

Neuroplasticity

ABOUT THE INSTRUCTORS

Tom Nickel, Ph.D., is a cognitive psychologist and instructional designer. He has been extensively involved in the planning and administration of mental health services and the development of training programs for mental health professionals. He has served as a volunteer caregiver for the Kaiser Permanente Hospice program and currently serves with the Zen Hospice Project. He has also developed an online curriculum, “An Instructional Design for Dying.” Dr. Nickel’s presentations are both informative and deeply transformative.

John D. Preston, Psy.D., is Professor Emeritus with Alliant International University: California School of Professional Psychology, Sacramento and formerly on the faculty of UC Davis School of Medicine. Dr. Preston is the author of twenty-two books addressing psychotherapy, mood disorders, neurobiology, and spiritual aspects of emotional healing. His books have been translated into 14 foreign languages. An outstanding speaker, Dr. Preston has given invited lectures to health professionals throughout North America and in several continents. His presentations are at once informative and inspiring.

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Initial Release Date: 06/15/2015
Expiration Date: 06/15/2018
Content Level: Intermediate
Understanding and Treating Posttraumatic Stress Disorders
A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION

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 accredited as a provider of continuing education by the CA Board of Registered Nursing, Provider CEPE13896, and by the FL Board of Nursing, this program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6942. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), #1002949. IBP is approved by provider #CCAPP-EI, Provider Number 889-120-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0492-0000-16-016-H04-P and 0492-0000-16-016-H04-T.

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 program 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 ACD 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.

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 awarded “accreditation with distinction,” the highest recognition awarded by the ANCC. IBP is accredited as a provider of continuing education by the CA Board of Registered Nursing, Provider CEPE13896, and by the FL Board of Nursing, this program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6942. 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.

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PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0492-0000-16-016-H04-P and 0492-0000-16-016-H04-T.

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 program 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 ACD 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.

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 Counseling Survivors of Traumatic Events, 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.
Understanding Bipolar Spectrum Disorders
A 6-Hour Home Study Program for Health Professionals

Bipolar spectrum disorders are frequently misunderstood, misdiagnosed, improperly treated and carry a high lifetime risk of coexisting disorders, morbidity, and early mortality, including suicide.

This new program describes the DSM-5 criteria for diagnosis in youths and adults, common neurobiological findings, and evidence-based pharmacological and psychological interventions.

Participants completing this program should be able to identify:
1. Diagnostic criteria, misdiagnosis, and common coexisting conditions of Bipolar I, II and Cyclothymia and related disorders in youths and adults.
2. The role of genetic, hormonal, and neurobiological findings.
3. Indications and contraindications of drugs commonly used to treat bipolar spectrum disorders.
4. Integrative treatments including psychological therapies.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5492. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours.

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 CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board. Provider #RCST00001, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #H186.000183, and by TX State Board of Examiners of MFTs, Provider #800. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the Association for Addiction Professionals, Provider #1025249. IBP is approved by provider by CCAPP-EL, Provider Number 40-09-128-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UCAS: 0492-0000-16-015-H04-P and 0492-0000-16-015-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association Council on Continuing Dental Education (ADEA). 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.

IBP, Provider #P4261, 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 FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is an Accredited Provider by the pharmacy board of the state where this program is being presented. The program provides 6 CEUs.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Diagnosis
• Major Depressive Episode
• Bipolar I Disorder
• Bipolar II Disorder
• Cyclothymic Disorder
• Children and Teens
• Differential Diagnosis
• Common Coexisting Conditions
• Are Mood Disorders Progressive?

Biology and Neurobiology
• Genes
• Hormonal Changes
• Brain Circuits
• Imaging of Bipolar Disorders
• Ongoing Research

Pharmacology
• Mood Stabilizers
• Atypical Antipsychotics
• Noncompliance
• Do Antidepressants Induce Mania?
• Neuroprotection

Integrative Treatments
• Lifestyle Management
• Evidence-Based Psychotherapies
• Family-Specific Interventions
• Preventing Relapse

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 Counseling Survivors of Traumatic Events, 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.

Initial Release Date: 02/12/2016 
Expiration Date: 02/12/2019 
Content Level: Intermediate
This new program describes pleasure, attraction, love, meditation, creativity, and life purpose, a neuroscience approach to the pursuit of happiness, wellbeing and self-defined success.

This program also provides key insights and practical skills for health professionals working in medical, dental and behavioral settings.

Participants completing this program should be able:
1. List key brain regions linked to joyful states.
2. Describe brain mechanisms involved in developing trust.
3. Describe the role of dopamine in states of "wanting" and endogenous opioids in states of "satisfaction."
4. Identify brain states related to focused awareness and a sense of timelessness.
5. List several brain-based strategies to enhance emotional and social awareness.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider FCP139806, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. #524. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) #216.000210. IBP is recognized by the Physical Therapy Board of CA, IL Dept. of Professional Regulation, TX State Board of Examiners of MFTs, and the TX State Board of Examiners. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider Number 102494. IBP is approved by provider CCAPP-EI, Provider Number 4S-09-128-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 7802-0000-16-017-H04-P and 7802-0000-16-017-H04-T.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18.

Provider ID# 312413. This program provides 6 CE credits. Subject Code: 557.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an FL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA#s, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000045. This program provides 6 CE hours. This course is approved for 6 hours of "General" CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CETP13986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Wellness and the Brain: The Psychobiology of Positive States
A 6-Hour Home Study Program for Health Professionals

The Joyful Brain
- Threat and Trust
- Limbic Reward Centers
- The Social Brain
- Creative Brain

Developing Trust
- The Threatened Brain
- The Trusting Brain
- Attachment Styles

Overcoming Cravings
- The Craving Brain
- The Satisfied Brain
- From Dopamine to the Dalai Lama

From Distraction to Focused Awareness
- The Distracted Brain
- Focused Awareness
- Timeless States

Enhancing Emotional and Social Intelligence
- Self-Destructive Emotions
- The Intelligent Emotions
- Applying Emotional Intelligence
- The Brain in Love

Creativity
- Engaging the Creative Brain
- Creativity and Wellbeing
- Life Purpose and Restorative Experiences
- Humor
- Brainspan

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 Counseling Survivors of Traumatic Events, 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.

