The Pathology of Perfectionism: How to Tame the Inner Critic
A 6-Hour Home Study Program for Health Professionals

Origins and Maladaptive Forms of Perfectionism
- Origins
- Self-Oriented Perfectionism
- Other-Oriented Perfectionism
- Socially Prescribed Perfectionism
- Positive versus Negative Perfectionism
- Assessment

Common Maladaptive Beliefs of Perfectionists
- Excessively high and inflexible standards
- Excessive need for control
- Unrealistic expectations of others
- Lack of trust of other people’s competence
- Double standards for self versus others
- Catastrophic thinking when one’s standards are unmet

Guidelines for Taming the Inner Critic
- Cognitive-Behavioral Skills (CBT)
- Identifying automatic thoughts that trigger distresses
- Reframing perfectionistic cognitions 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 Step-By-Step 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, case histories, and clinical wisdom.
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 program 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.

**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.
Understanding and Treating Generalized Anxiety and Related Anxiety Disorders

A 6-Hour Home Study Program for Health Professionals

Generalized Anxiety: includes long-lasting and often overwhelming worry (apprehensive expectation) occurring a majority of the time.

The condition often coexists with depression, PTSD, fear-based disorders, OCD and perfectionism, illness anxiety disorder, substance use and insomnia.

Participants completing this program should be able to:
1. Identify key features of generalized anxiety.
2. Identify common psychological conditions that coexist with generalized anxiety.
3. Compare and contrast the indications for cognitive-behavioral and exposure-based interventions.
4. Describe how interpersonal approaches can be used to reduce anxiety among clients in medical, dental and behavioral settings.
5. Outline a treatment plan for a person with generalized anxiety or related conditions that combines key evidence-based interventions from the entire program.

Evidence-Based Interventions

- Cognitive-Behavioral Therapy
  - Understanding Cognitive Distortions
  - Untwisting Negative Thoughts
  - Cognitive Restructuring
  - Mindfulness-Based Anxiety Reduction
  - Non-Judgmental Awareness
  - Developing Habitual Mindful States
- Exposure-Based Therapy for Fear and Obsessions
  - How It Works
  - Interpersonal Approaches
    - Motivational Interviewing
    - Words that Reduce Anxiety
    - Managing Realistic Anxiety
- Pharmacotherapy
  - SRIs, Pregabalin, Benzodiazepines, and newer drugs
- Complementary Therapies
  - Herbs
  - Relaxation-Based Methods
  - Nutrition
  - Lifestyle Modification

Understanding Generalized Anxiety and Coexisting Conditions

- Generalized Anxiety Disorder
- Origins
- Depression
- Trauma and Posttraumatic Stress
- Focal Anxiety
- OCD Spectrum Disorders
- The Pathology of Perfectionism
- Illness-Related Anxiety
- Substance Use Disorders
- Insomnia

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 is the author of over 250 research papers and 30 books concerning generalized anxiety and related 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 300 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories, and clinical wisdom.
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 several 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.

Origins and Nature of OCD-Related Disorders
- Origins
- Key Obsessions
- Key Compulsions
- Common Coexisting Disorders

Understanding OCD Spectrum Disorders
- Body Dysmorphic Disorder
- Hoarding Disorder
- Disorders of Impulse Control
- OC Personality Disorder
- Obsessional Jealousy
- Avoidance Behaviors
- Excessive and Inflexible Behaviors
- Tic and Tourette’s Syndrome
- Illness
- Anxiety Disorder

Neurobiological Origins and Biological Treatments
- Pediatric Onset
- Habit Brain
- Prefrontal Cortex
- Anterior Cingulotomy
- Deep Brain Stimulation

Pharmacological Treatments
- Antidepressants
- Glutamate Inhibition
- D-cycloserine
- Adjunctive Antipsychotics
- FAQs
- Children

Exposure-Based Treatments
- Learning to Forget
- Exposure and Response Prevention (ERP)
- Exposure-Based Treatments
- Role of Therapist
- Ritual (Response) Prevention

Cognitive Behavioral Therapy (CBT) and Adjunctive Treatments
- Applying CBT
- Applying Positive Psychology
- Alternative/Complementary Therapies
- Combining Medications and Psychological Treatments

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-related 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.
Advances in the Brain and Behavioral Sciences
A 6-Hour Home Study Program for Health Professionals

Understanding and Overcoming Trauma
- Adverse Childhood Experiences
- Understanding and Treating Posttraumatic Stress Disorder

Understanding and Managing Anxiety
- Why We Worry: Understanding and Treating Anxiety Disorders
- The Pathology of Perfectionism

Developing Emotional Resilience
- Developing Positive Emotional Habits
- Mastering Sixteen Key Habits of Emotionally Resilient People

Improving Health-Related Habits
- How the Brain Forms New Habits
- Calming an Overactive Brain
- Understanding Substance-Related and Addictive Disorders
- How People Change Their Mind to Adopt Healthy Habits