© 2017 IBP
Pain Free: Focus on Headache, Fibromyalgia, and Back and Neck Pain
A 6-Hour Home Study Program for Health Professionals

This program is designed to provide full spectrum pain relief by combining pharmacological and non-drug approaches.

Participants completing this program should be able to:
1. Identify how pain-related disorders can be assessed.
2. Name selected brain regions that are involved in the perception and evaluation of pain.
3. Outline a strategy to treat either headache, fibromyalgia/chronic fatigue, and back or neck pain that includes evidence-based pharmacologic and non-drug approaches.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CPE13946, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #11360, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), #0680. It is also approved for 6 contact hours by the Board of Behavioral Sciences of the State of California, Provider #2827. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RSST00081, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC accredited: Education Provider Program, Provider #102294. IBP is approved by provider by CCAPP-EL, Provider Number #8S-09-125-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-010-H4-P and 0492-0000-16-010-H4-T.

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 the accreditation of CE programs. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 313213. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RPT4261, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0680. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept of Professional Regulation Approved CE Sponsor for PIs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000415. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, Provider #PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CET13946, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 02/08/2016
Expiration Date: 02/08/2019
Content Level: Intermediate

Understanding Pain
- Chronicity
- Fast and Slow Pain
- Chemical Messengers
- Spine and Brain
- Sharp versus Dull Pain • Localized versus Diffuse Pain
- Chronic Versus Acute Pain • Brain Centers
- Assessment

Non-Pharmacological Treatments
- Applying Psychological Techniques  • Progression Muscle Relaxation • Imagery • Biofeedback
- Hypnosis • Cognitive Behavioral Therapy • Mindfulness
- Applying Nutritional Modalities
- Reducing Inflammation • Osteoarthritis • Migraine
- Indications for Physical Modalities
- Physical Therapy • Chiropractic • Acupuncture • Yoga

Pharmacological Treatments
- Acetaminophen
- Non-steroidal Anti-inflammatory Drugs
- Prescribed Opioids
- Understanding Addiction • Addiction to Heroin and other Opioids • Treating Drug Overdose
- Antidepressants
- Tricyclics • SNRIs
- Anticonvulsants
- Gabapentin and Pregabalin • Topiramate

Headache
- Tension (muscle contraction)
- Subtypes • Key Symptoms • Triggers
- Migraine
- Subtypes • Key Symptoms and Triggers • Preventing and Inhibiting Migraine • Avoiding Food-Related and Environmental Triggers
- Medication-Induced Headaches
- Key Symptoms
- Assessment
- Self-Monitoring
- Comparing Physical Modalities
- Pharmacological Treatments

Fibromyalgia/Chronic Fatigue Syndrome
- Diagnosis
- Etiology
- Non-Drug Treatments
- Pharmacology

Spinal Pain
- Acute and Chronic Back and Neck Pain
- Non-Drug Management Strategies • Pharmacologic Therapy • Multidisciplinary Programs

ABOUT THE INSTRUCTOR

Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills include helping people cope with chronic pain.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom. Participants will receive a detailed outline prepared by Dr. Schneider for all of the lecture topics plus key references and evidence-based resources.

© 2017 IBP
Understanding Type 2 Diabetes
A 6-Hour Home Study Program for Health Professionals

This program concerns the diagnosis, etiology, symptoms, management challenges, and complications associated with type 2 diabetes. Lifestyle factors associated with adverse and beneficial effects are detailed.

Participants working in medical, dental, and behavioral health settings should be able to:
1. Distinguish between type 1 and type 2 diabetes.
2. Describe factors that lead to insulin resistance.
3. List several key medical complications of diabetes.
4. List several key behavioral health issues that frequently coexist with type 2 diabetes.
5. Describe why patients receiving pharmacologic treatment for diabetes also benefit from diet, lifestyle, and behavioral interventions.

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, #65793, to offer 6 CE hours of its contributions to the ongoing professional development of counselors, psychologists, social workers, and MFTs. The formal continuing education programs of this event are designated for 6 CE credits. Program Provider #4S-09-128-1217. This program provides 6 CE credits.

IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 1800 H Street, NW, Washington, DC 20006. ASWB Approval Period: 11/11/11 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 hours of contact hours in participating in this program.

IBP is approved as a provider of CE by the FL Board of Psychological Counseling, by the OH CSW/MFT Board, Provider #830, by the IL Dept. of Professional Regulation, Provider #830, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102494. IBP is approved by provider by CCAPP-EI, Provider Number 889-09-126-0217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0242-0000-16-099-H04-P and 0242-0000-16-099-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Dental Board of California. This program provides 6 hours of Category III credit. Provider ID# 312413. This program provides 6 CE credits. Subject Code: 557.

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 FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MUSIC THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000145. This program provides 6 CE hours. This program is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, #PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Understanding the Diabetes Epidemic
• Prevalence
• Costs
• Treatment Issues

Classification of Diabetes
• Type 1
• Type 2
• Other Forms

Development of Type 2 Diabetes
• Insulin Resistance
• Pancreatic β-cell dysfunction

Complications
• Microvascular
• Macrovascular
• Other Complications
• Diabetic Emergencies

Behavioral Health Issues and Diabetes
• Depression and Anxiety
• Diabetes Distress
• Eating Disorders

Treatments for Diabetes
• Medications
• Bariatric Surgery
• Diet
• Lifestyle Interventions
• Behavioral Health Interventions

ABOUT THE INSTRUCTOR

Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills including helping people with chronic medical conditions including pain, diabetes, and related conditions.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom.

© 2017 IBP
Anger, Forgiveness, and the Healing Process
A 6-Hour Home Study Program for Health Professionals

Anger poses a risk not only to the person who receives it but also to the individual who harbors it. However, effective approaches have been developed for managing anger and achieving forgiveness. In this six-hour program, learn to communicate what matters in ways that can lead to meaningful change.

Participants completing this program should be able to:
1. List several long-term health risks associated with anger.
2. Identify characteristics of people with the most common anger-related disorders.
3. Discuss evidence-based approaches to manage anger.
4. Describe effective methods of facilitating forgiveness.

CONTINUING EDUCATION
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 the CA Board of Registered Nursing, Provider #5279, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider 31160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) #0004707, by the OH CSW-MFT, Provider #RCS0120801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.001083, and by TX State Board of Examiners of MFTs Provider #6300. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0155-0010-16-047-H04-P and 0155-0010-16-047-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association Council on Accreditation. This program is approved for 6 hours of CE credit. Approval does not imply acceptance by a state or provincial board of dentistry.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PAs, #245.000145. This course provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #4720. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CETP8906, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 08/30/2016 Expiration Date: 08/30/2019 Content Level: Intermediate

Understanding Anger
• The Way of the Wound
• Anger and the Brain
• Anger and the Body
• Health Risks to Patients With Chronic Anger and to Caregivers Who Work With Angry Clients
• Thoughts that Sustain Anger

Understanding Anger-Related Disorders
• Uninhibited Anger
• Disinhibited Anger
• Chronic Low Grade Anger
• From Mad to Sad—Anger Turned Inward
• Bipolar Disorders
• Dissociated Anger
• Self-Esteem
• Unstable Attachments
• Impaired Empathy
• Coping with Loss

Advances in Managing Anger
• Self-Awareness Skills
• Interpersonal Skills
• Behavioral Skills
• Nutritional Skills
• Cognitive Skills
• Acceptance-Based Skills

Forgiveness and the Healing Process
• Health Benefits of Forgiving
• Applying Behavioral Psychology
• Applying Interpersonal Psychology
• Applying Health Psychology
• Applying Cognitive-Behavioral Therapy
• Applying Dialectical Behavioral Therapy
• Applying Positive Psychology
• From Trauma to Transformation

ABOUT THE INSTRUCTOR
Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosy people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.
Changing How We Feel By Changing How We Think
A 6-Hour Home Study Program for Health Professionals

Habitual beliefs influence how people experience stress, anxiety, sadness, anger, shame, and emotional burnout.

This program provides evidence-based methods for revising maladaptive narratives using the emerging science of mindsets.

Participants working in medical, dental, behavioral and educational settings should be able to:
1. Describe several attributes of a mindset,
2. Discuss the core beliefs underlying a maladaptive mindset, and
3. Identify key strategies for changing a selected maladaptive mindset.

CONTINUING EDUCATION
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 the CA Board of Registered Nursing, Provider #CEP19066, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved as an Approved Continuing Education Provider, ACEP No. 5432. 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 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, Provider #1160, is approved as a provider of continuing education by the Association of Social Work Boards (ASWB) through the Online Social Work Exam, #ASWB000183. This program provides 6 CE credits.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). USA: 0120-0301-17-03P-HF-4T.

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 type are accepted by the AGD for Fellowship/Mastership and recertification 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: 4S-09-128-1217. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider Number #100294. IBP is approved by provider by Community Council of Pharmaceutical Education and Practice (CCAPP-ER), #506-2154. This program provides 6 CE credits.

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 approved by provider by the FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an Approved Sponsor of Physical Therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the FL Board of Professional Regulation, #245.00015. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA Speech Path, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the NY State Board of Physical Therapy, as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Understanding Mindsets
• How We Think Affects How We Feel
• Origins of Maladaptive Mindsets
• What Perpetuates Maladaptive Mindsets
• Revising Mindsets

Mindsets that Perpetuate
• Anxiety, Depression, and Anger
• Generalized Anxiety
• Sadness and Depression
• Hostility and Anger
• Passive-Aggression

Mindsets Involving Interpersonal Relationships
• Shame
• Social Inhibition
• Narcissism
• Unrealistic Romantic Expectations
• Emotional Instability
• Pathology of Perfectionism

Four Steps to Changing Mindsets
1. Applying Interpersonal Techniques
• Identifying Mindsets
• The Courage to Change
• Planning to Change a Mindset

2. Applying Cognitive-Behavioral Tools
• Identifying Core Beliefs
• Revising Mindsets
• Creating Stress-Resilient Mindsets

3. Practicing Positive Psychology
• Developing Mindfulness
• Generating Positive Emotions
• From Burnout to Renewal

4. Applying Principles of Habit Transformation
• Habit Replacement
• Making Positive Mindsets Automatic
• Mindset Reminders
• Reinroducing Positive Mindsets
• Review

ABOUT THE INSTRUCTOR
Joseph Shannon, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

Initial Release Date: 06/29/2016  
Expiration Date: 06/28/2019  
Content Level: Intermediate
Noxious People: Living and Working With High-Conflict Individuals
A 6-Hour Home Study Program for Health Professionals

Understanding High-Conflict Individuals

- Origins of Noxious Behaviors
- Developmental Trauma
- Noxious Stress and the Adult Brain
- Social Reasoning and the Prefrontal Cortex

Personality Disorders

- Borderline Disorder
- Antisocial Personality
- Narcissism

Mood Disorders

- Minor Depression
- Major Depression
- Bipolar Disorder

Anxiety Disorders

- Generalized versus Phobic Anxiety
- PTSD
- OCD
- Pathological Perfectionism

Anger Disorders

- Covert Anger
- Episodic-Aggressive Anger

The Art of the Possible When Dealing With “Impossible” People

- Behavioral Skills
- Interpersonal Skills
- Cognitive-Behavioral Skills
- Dialectical-Behavioral Skills
- Applying Positive Psychology

Continuing Education

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 an “accreditation with distinction,” the highest recognition awarded by the ANCC.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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.

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 endorsement. Approval does not imply acceptance by a state or provincial board of dentistry on an endorses program. This program currently 6 CE credits.

PSYCHIATRIC 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 an “accreditation with distinction,” the highest recognition awarded by the ANCC.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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.