The Immune system, Inflammation, and the Mind-Body Connection
- The Immune System: The Mind-Body Connection Who Gets Sick and Who Stays Well
- Mind-Body Interactions and the Stress-Inflammation Connection
- Understanding the Gut Brain

Managing Interpersonal Challenges
- Noxious People: Living and Working with High Conflict People
- Reasoning with Unreasonable People
- Passive Aggression, Sarcasm, Cold Anger, Hostility and Aggression
- How We Heal Ourselves and Others: Communicating in Ways That Create Meaningful Change

How Food Affects Mental Health
- Food for Thought: How Nutrients Affect Mental Health and the Brain
- Behavioral and Medicinal Effects of Selected Plant-Based Nutrients
- Overview of Medical and Medicinal Foods

Understanding Memory, Cognition, and Dementia
- Memory: How it Works, How It Breaks Down and How to Improve It
- Advances in Preventing Cognitive Decline
- The Habits of People Least Likely To Develop Alzheimer's Disease

Lifestyle Modification to Create Meaningful Change
- Pumped: Building a Better Brain Through Exercise and Movement
- What Is In Our Food
- Meditation
- Sleep and the Brain

Applying Positive Psychology
- Understanding and Practicing Positive Psychology
- The Habits of Happy People

ABOUT THE INSTRUCTOR
John Arden, Ph.D., ABPP, is an internationally acclaimed speaker and the author of fourteen evidence-based texts that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He was the director of mental health training of one of the nation’s largest hospital systems for almost two decades.

The author of 14 evidence-based texts, Dr. Arden is working on a 15th text that forms the basis of the lecture he will be presenting. Audiences appreciate his innovative teaching style and ability to communicate advances in the brain sciences with wisdom, clarity, and warmth.
Adverse Childhood Experiences: Lifelong Consequences and How to Overcome Them

A 6-Hour Home Study Program for Health Professionals

• Mindfulness
• Resilience
• Self-Care, Lifestyle and Mental Health
• Psychological Stress
• Sleep
• Early Adversity Can Impair the Immune System
• Psychological Paths to Improved Brain Function

The Long-Term Effects of Neglect and Abuse

- Neglect
- Abuse
- Early Attachment and Adult Pathology
  - Secure Attachment
  - Anxiety Attachment
  - Avoidant Attachment
  - Disorganized Attachment
- Inheriting Trauma
  - Cortisol
  - Serotonin

Early Adversity Can Impair the Immune System

- Inflammation
- Autoimmune Disorders
- Weight Gain
- GI Health

Psychological Paths to Improved Brain Function

- Resolving Trauma
- Neuroplasticity
- Reducing Unrealistic Anxiety
- Mood
- Savoring Positive Memories
- Mindful Brain

About the Instructor

John Arden, Ph.D., ABPP, is an internationally acclaimed speaker and the author of fourteen evidence-based texts that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He was the director of mental health training of one of the nation’s largest hospital systems for almost two decades.

The author of fourteen evidence-based texts, Dr. Arden is working on a fifteenth 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 ability to communicate advances in the brain sciences with wisdom, clarity and warmth.

Initial Release Date: 03/13/2018  Expiration Date: 03/13/2021  Content Level: Intermediate
Brain2Brain: Using Neuroscience to Facilitate Meaningful Change

This 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 applications of neuroscience to facilitate meaningful change for the following:

1. Autostress disorders affecting the brain and body.
2. Generalized anxiety disorder.
3. Focal anxiety including phobic disorders and panic.
5. Obsessive-compulsive spectrum disorders.
7. Promoting brain health.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAACAP Accreditation Program. Institute for Brain Potential is approved by the California Board of Psychology for 6 clock hours. UAN: 09-0300-0610-08-H18-T. This program provides 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0492-0000-18-048-H04-P and 0492-0000-18-048-H04-T. This program has been pre-approved by the Accreditation Council for Pharmacy Education for 6 contact hours.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved Dental Education Provider by the California Board of Dentistry. This program provides 6 contact hours of CE credit. Provider Number: D136001. Program Description: Brain Mechanisms, Nervous System, and Behavior. This program is approved by the American Dental Association for 6 continuing dental education credits. Credit hours are calculated by the American Dental Association, Commission on Continuing Dental Education. This program provides 6 contact hours of credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #16810. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 18 AOTA CEUs and 18 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the Florida Board of Occupational Therapy for 18 hours of CE credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy program. For the American Physical Therapy Association (APTA) Program Provider, #012519. This program provides 18 contact hours of CE credit. Content Focus: Domain of Physical Therapy. This program provides 18 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Florida Board of Massage Therapy. This program provides 6 CE hours. Content Focus: Domain of Massage.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 07/27/2018   Expiration Date: 07/27/2021   Content Level: Intermediate

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Autostress Disorders:
Stress Disorders that Attack the Self
- How Maladaptive Stress Affects the Brain and Body
  - Brain
  - Cardiovascular
  - Immune
  - GI
  - Reproductive System
  - Musculoskeletal
- Cortisol
- Overcoming Threat

Generalized Anxiety
- Free-Float Anxiety and Excessive Worry
- Autonomic Nervous System
- Cognitive Avoidance
- Overcoming Worry Loops

Focalized Anxiety
- Specific Fears
- Panic Disorder
- Medical Conditions and Drugs

Posttraumatic Stress Disorder
- Understanding Core Symptoms
- Three Phases of Recovery
- Review of Treatments

Obsessive-Compulsive Disorder
- Brain Mechanisms
- The OCD Circuit—The Habit Gone Awry
- Effective Treatments

Major and Minor Depressive Disorders
- Core Symptoms and Triggers
- Role of Chronic Stress
- Role of Chronic Inflammation
- Gender and Depression
- Anxiety with Depression
- Orchestrating an Adaptive Approach

Promoting Brain Health
- Exercise
- Diet
- Sleep
- Compensatory Neuroplasticity
- Social Brain: Empathy, Motivation and Social Reasoning
- Mind Over Misery

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.

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

Participants completing this 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. Relax anxiety and 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.

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 California Board of Registered Nursing, Provider #CEP13086, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 46342, to offer 6 CE hours in jurisdictions which accept NBCC credit. Participants completing this program will receive 6 continuing education credits.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Florida Board of Physical Therapy, Provider #8580. Institute for Brain Potential (IBP) is recognized by the Florida State Board of Mental Health Practitioners as a provider of continuing education for mental health counselors, CCAP-EL Provider Number 45-09-128-1217. This program provides 6 CE hours.

DENTAL PROFESSIONALS: Institute for Brain Potential is accredited as a provider of continuing dental education for 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 the AGD. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0658. 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 06 continuing education units. Content Focus: Domain of OT (Activity Demands), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for Pts and PTAs. #2118.0002001. This program provides 6 contact hours of CE credit.

MIND OVER MISERY: STRESS, ANXIETY, MOOD, AND PAIN
A 6-HOUR HOME STUDY PROGRAM FOR HEALTH PROFESSIONALS

The Stressed Brain and Overcoming Threat
- The Threatened Brain
- Traumatic and Posttraumatic Stress
- Approaches to Overcoming Chronic Stress

The Habit Brain and Overcoming Fears and Anxieties
- Understanding the Habit Brain
- OCD Spectrum Disorders
- Focal Anxiety
- Overcoming OCD and Focal Anxiety

The Social Brain and Enhancing Social Reasoning
- Developmental Trauma
- Social Brain
- Techniques

The Cognitive Brain: Anxiety, Mood, and Sleep
- The Cognitive Brain
- Identifying Maladaptive Thoughts and Unresolved Emotions
- Applying Cognitive-Behavioral Tools

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 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.

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

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Pathways to Successful Aging
A 6-Hour Home Study Program for Health Professionals

This evidence-based program 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.

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

Education
- Cognitive Reserve
- Memory
- Memory Improvement for Brain Health

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

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 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.

© 2018 IBP
Advances in Understanding and Solving the ADHD Puzzle
A 6-Hour Home Study Program for Health Professionals

ADHD is a disorder of impaired executive function. Executive functions develop in a sequence including the acquisition of working memory, the ability to develop focus, control emotions, impulses, and to set and attain goals.

When best practices are applied by the family, educator and health professional, ADHD is one of the most treatable neuropsychiatric disorders.

Participants completing this program should be able to:
1. Describe varied symptoms, subtypes and comorbidities associated with ADHD and executive functions.
2. Describe the major medical and health concerns associated with ADHD.
3. Compare and contrast the various evidence-based treatment modalities including medication, nutrition, education, academic, and cognitive and behavioral interventions.
4. Discuss practical and effective methods for treating the most common comorbidities of ADHD and Oppositional Defiant Disorder.

Understanding ADHD as a Disorder of Executive Function

- Executive Function Developmental Disorder
- Neurological Age Equivalents
- Diagnosis
- Common Psychological Comorbidities
- Common Physical Comorbidities
- Persistence of ADHD

Characteristics of People With ADHD

- Cognitive-Behavioral Features
- Medical Concerns
- Dental Concerns
- Academic Underachievement
- Family Issues
- Understanding Adults With ADHD

Pharmacotherapies

- Psychostimulants
- Selected Nonstimulant Medications
- Benefits of Early Intervention

Nutritional Therapies

- Dietary Therapies of Weak Effectiveness
- Unproven or Disproven Treatments

Psychological and Educational Treatments for Youth With ADHD

- Counseling Parents
- Unproven or Disproven Treatments
- Educational Interventions
- Neuropsychological Training

Treating Oppositional Defiant Disorder (ODD)

- Diagnosis
- Treatment

ABOUT THE INSTRUCTOR

Bill Benninger, Ph.D., Adjunct Assistant Professor of Psychology at Ohio State University has over thirty years of clinical experience in treating ADHD, related learning disorders, and Oppositional Defiant Disorder for children, adolescents and adults. His publications include A Parent’s Guide To Teenage Problems, A Teacher’s Guide to Recognizing Psychological and Behavioral Problems of Students and A Controlled Trial of Working Memory Training for Children and Adolescents with ADHD.