DENTISTS: Institute for Brain Potential (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 endorsement. Approval does not imply acceptance by a state or provincial board of dentistry on an endorses program. This program currently 6 CE credits.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California (PTB). This program provides 6 CE hours.

MASSAGE THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California (PTB). This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is approved by the California Speech-Language Pathology and Audiology Board (CA-SPAB). This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-16-013-H4-P and 0492-0000-16-013-H4-T.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California (PTB). This program provides 6 CE hours.

MASSAGE THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California (PTB). This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is approved by the California Speech-Language Pathology and Audiology Board (CA-SPAB). This program provides 6 CE hours.

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching tools. In this presentation, film excerpts will be used to illustrate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

Initial Release Date: 02/12/2016 Expiration Date: 02/12/2019 Content Level: Intermediate
Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation
A 6-Hour Home Study Program for Health Professionals

In this program, health professionals will learn how people reason with selected disorders of mood, anxiety, OCD, anger, and personality.

Practical strategies will be presented to facilitate meaningful change in patients and health professionals working in medical, dental, and behavioral health settings.

Participants completing this program should be able to:
1. List several paths to achieving effective emotional communication.
2. Outline an effective strategy to reason with a person who has a disorder of mood, anxiety, OCD, anger, or personality.
3. Describe a strategy for reasoning or having a difficult conversation with a person who is experiencing pain, illness or vulnerability.
4. Describe a calming strategy including the practice of mindfulness for health professionals who are experiencing strong emotions.

CONTINUING EDUCATION

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 “accreditation with distinction,” the highest recognition awarded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #11161, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 6333 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org, ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCST000801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.00188, and by TX State Board of Examiners of MFTs, Provider #3800. This program provides 6 CE credits.

SUBSTANCE ABUSE, PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number #IS-09-125-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0922-0000-14-046-H04-P and 0922-0000-14-046-H04-T.

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 membership credit. Approval does not imply acceptance by a state or provincial board of dentistry or that the course or program content may be applied for or is accepted by any state or provincial board of dentistry.

This program provides 6 CE hours. Current term of approval extends from 12/01/14 – 11/30/18. Provider ID #312413. This program provides 6 CE hours. Subject Code: 557.

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 FL Board of Dentistry. This program provides 6 CE hours.

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.
### Supervising Staff With Mental Health Problems

A 6-Hour Home Study Program for Health Professionals

#### Common Problematic Behaviors Indicative of Mental Illness Disorders
- Working slowly
- Missing deadlines
- Calling in sick frequently, especially on Mondays, and high rates of absenteeism
- Irritability and outbursts of anger
- Difficulty concentrating and making decisions
- Appearing numb, blunted, or emotionless
- Withdrawing from work activity
- Perfectionism, rigid and unrealistic standards for self and others
- Forgetting directives, procedures and requests.
- Having difficulty with work transitions or changes in routines, such as rigidity and lack of flexibility
- Provocative, incendiary, passive-aggressive, or otherwise inappropriate behaviors

#### Key Mental Health Problems in the Workplace:
- Symptoms, Treatment, and Biggest Misconception

- **A Protocol for Intervention**
  - Establish a Mentally Healthy Working Environment
  - Educate Supervisory Staff
  - Do Not Diagnose
  - Control Your Emotions
  - When Confronting Anger, Denial, Hostility or Verbal Abuse
  - Make Reasonable Accommodations
  - Emergencies
  - Summary of Do’s for Intervention
  - Summary of Don’ts

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#### ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosieous examples. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

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### Initial Release Date: 12/01/2016
Expiration Date: 12/01/2019
Content Level: Intermediate

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People with borderline personality disorder exhibit fear of abandonment, volatile relationships, impulsivity, mood swings, and intense anger. These intensely emotional yet chaotic individuals can confuse and bewilder health professionals, educators, and families. This program is designed to enhance your understanding of the origins, symptoms, and treatments of borderline personality disorder for professionals working in medical, dental, and behavioral settings.

Participants completing this program should be able to:
1. Describe five clinical criteria for diagnosing personality pathology.
2. List key features of the borderline personality disorder.
3. Compare and contrast different treatments.

Clinical Criteria of Personality Pathology
- Adaptive Inflexibility
- Vicious Cycles
- Instability
- Lack of Insight
- Pathological Problem-Solving

Characteristics of the Borderline Personality
- Impulsivity
- Unstable and Intense Relationships
- Identity Disturbance
- Intolerance of Being Alone
- Self-Harm
- Chronic Sense of Emptiness/Boredom
- Inappropriate and Intense Anger
- Paranoid Ideation
- Common Coexisting Conditions

Developmental Factors
- Nature versus Nurture
- Childhood Trauma
- Psychodynamic
- Cognitive-Behavioral
- Genetic
- Biological

Resources
- Interpersonal Skills
- Psychodynamic Therapy
- Schema-Based Therapy
- Dialectical-Behavior Therapy
- Mindfulness
- Increasing Interpersonal Effectiveness
- Improving Emotional Regulation
- Acceptance

ABOUT THE INSTRUCTOR
Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosyous people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.
Understanding Personality Disorders
A 6-Hour Home Study Program for Health Professionals

In this program, learn characteristics of the most common personality disorders and practical tips for working with or treating “difficult” individuals in medical, dental, and mental health settings.

Participants completing this program should be able to:
1. List key brain regions influencing social reasoning and conduct.
2. Identify features of and effective treatments for paranoid, schizoid and schizotypal, antisocial, borderline and narcissistic, and obsessive-compulsive personality disorders.
3. Describe personality disorders that may underlie hypochondriasis, body dysmorphic disorder, eating disorders, active and passive aggression, and substance use disorders.
4. Review principles that facilitate the transformation of personality.

CONTINUING EDUCATION
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 by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #500, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpepper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCST008001, by the IL Department of Professional Regulation MFT CE Sponsor Program, ID#000130, and by TX State Board of Examiners of MFTs, Provider #907. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL. Provider Number 84-09-129-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-057-H04-P and 0492-0000-16-057-H04-T.

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.