Dr. Benninger lectures nationally and internationally on the role of understanding, diagnosing and treating ADHD to health professionals and educators. He has appeared on CNN and TV France. Health professionals and educators highly praise his ability to present practical information with clinical wisdom and compassion.
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 6-hour program, 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.

Realizing Our Healing Potential
• Understanding the Healing Brain
• Identifying Sources of Chronic Stress and Allotastic Load
• Understanding the Healing Response
• Promoting the Strengths and Virtues of Our Clients
• Applying Our Own Character Strengths and Virtues

Communicating in Ways that Can Create Meaningful Change
• Increasing Predictability and Control Over Key Stressors
• Words to Reduce Anger
• Words to Reduce Anxiety
• Words to Elevate Mood
• Setting Limits
• Resolving Conflicts in Close Relations

Reducing Discomfort and Pain
• Expectancy, Conditioning, and the Brain
• What to Say
• What to Do
• Mindfulness

Handling Difficult Conversations
• Learning to Delay a Response
• Identifying Anger Triggers
• Overcoming Rumination
• Reframing Distorted Thoughts
• Overcoming Perfectionism
• Acquiring Positive Emotional Habits

Applying Positive Psychology
• Practicing Mindfulness
• Elevating Positive Emotions
• Enhancing Self-Compassion
• Promoting Acceptance
• Practicing the Habits of Happy People

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

Participants completing this evidence-based 6-hour program 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.

Key Sleep-Wake Disorders and Coexisting Conditions

- Insomnia
- Circadian Rhythm Disorders
- Obstructive Sleep Apnea
- Sleep-Related Movement Disorders
- Depression
- Anxiety
- Chronic Pain

Evidence-Based Strategies for Attaining Restorative Sleep

- Tired But Wired
- Myths of Sleep Hygiene
- Resetting the Sleep-Wake Clock
- Effective Behavioral Strategies
- Cognitive-Behavioral Therapy
- Mindfulness-Based Cognitive Therapy
- Acceptance-Based Treatments
- Sedative-Hypnotics
- Medical Foods and Complementary Medicines
- Habits for Healthy Sleep

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 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 should be able to:
1. Describe differences in coronary artery disease in men and women,
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.

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 California Board of Registered Nursing, Provider #CEP19386, and Florida Board of Nursing. This program provides 6 contact hours.

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

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWSMT Board, Provider #RCE10001, by Illinois Department of Professional Regulation, by Texas State Board of Examiners of Marriage & Family Therapists, Provider #400, Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers L0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH0-034, Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0006. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by CCAPP-EL Provider Number 40-09-126-12-C7. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0492-0000-16-059-H04-P and 0492-0000-16-059-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal classroom dual-support provider approval of this program does not imply endorsement 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. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0850. 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 and Outcomes). This course is approved by the Florida Board of Occupational Therapy for 4 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the California Board of Physical Therapy. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTA’s, #216.000230. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #045.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours.

ELECTORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Differences in Coronary Artery Disease: Men and Women

- Warning Symptoms
- Biological Risk Factors
- Psychological Risk Factors
- Diagnosis and Treatment Standards

Modifiable Psychological 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.

Initial Release Date: 09/15/2016     Expiration Date: 09/15/2019     Content Level: Intermediate
Psychological Approaches to Managing Pain

A 6-Hour Home Study Program for Health Professionals

The Role of Psychology in Pain and Pain Relief
- Pain is a Psychosensory Experience
- The Biopsychosocial Perspective
- Reducing Dependence on Analgesics and Opioids

The Connection between Pain and Stress
- Chronic and Recurrent Stress
- Identifying Pain-Evoking Stressors
- Evoking the Relaxation Response
- Applying Advanced Relaxation Technology
- Neuromuscular Repatterning

Why Mindset Matters for Pain Relief
- Integrative Medicine
- Psychological factors
- Cognitive Pathways to Pain Relief
- Shaping Your Brain Toward Pain Relief

Pain Relief Treatments: Shared and Individual Pathways
- Compassion Meditation
- Mindfulness-Based Pain Reduction
- Cognitive-Behavioral-Based Pain Management
- Chronic Pain Self-Management
- Meaning-Based Pain Management Strategies
- Acceptance and Commitment

How Relationships Impact Pain
- The Importance of Relationships
- Relationship Stress
- Source Meaning Through Relationship

Additional Strategies
- Sleep, Trauma, Surgery and Flares-Ups
- Improving Sleep
- Trauma as a Critical Therapeutic Target for Pain Management
- Mindset and Medical or Dental Surgery
- Coping With Pain Flares-Ups

ABOUT THE INSTRUCTOR

Beth Darnall, PhD is Clinical Associate Professor in the Departments of Anesthesiology and Perioperative and Pain Medicine at Stanford University, and is faculty in the Stanford Systems Neuroscience and Pain Lab. She is a pain psychologist and researcher. Dr. Darnall is a past President of the Pain Society of Oregon and Co-Chair of the Pain Psychology Task Force at the American Academy of Pain Medicine.

Her NIH-funded research investigates mechanisms of pain catastrophizing, cognitive behavioral therapy for pain, and the effectiveness of a single-session pain catastrophizing treatment she developed. Additional projects are focused on preventing post-surgical chronic pain and on opioid reduction in outpatients with chronic pain. Dr. Darnall is sought by healthcare organizations to develop and enhance pain-focused psychology treatment programs.

She is author of the forthcoming text published by the American Psychological Association entitled, Psychological Treatment for Chronic Pain and two other texts, The Opioid-Free Pain Relief Kit (2016) and Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain (2014). These books are designed to improve pain education for patients and healthcare providers alike and to improve access to evidence-based, low-cost behavioral pain treatment.

The program presents and demonstrates psychological methods to reduce pain. Emphasis is placed on techniques that can help to enable patients to reduce dependence on prescribed opioid and other analgesics, reduce fear of medical or dental procedures, reduce catastrophic reactions to unanticipated pain, and develop effective self-management strategies.

Participants completing this program should be able to:
1. Discuss why psychological treatments are a key component of a comprehensive approach to reducing pain.
2. Describe approaches to evoking a pain-reducing relaxation response.
3. Discuss the importance of mindset, belief, and expectation in the perception of pain.
4. Demonstrate one or more approaches to relieving pain through self-compassion, mindfulness, cognition, and acceptance.
5. Discuss how relationships impact pain.
6. Outline several approaches to improving sleep, overcoming trauma, improving the outcome of surgery and managing flares-up.

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 California Board of Registered Nursing, Provider CEPI39896, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as a Continuing Education Provider, ACEP #9780, to offer continuing education services in compliance with NBCC Rules and Regulations for Ethical Conduct for the Counseling Professions. The following providers do not qualify for NBCC credit are explicitly identified. Institute for Brain Potential is solely responsible for all of the aspects of the program. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the National Association of Social Workers (NASW). Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential is approved as a provider of continuing education for licensed marriage and family therapists. #MFT-0068. Institute for Brain Potential is recognized by the National Association of addictions counselor (NAADAC) Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by the American Academy of Pain Management (AAPM) as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. Please contact your school district if you need prior approval for this program.

Institute for Brain Potential is an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the California Board of Occupational Therapy. Institute for Brain Potential has been approved by the Illinois Department of Professional Regulation, Provider #216.000210. This program meets the requirements of the American Board of Physical Therapists (ABPT) ACE Program.

Institute for Brain Potential has been accredited by the American Psychological Association entitled, Psychological Treatment for Chronic Pain and two other texts, The Opioid-Free Pain Relief Kit (2016) and Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain (2014). These books are designed to improve pain education for patients and healthcare providers alike and to improve access to evidence-based, low-cost behavioral pain treatment.

Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 05/19/2017
Expiration Date: 05/19/2020
Content Level: Intermediate

Optional Image: Dr. Beth Darnall, PhD, is a pain psychologist and researcher. She is a past President of the Pain Society of Oregon and Co-Chair of the Pain Psychology Task Force at the American Academy of Pain Medicine. Her NIH-funded research investigates mechanisms of pain catastrophizing, cognitive behavioral therapy for pain, and the effectiveness of a single-session pain catastrophizing treatment she developed. Additional projects are focused on preventing post-surgical chronic pain and on opioid reduction in outpatients with chronic pain. Dr. Darnall is sought by healthcare organizations to develop and enhance pain-focused psychology treatment programs. She is author of the forthcoming text published by the American Psychological Association entitled, Psychological Treatment for Chronic Pain and two other texts, The Opioid-Free Pain Relief Kit (2016) and Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain (2014). These books are designed to improve pain education for patients and healthcare providers alike and to improve access to evidence-based, low-cost behavioral pain treatment.
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.

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

ABOUT THE INSTRUCTOR

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.
Chronic stress suppresses the immune system, undermines the vascular system, and impairs the brain. This program focuses on 21st century discoveries to enable health professionals and educators to better understand, prevent, and manage stress-related disorders.

Participants completing this 6-hour program should be able to:
1. List several regions of the brain that are affected by chronic stress.
2. Identify how chronic stress affects the immune system.
3. Discuss how stress can impair the cardiovascular system.
4. Discuss how stress increases the risk of mood disorders.
5. Outline how sleep, pain, and Alzheimer’s disease are related to chronic stress.