IBP, Provider #RP-171, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (ACOTA) Approved Provider, #50391. The assignment of ACOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by ACOTA. This program provides 6 ACOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an FL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA’s, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #216.000210. IBP is an approved sponsor of physical therapy CE. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #13270. This program provides 6 CE hours.

RESPRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development 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 your need prior approval for this program.

Biological Dimensions of Personality

- Brain
- Serotonin
- Dopamine, Norepinephrine and Opioid Transmitters
- Pharmacology

Personality Disorders

- Diagnosis
- Paranoid Disorder
- Schizoid and Schizotypal Disorders
- Antisocial (Sociopathic) Behavior
- Borderline Disorder
- Narcissistic Disorder
- Obsessive-Compulsive Personality Disorder

Concurrent Disorders

- Hypochondriasis
- Body Dysmorphic Disorder
- Eating Disorders
- Active and Passive Aggression
- Substance Abuse

Pathways to Transforming Personality

- Social Awareness
- Overcoming Disabling Thoughts
- Acquired Optimism
- Gratitude, Empathy and Forgiveness
- Developing Positive Self-Care Skills

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

Initial Release Date: 08/30/2016, Expiration Date: 08/30/2019, Content Level: Intermediate
Listening to the Body: Understanding the Language of Stress-Related Symptoms

A 6-Hour Home Study Program for Health Professionals

Stress-related conditions contribute to over half of all visits to health providers. This 6-hour program describes the connection between thoughts, emotions, and symptoms. In addition, this program also provides effective evidence-based treatments.

Participants completing this practical program should be able to list one or more effective approaches for managing stress-related:

1. Immune symptoms,
2. Fight-or-flight symptoms,
3. Musculoskeletal symptoms, and
4. Mental states that trigger somatic distress.

Understanding Stress-Related Symptoms
- The Stress Experience
- Stress Triggers
- Adrenal Hormones
- Mind-Body Connection
- The Relaxation Response

Immune System Symptoms
- Who Gets Sick and Who Stays Well
- Allergic Reactions
- Autoimmune Disorders
- Chronic Inflammation
- Immune-Related Fatigue

Fight-or-Flight Symptoms

Muscloskeletal Symptoms
- Headache
- Upper Back/Shoulders
- Lower Back
- Sleep

Mind-Over-Mood Strategies
- Stress Detection
- Rumination
- Restating Maladaptive Thoughts
- Resolving Conflict
- Somatic Approaches
- Acceptance-Based Therapies
- Meditation
- Mind Over Pain

ABOUT THE INSTRUCTOR

William Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego coordinates the Collaborative Care program, delivering clinical services and supervises primary care patients with chronic illnesses.

Dr. Sieber is a reviewer for nearly a dozen peer-reviewed medical journals, has been a consultant to the biotech and pharmaceutical industry, has presented to tens of thousands of health care providers on topics of fatigue, stress, burnout, and health promotion, and has provided and supervised the delivery of services for over 20 years in a variety of medical settings.

An outstanding and dedicated instructor, Dr. Sieber has developed national and international training programs and has presented seminars to health professionals for over 20 years. Audiences commend his presentations for their clinical wisdom, effective solutions, clarity, and warmth.
Reducing Fatigue and Increasing Energy:
Focus on Stress, Habits, and the Brain
A 6-Hour Home Study Program for Health Professionals

Fatigue significantly undermines the quality of life in healthy people and is an important symptom of many chronic conditions.

Professionals working in medical, dental, behavioral and educational settings will learn how stress, hormones, diet, mood, and sleep contribute to fatigue-related disorders. In addition, key habits are described to reduce fatigue and restore energy.

Participants completing this program should be able to:
1. Describe how stress-related fatigue affects the brain and body.
2. Identify how hormone imbalance can produce fatigue.
3. Discuss how diet, drugs and herbs affect fatigue.
4. Discuss how inflammation can induce fatigue and lower mood.
5. List several evidence-based strategies to improve sleep.
6. Identify key habits to optimize energy and reduce fatigue.

CONTINUING EDUCATION

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 accredited as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP153966, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 584. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) (#24500045.03). Programs that do not qualify for ASWB credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0402-0005-15-049-HB-P and 0402-0005-15-049-HB-F.

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 AOD endorsement. The current term of approval extends from 12/01/14 – 12/01/18. Provider ID: 314313. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #RP-4261, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0059. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6.0 AOTA CEUs or 6 contact hours. 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000415. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, # PDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCN in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP153966, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship 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.

Stress-Related Fatigue:
The Mind-Body Connection
• Understanding Fatigue Symptoms
• Fatigue-Related Stress and the Brain
• Fatigue-Related Stress and the Body
• Understanding Energy

Hormone-Related Fatigue
• Cortisol  • Thyroid  • Insulin  • Estrogen

Diet, Drugs and Herbs
• Stress, Diet and the Enteric Nervous System
• Outsmarting the “Gut Brain” With Nutrients
• Outsmarting the Gut Brain With Physical Activity
• Drug Side Effects
• Complementary and Alternative Medicines

The Inflammation-Fatigue-Mood Connection
• Common Sources of Chronic Inflammation
• Chronic Inflammation and Mood
• Anti-inflammatory Foods and Drugs
• Chronic Fatigue Syndrome and Fibromyalgia

Sleep Disorders
• Epidemic of Sleep Deprivation
• Disorders of Initiating Sleep
• Disorders of Maintaining Sleep
• Sleep and Cognitive Decline
• Stimulants, Sedatives, and Sugars
• Snacks to Help Relax
• Improving Sleep Habits

Habits to Increase Energy
• Taming the Physical Environment
• Cognitive Fitness
• Emotional Fitness
• Minding the Body
• Embodying the Mind
• Professional Fitness
• Maintaining Energy-Enhancing Habits

ABOUT THE INSTRUCTOR
William Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego coordinates the Collaborative Care program, delivering clinical services and supervises primary care patients with chronic illnesses.