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

Using Your Brain to Increase Stress Resilience

• Reframing Threat-Based Beliefs
• Prioritizing Actions
• Reward Substitution
• Social Support — Why Will Power Is Not Enough
• How The Brain Forms New Habits
• Protecting Short-Term Memory
• Beliefs and Meaning

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.
Psychological and Medical Benefits of a Plant-Rich Diet

A 6-Hour Home Study Program for Health Professionals

This program is designed to provide health professionals with a detailed and practical understanding of plant-based diets. Emphasis is placed on sources and properties of key phytochemicals.

Participants completing this 6-hour program should be able to:
1. Describe how plants confer nutrients that protect human health.
2. Identify the sources and benefits of key phytochemicals.
3. Discuss how longevity, and disease prevention and recurrence can be provided by a plant-rich diet.
4. Describe how the health of the GI tract, heart, and brain can be enhanced by a plant-rich diet.
5. Outline several steps to help a client adopt a plant-rich diet.

Humans and Plants
- Phytochemicals
- Survival Value
- Plant Polyphenols, Stress, and Longevity
- Understanding Phytochemicals

Sources and Benefits of Key Phytochemicals
- Carotenoids
- Flavonoids
- Ellagic Acid
- Allium Compounds

Benefits of a Whole Food Plant-Rich Diet
- Longevity
- Disease Prevention
- Preventing Disease Recurrence
- The Most Anti-Inflammatory Foods

Benefits for Specific Conditions
- Gut Health
- Cardiovascular Health
- Brain Health

Adoption of Plant-Rich Diets
- Dietary Acceptability
- Overcoming Barriers to Adoption
- Common Concerns and Misconceptions
- Tryptophan

About the Instructor
Sally Fisher, MD, MS is an Assistant Clinical Professor at the University of New Mexico in Preventive and Integrative Medicine, a Division of Internal Medicine. She is board certified in Preventive Medicine, in Integrative and Holistic Medicine, and as a Physician Nutrition Specialist. She also serves as the Medical Director at Sunrise Springs, a Santa Fe, NM wellness resort. She teaches evidence-based, innovative lectures in nutrition to health care professionals at national conferences. Health care professionals attending her programs appreciate her clinical wisdom, compassion and humor.

Initial Release Date: 02/23/2018  Expiration Date: 02/23/2021  Content Level: Intermediate

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This program concerns the ethical obligations of health professionals. The program is designed to meet ethics or legal requirements in most states for most professions.

This information can protect your health organization or private practice from liability and improve your ability to make ethical decisions in a wide range of health environments.

Participants completing this program should be able to:
1. Identify ethical obligations and qualifications in the training and competency of behavioral health professionals.
2. Describe documentation requirements involved in keeping clinical records and assessments of clients.
3. Discuss nonsexual multiple-relationship, attraction, and romantic relationships with clients, subordinates, and peers.
4. Assess the validity of self-promotion with regard to online advertising.
5. Identify issues regarding income obtained from managed care, testimony in legal proceedings, and activities when working in challenging employment situations.
6. Describe the process by which the health professional can take appropriate action when there is inappropriate behavior in one’s peers with regard to ethical or legal wrongdoing.

### NURSES
- Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP1896P, and Florida Board of Nursing. This program provides 6 contact hours.
- COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 102949. This program provides 6 CEHs. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

### PHYSICAL THERAPISTS
- Institute for Brain Potential is approved as provider of continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

### OCCUPATIONAL THERAPISTS
- Institute for Brain Potential has been approved by the American Occupational Therapy Association, AOTA, as an approved provider of continuing education. This program provides 6 CEUs.

### SPEECH-LANGUAGE PATHOLOGISTS
- Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (CLPA), Provider #PS8247. This program provides 6 CE hours.

### ABOUT THE INSTRUCTOR

A. Steven Frankel PhD, ABPP, JD is a clinical psychologist (PSY3354) and an Attorney at Law licensed in California (SBN192014), and The District of Columbia (1009135). He is a Diplomate in both Clinical and Forensic Psychology from the American Board of Professional Psychology. He earned his PhD at Indiana University and interned at the Psychiatric Institute of Columbia University. He then joined the full-time faculty of the University of Southern California, where he served for eleven years, including five years as the Chair of Clinical Psychology.

Dr. Frankel is committed to teaching and has published over 50 articles and book chapters. He received the USC Award for Teaching Excellence early in his academic career. He was similarly honored by his state professional society some years later. He has spoken at local, national and international conferences and his continuing education curriculum in law and ethics for mental health professionals earned him his latest Outstanding Teacher Award. An Adjunct Professor of Law at Golden Gate University School of Law. Dr. Frankel lectures are noted for their insight, wisdom, and use of humor to impart key concepts.
LIABILITY PROTECTION: FROM BASICS TO UPDATED REGULATIONS: KEY ETHICAL STANDARDS

This program outlines key legal information that pertains to maintaining clinical records, privacy regulations, and confidentiality.