Dr. Sieber is a reviewer for nearly a dozen peer-reviewed medical journals, has been a consultant to the biotech and pharmaceutical industry, has presented to tens of thousands of health care providers on topics of fatigue, stress, burnout, and health promotion, and has provided and supervised the delivery of services for over 20 years in a variety of medical settings.

An outstanding and dedicated instructor, Dr. Sieber has developed national and international training programs and has presented seminars to health professionals for over 20 years. Audiences commend his presentations for their clinical wisdom, effective solutions, clarity, and warmth.
Understanding and Practicing Positive Psychology

A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION

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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), #0080101, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #166.000183, and by TX State Board of Examiners of MFTs, Provider #0800. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102249. IBP is approved by provider CCAPP-EL, Provider #18-09-122-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-16-006-H4-H and 0492-0000-16-006-H4-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of General Dentistry (AAD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship and Membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or endorsement by the AGD. The current term of approval extends from 1/21/14 – 1/30/16. Provider ID: 203141. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #2042, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #8093. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000120. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000185. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAR, # FDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 01/14/2016 Expiration Date: 01/14/2019 Content Level: Intermediate

Understanding the Mind-Body Connection

- Understanding Positive Psychology
- Attributes of Positive Psychology
- Understanding Happiness
- Beyond Self-Fulfilling Prophecies
- Optimization Versus Satisfaction
- Wanting Versus Liking

The Neuroscience of Mindfulness

- The Joy of Being Non-Judgmental in the Present Moment
- Key Brain Centers
- Taming the Self-Critical Brain
- The Neurochemistry of Gratitude

Creating Positive States and Traits

- States and Traits
- States and Traits that Optimize Quality of Life
- Attributional Style
- Turning Mindfulness to Our Advantage
- Creating Mindful States
- Self-Aware Emotions That Generate Happiness

The Limits of Positive Psychology

- Optimistic Bias
- Mood Disorders
- Pathological Search For Happiness

Physical and Mental Health Benefits of Positive Psychology

- Optimism and Recovery
- Posttraumatic Growth
- Increasing Psychological Resilience
- Applying Positive Psychology

ABOUT THE INSTRUCTOR

Bill Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego, coordinates their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety and mood. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help produce positive emotions in their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.

© 2017 IBP
Advances in Preventing Cognitive Decline: Getting Old, Thinking Young

A 6-Hour Home Study Program for Health Professionals

Like it or not, we are aging, but it is better than the alternative. This program translates advances in neuroscience into practical terms to help protect the aging brain from cognitive decline and dementia. Alzheimer’s disease and vascular dementia are the two most common causes of dementia, affecting over 85% of cases. Remarkably, they share common modifiable risk factors and prevention strategies.

Participants completing this new program should be able to:
1. Distinguish between healthy aging of the brain, mild cognitive impairment and dementia.
2. Identify risk factors for Alzheimer’s disease and evidence-based interventions designed to prevent onset or progression.
3. Identify risk factors for cognitive decline related to silent or clinically identified vascular dementia and evidence-based interventions designed to prevent onset or progression.
4. Describe evidence-based strategies to develop a personalized plan for protecting the brain from cognitive decline and enhancing neuroplasticity.

CONTINUING EDUCATION

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 level awarded by the ANCC.

COUNSELORS, PSYCHOLOGISTS, 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.

PHYSICAL THERAPISTS: This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

PA: IBP is approved by the American College of Physicians (ACP), Provider #13-044. This program is approved for 6 CME credits.

PAs: IBP is approved by the National Commission on Orthopaedic Credentialing, Provider #078-20540. This program provides 6 CME credits.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 12/01/18. Provider ID #138513. This program provides 6 hours of CE credit. Subject Code: 557.

ABOUT THE INSTRUCTOR

Craig E. L. Stark, Ph.D., is Director of the Center for the Neurobiology of Learning and Memory at UC Irvine and is a Professor in the Department of Neurobiology and Behavior. Dr. Stark is an expert in how the brain forms new memories and imaging studies of the human brain as it learns, remembers and forgets. His research specializes in studying normal memory, how memory changes with age, amnesia or Alzheimer’s disease, all the while tying these changes to brain structure and function.

An outstanding and informative speaker, Dr. Stark presents a wealth of practical information with clarity and warmth. He has presented his discoveries on multiple occasions on National Public Radio. Health professionals commend Dr. Stark for his ability to translate key discoveries to enhance understanding of how memory works, breaks down, and what might be done to improve it.
Introduction to the Cost-Effectiveness of Behavioral Health Interventions

A 6-Hour Home Study Program for Health Professionals

Whether you work in a behavioral, medical, dental, or educational setting, one of the most important decisions is to make sure that you are providing, administering or paying for effective and cost-effective treatments.

In the last decade, there has been a significant increase in the number of cost-effectiveness studies of behavioral health interventions. It is now possible to offer you our first seminar on this topic.

Upon completion of this important program, you should be able to:
1. Identify key elements that contribute to creating, implementing and evaluating a cost-effective behavioral health intervention.
2. Summarize key research findings that can improve the cost effectiveness of care related to your profession.
3. List several general principles for enhancing the cost-effectiveness of treatment programs.

CONTINUING EDUCATION

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 level of accreditation awarded by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13986, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5432. 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 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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) as an Approved Social Work继续教育 Provider #102949. IBP is an approved provider by ASWB. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 081-0000-17-000-H04-P and 081-0000-17-000-H04-T.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18.

Provider ID #CEP13986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE credits.

PHYSICIAN ASSISTANTS: IBP is approved as an approved provider with the Florida Board of Osteopathic Medicine. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 790-0000-17-006-H04-T.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18.

Provider ID #CEP13986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE credits.

EDUCATORS: Participants completing this program will receive 7.5 hours of professional development credit. If you have a question regarding the acceptance of the credits for the program by your regulatory body, please contact the body that regulates the profession in your state.