This program is designed for recently-trained health professionals as well as experienced practitioners.

The topics provide fundamentals and recent changes in statute and case law bearing on mental health and allied health professionals.

Participants completing this program should be able to identify key legal information that pertains to the following concerns:

1. Maintaining clinical records, privacy regulations, and confidentiality.
2. Fee-setting, maintaining, and justification.
3. Protecting your practice against allegations of abuse, neglect, and maltreatment.
4. Involuntary commitment when there is a clear and present danger of self-harm or harm to others.
5. How to set up a practice as a sole practitioner, group practice, or corporation.
6. How to determine if a treatment can be legally justified.
7. Federal laws including HIPAA regulations.
8. Key steps to avoid or litigate malpractice charges.

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 California Board of Registered Nursing, Provider FCEP13869, and Florida Board of Nursing, This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 3042. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all of the aspects of the programs. This program provides 4 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education of psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credit. Social workers participating in this course will receive 6 ethics continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, by Illinois Department of Professional Regulation (MFT CE Program), by Texas State Board of Examiners of Marriage & Family Therapists, by New York State Board of Respiratory Care, by New York State Education Department's State Board for Social Work, Provider #830, Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education credit for social workers. This program is approved by the Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. MFT-0006. This program provides 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0970-0027-17-506000-506. This program provides 6 CEUs.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved ACE Program Provider by the Academy of General Dentistry (AGD). The format containing 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. Subject Code: 557. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6690. 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: Professional Issues (Legal, Legislative, Regulatory, & Reimbursement Issues). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the California Board of Physical Therapy. This program provides 6 contact hours of CE credit.

MASHAGE THERAPISTS: Institute for Brain Potential is approved as a provider of massage therapy continuing education by the Illinois Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (CSLPAB), #FSP247. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

- Clinical Notes and Records: note keeping, consent to disclose, correction errors, discharge or termination, use of electronic records, intake and consent forms, maintaining records, treatment plans and client access to records.
- Confidentiality: couples, family, and group-based therapies, insider information and third-party payers.
- Contracts: capitation agreements, gag rules, and leases.
- Fees: setting fees, sliding fee scales, and recovering unpaid fees: avoiding board complaints by handling these issues professionally.
- Forensic Issues Associated with Abuse allegations: child custody and consent-to-treat issues, children as witnesses, expert witness, forensic evaluation,
- Involuntary Commitment: There are several varieties of statutes that bear on these issues and knowing the differences between them is more than important.
- Practice Organization Models: groups, partner-ships, and solo practitioners—to incorporate or not.
- Therapies: non-traditional and exotic therapies, internet-based therapy and social media
- Federal Regulations: HIPAA, disclosures involving business associates, treatments, payments, and worker’s compensation.
- Steps To Avoid Malpractice Charges: acts of commission, acts of omission, what to do if a health practitioner or practice is sued.

ABOUT THE INSTRUCTOR

A. Steven Frankel PhD, JD, ABPP, is a clinical psychologist (PSY3334) and an Attorney at Law licensed in California (SBN192014), and The District of Columbia (1009135). He is a Diplomate in both Clinical and Forensic Psychology from the American Board of Professional Psychology. He earned his PhD at Indiana University and interned at the Psychiatric Institute of Columbia University. He then joined the full-time faculty of the University of Southern California, where he served for eleven years, including five years as the Chair of Clinical Psychology.

Dr. Frankel is committed to teaching and has published over 50 articles and book chapters. He received the USC Award for Teaching Excellence early in his academic career. He was similarly honored by his state professional society some years later. He has spoken at local, national and international conferences and his continuing education curriculum in law and ethics for mental health professionals (has earned him his latest Outstanding Teacher Award. An Adjunct Professor of Law at Golden Gate University School of Law. Dr. Frankel lectures are noted for their insight, wisdom, and use of humor to impart key concepts.
Conscientious Eating: Mental Health, Inflammation and the Aging Brain
A 6-Hour Home Study Program for Health Professionals

Acquire an in-depth understanding of how conscientious eating can help reduce inflammation, curtail stress-related eating, lessen anxiety, elevate mood, improve sleep, and protect the aging brain.

Participants completing this program should be able to:
1. Identify how diet affects stress, mental health, and appetite.
2. Describe the link between inflammation of the GI tract, anxiety and mood, and anti-inflammatory foods.
3. Discuss how conscientious eating can help protect the aging brain.
4. List conscientious eating habits that can calm an overactive brain.