Professor Jodie A. Trafton

ABOUT THE INSTRUCTOR

Jodie A. Trafton, Ph.D., is an expert in evaluating and recommending cost-effective behavioral health programming. She directs national evaluation and behavioral health implementation initiatives for the health care systems within the Veterans Health Administration and is Affiliated Clinical Associate Professor in Psychiatry and Behavioral Sciences at Stanford University School of Medicine. Dr. Trafton is Editor in Chief of the four volume series, Best Practices in the Behavioral Management of Chronic Disease. Dr. Trafton is also first author of Training Your Brain to Adopt Healthful Habits (2016) and an author of The Cost Effectiveness of Behavioral Health Interventions (2017). An outstanding speaker, Dr. Trafton teaches acclaimed classes at Stanford University on behavioral health disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm, and warmth.
The Opioid Epidemic: What Licensed Health Professionals Need To Know
A 6-Hour Home Study Program for Health Professionals

The opioid epidemic in the United States has reached unprecedented proportions. The regions in the United States with the highest proportion of overdose-related deaths are depicted in red and orange in the graphic.

Over 100 million Americans are in chronic pain, and these individuals are at particular risk of developing opioid dependence and addiction. In addition, vulnerabilities to addiction include trauma, mood disorders, PTSD, and disorders of impulse control.

Participants completing this important program should be able to identify:

1. Key risk factors for developing opioid addiction.
2. How the chronic use of opioids can increase sensitivity to pain and alter the habit brain.
3. How to treat opioid withdrawal, prevent overdose, and other adverse events.
4. Best practices in preventing opioid-related disorders including prescription safeguards.
5. Best practices for treating people with analgesic-related opioid use disorders through pharmacological and psychological interventions.

CONTINUING EDUCATION

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” in the highest level of accreditation provided by the ANCC.

IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider. Provider #6542. Programs that do not quality for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB) #0010801 and by the IL Dept. of Professional Regulation CE Sponsor, #165.001080, and by TX State Board of Examiners of MFTs. Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102249. IBP is approved by provider #CCAPP-EI, Number 8-840-125-217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 042-0003-16-029-H4-P and 042-0003-16-029-H4-T.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 12/30/18.

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 FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CEUs.

MASSAGE THERAPISTS: IBP is approved by the FL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAB, #2PD27. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate’s 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.

Initial Release Date: 05/23/2016 Expiration Date: 05/23/2019 Content Level: Intermediate

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Understanding Substance-Related and Addictive Disorders: Diagnosis, Treatment and Prevention

A 6-Hour Home Study Program for Health Professionals

The program provides an updated understanding of disorders related to alcohol, cannabis, opioids, sedatives, hypnotics, anxiolytics, stimulants, tobacco, and addictive aspects of eating disorders and obesity.

Participants completing this program should be able to identify effective ways to:
1. Recognize how addictive drugs and disorders alter reward systems of the brain,
2. Prevent substance use disorders in youth and adults,
3. Treat substance use disorders with psychological and pharmacological interventions,
4. Minimize risks of using potentially addictive drugs (e.g., opioids, sedatives, cannabis) for medicinal purposes in medical, dental, and behavioral health practice, and
5. Facilitate recovery from substance use disorders outside of formal treatment programs.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited by the provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is awarded “accreditation with distinction” for 6 CE contact hours provided by the ANCC. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13969, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 0324. 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 is accredited 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 by the FL Board of Psychological Science by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #FCS6000801, by the IL Dept. of Professional Regulation-MFT CE Sponsor Program, #160.0018, and by TX State Board of Examiners of MFTs, Provider #00011. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #106249. IBP is approved by provider by CCAPP-EL, Provider Number #SAA-126-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0492-0000-15-002-H04-P and 0492-0000-15-002-H04-T.

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 ACD endorsement. The current term of approval extends from 12/01/14 – 12/30/18. Provider ID# 315315. This program provides 6 hours of CE credit. Subject Code: 557.

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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0039. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Evaluation and Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approve by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Evaluation and Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #PDP137. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is accredited by the CA Board of Registered Nursing, #CEP13969, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact 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.

Initial Release Date: 02/11/2015 Expiration Date: 02/11/2018 Content Level: Intermediate

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ABOUT THE INSTRUCTOR

Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Associate Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the 141 VA health care systems. Dr. Trafton is Editor in Chief of the three volume series, Best Practices in the Behavioral Management of Chronic Disease, and the first author of Training Your Brain To Adopt Healthful Habits and of a new 2015 text on Science-Based Health Education.

An outstanding speaker, Dr. Trafton teaches an acclaimed series of classes at Stanford University on addictive disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm, and warmth.
Memory: How it Works, How It Breaks Down, and How To Improve It
A 6-Hour Home Study Program for Health Professionals

Advances in the brain and behavioral sciences have provided a new understanding of how we can protect and improve memory by developing greater stress resilience, preventing mood disorders, improving restorative sleep, and acquiring sustainable memory-enhancing skills and habits.

Participants completing this program should be able to:
1. Prevent stress-related memory impairment,
2. Prevent mood-related memory impairment,
3. Prevent sleep-related cognitive impairment,
4. Prevent cognitive decline due to neuroinflammation, and
5. Promote effective memory-related skills and habits.

CONTINUING EDUCATION

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 with distinction,” the highest level of approval, by the ANCC. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider FCEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 0342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is accredited as an approved provider by the American Physical Therapy Association’s Commission on Accreditation in Physical Therapy Education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: P2350003-90-00-0000-P. Approval does not imply acceptance by a state or provincial board of therapy. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #CST008901, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #116.001810, and by TX State Board of Examiners of MFTs, Provider #SW1. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #100258. IBP is approved by provider CCAPP-EQ, Provider Number #489925-2127. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmaceutical Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0422-0000-16-025-H04-P and 0422-0000-16-025-H04-T.

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 type of 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 ACD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 314613. This program provides 6 hours of CE credit. Subject Code: 557.

IBP, Provider #R426, 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 FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0039. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approving agency for physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the FL Department of Professional Regulation, #245.000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, #F1927. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cooperative 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.

Initial Release Date: 03/24/2016 Expiration Date: 03/24/2019 Content Level: Intermediate

Forms of Memory
- Forms of Memory
- Emotional Memory
- Working Memory
- Short-Term Memory
- Long-Term Memory
- Habit-Based (Implicit) Memory

Preventing Stress-Related Memory Impairment
- Stress-Related Aging of the Brain
- Why We Remember What We Want to Forget
- Why We Forget What We Want To Remember
- Developing Stress-Resilience

Preventing Mood-Related Memory Impairment
- Depression and Lowered Mood
- Depression and Memory
- Promoting Neurogenesis
- Depression-Resistant Mindset
- Protecting Executive Functions

Preventing Sleep-Related Cognitive Impairment
- Sleep Loss
- Restorative Sleep And Memory Consolidation
- How Much Sleep
- Relaxation Rituals
- Physical Habits that Facilitate Sleep

Dietary Prevention of Neuroinflammation and Memory Improvement
- Understanding Brain Inflammation
- Anti-Inflammatory Diets
- Curcumin
- Resveratrol
- Blueberries
- Caffeine

Attainable and Sustainable Memory-Enhancing Habits
- Skill Versus Habit
- Memory-Protective Habits
- Keeping Visible What We Need to Remember
- Left Hemisphere Learning
- Right Hemisphere Approaches
- Combining Left-and Right Hemisphere Approaches
- Lifelong Learning

ABOUT THE INSTRUCTOR

Mike Yassa, Ph.D., is Associate Professor in the Department of Neurobiology and Behavior and the Department of Neurology at the University of California, Irvine. He is a Fellow at the Center for the Neurobiology of Learning and Memory and the UC Institute for Memory Impairments and Neurologic Disorders.

Dr. Yassa is an expert in how the brain acquires and retrieves long-term memory and how these processes are altered by aging and neuropsychiatric disease including depression. Dr. Yassa has received multiple awards including from the National Science Foundation, National Institute on Aging, National Institute on Mental Health, and private foundations.

An inspiring and inspired instructor, Dr. Yassa is one of the most highly rated instructors at Irvine. Dr. Yassa has won awards for research and teaching excellence and teaches programs in human neuropsychology, learning and memory, brain dysfunction and repair.
Understanding Neurocognitive Disorders
A 6-Hour Home Study Program for Health Professionals

Cognitive Abilities
- The Split-Brain Operation
- Temporal Lobes
- Parietal Lobes
- Frontal Lobes
- Memory and Amnesia

Stroke
- Types of Stroke
- Aphasia
- Non-Verbal Deficits

Traumatic Brain Injury
- Classifications
- Focal and Diffuse Injuries
- Signs and Symptoms
- Chronic Traumatic Encephalopathy

Dementia
- Alzheimer’s Disease
- Frontotemporal Dementia
- Dementia with Lewy Bodies
- Vascular Dementia

Protecting the Brain
- Neuroinflammation
- Preventing and Managing Head Trauma
- Stress-Related Neurodegeneration
- Compensation
- Role of Exercise and Lifestyle

CONTINUING EDUCATION
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 the CA Board of Registered Nursing, Provider #CEP13896, and by the FL Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the APTA. This course is approved for 6 hours of credit.

Alliant International University’s graduate programs are accredited by the Commission on Accreditation of Colleges and Universities (AACSB International), the Western Association of Schools and Colleges, the California Postsecondary Education Commission (CPEC), and by the National Council for Accreditation of Teacher Education (NCATE). 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.

Initial Release Date: 02/23/2016 Expiration Date: 02/23/2019 Content Level: Intermediate

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The Habits of People Least Likely to Develop Alzheimer’s Disease

A 6-Hour Home Study Program for Health Professionals

Lifestyle has an important role in who remains cognitively intact, who develops mild cognitive impairment and who develops Alzheimer’s disease (AD).

This program is designed to help you understand Alzheimer’s disease, key risk factors, and brain-protective habits.

Participants completing this program should able to:
1. Describe how Alzheimer’s disease can be diagnosed.
2. List several modifiable factors that increase the risk of developing Alzheimer’s disease.
3. Discuss limitations of current pharmaceutical treatments.
4. Identify key habits of people who are unlikely to develop Alzheimer’s disease.

Understanding Alzheimer’s Disease
- Understanding Dementia
- Extended Opportunity for Prevention
- When to Worry
- Neurons At Risk
- Early Detection

Health Risks
- Chronic Inflammation
- Metabolic Syndrome
- Insufficient Sleep
- Statins
- Major Depression
- Cerebrovascular Disease

Treatments
- The Problem with Current Drugs
- The Problem with Anti-inflammatory Drugs
- Drugs Under Investigation

The Habits of People Least Likely to Develop Alzheimer’s Disease
- The Right Dose of Physical Activity
- The Right Dose of Sleep
- The Right Ways to Protect the Brain from Metabolic Syndrome
- The Right Nutrients
- The Right Forms of Social Engagement
- The Right Kind of Care for Caregivers
- The Right Amount of Stress
- The Right Way to Develop Cognitive Reserve

ABOUT THE INSTRUCTOR

Stuart Zola, Ph.D., is a leading neuroscientist and an expert in the study of Alzheimer’s disease. He has been Co-director of the Emory Alzheimer’s Disease Research Center, Professor of Psychiatry and Behavioral Sciences at Emory University School of Medicine and is a Senior Research Career Scientist at the Atlanta VA Medical Center, one of the highest honors the VA bestows.

Dr. Zola has extensively studied memory disorders specific to Alzheimer’s disease. This research has led to the development of a brief neuropsychological test that can predict with high accuracy which patients with mild cognitive impairment will convert to Alzheimer’s disease.

An outstanding and humorous speaker, Dr. Zola has taught for our non-profit organization since the 1990s and is a highly regarded instructor. The American Association for the Advancement of Science named Dr. Zola a fellow for his “distinguished contributions in neuroscience, including the delineation of the brain’s memory system, and for communicating the importance and excitement of science to the lay public.” Dr. Zola has also been named to the Order of Merlin, within the International Brotherhood of Magicians, and he will use demonstrations of magic to illustrate points about the brain.
# ORDER FORM

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