Conscientious Eating and Inflammation
• Understanding Inflammation
• Foods That Have Anti-Inflammatory Properties
  ◦ Corticosteroids
  ◦ Nonsteroidal (NSAIDs)
• The Most Anti-Inflammatory Foods
• Gut Bacteria Contribute to Anxiety and Mood
• Probiotics and Prebiotics

Stress, Mental Health and the Brain
• Choline-Rich Foods
• GABA-Rich Foods
• Protein-Rich Foods
• L-tryptophan-Rich Foods
• Diets and Mental Health
• Stress-Related Eating
• Stress-Inhibiting Nutrients

Protecting the Aging Brain
• Chronic, Low-Grade Inflammation
• Nutrients and Cognition
• Neuroprotective Nutrients
• The MIND Diet
• Limiting Refined Carbohydrates
• Slowing the Aging Clock
• Sleep

Developing Conscientious Eating Habits
• Psychobiology of Mental Control
• Appetite Regulation
• Optimizing Anti-Inflammatory Foods
• Mindful Eating
• Prioritizing Sleep

ABOUT THE INSTRUCTOR
Lisa E. Goehler, Ph.D., received her doctoral degree at UCLA in psychology and teaches in the Departments of Immunology and Behavior and Nursing at the University of Virginia. Dr. Goehler is an expert in mind-body connections involving inflammation, stress, mood, fatigue and diet. She has received numerous grants, honors and awards and is recognized for her discoveries concerning how GI inflammation can lower mood.

An outstanding speaker, audiences highly commend her presentations for their wealth of practical information and her ability to impart key discoveries with clarity, clinical wisdom and warmth.

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Mind-Body Interactions and the Stress-Inflammation Connection
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

Cardio-Metabolic Inflammation

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

Allergies, Asthma, Autoimmune Conditions

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

Anti-Inflammatory Lifestyle Habits

- Neuroprotective Mindset
- Mind-Body Practices
- Sleep
- Avoiding Inflammatory Foods
- Nutritional Strategies for the Aging Brain
- Anti-Inflammatory Recipes
- Life-Extending Nutrients

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 response to psychological stress, the immune system, and the development of an anti-inflammatory lifestyle. Dr. Goehler 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 can result from GI inflammation. Her research also describes nutritional pathways to reducing the risks of chronic low-grade inflammation.

Initial Release Date: 06/21/2017  Expiration Date: 06/21/2020  Content Level: Intermediate

© 2018 IBP
Who Gets Sick and Who Stays Well: Microbes, the Immune System and Brain
A 6-Hour Home Study Program for Health Professionals

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

Part 1: Definitions and Diagnosis:
- Understanding Emotion and Bipolar Disorder
- What Are Positive Emotions?
- Bipolar I and II and Cyclothymic Disorder and Rapid Cycling Disorders
- Developmental Considerations

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
  - Dampening 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.

© 2018 IBP
Emotions: What We Feel, Why We Feel, And How To Change Our Feelings
A 6-Hour Home Study Program for Health Professionals

Advances in the brain and behavioral sciences are revealing what emotions are, when they are beneficial or harmful and how we can effectively harness emotions to improve our health and wellbeing.

Participants completing the new program should be able to:
1. Distinguish between emotions, moods, and thoughts.
2. Describe ways that emotions benefit psychological health, well-being, and survival.
3. Compare and contrast beneficial and adverse forms of mood regulation.
4. List different ways emotions can be regulated and what are their consequences for our psychological health and clinical disorders.

Understanding Emotions
• Understanding Emotions
• Emotional States
• Experiencing Emotions
• What are Emotions Good For?

Emotion Regulation When, How and Why We Manage our Feelings
• Helpful and Harmful Emotion Regulation Strategies
  • Cognitive Reappraisal
  • Distraction
  • Suppression
  • Rumination
  • Mindfulness
  • Distancing

Understanding Positive Emotions Beneficial and Harmful Effects
• When are positive emotions are good for us
  • Social relationships
  • Coping with stress
  • Creative thinking
• Harmful Effects of Positive Emotions
  • Instability
  • Striving to be Happy
  • Mental Health Issues of Impaired Mood Regulation

Clinical Applications Emotions and Mental Illness
• Emotion Regulation and psychopathology
  • Major Depressive Disorder
  • Generalized anxiety disorder
  • Panic Disorder
  • Bipolar Disorder
• Guidelines for Effective Emotion Regulation: how we can feel better by improving the way we regulate our emotions and how these techniques can be successfully used to treat clinical disorders.

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. She is Associate Director of Research, Sutherland Center for Bipolar Disorders. An internationally recognized expert in the study of happiness, emotion, and mood disorders. Dr. Gruber has over 100 publications, chapters, and commentaries in the field. She is currently the Interim Editor in Chief for one of the leading journals in psychological science, Perspectives on Psychological Science.

Dr. Gruber presents key discoveries and practical findings with clarity, insight, and clinical wisdom. This new program includes science-based instruction, interactive videos, and group discussions. Samples of Dr. Gruber's lectures can be viewed online including the TedX Talk presentation concerning "The Dark Side of Happiness" at https://www.youtube.com/watch?v=f3M8r5t5ysm and she has a free online course in Human Emotion available through YouTube and iTunes U. For more information about her work read here: http://www.gruberpeplab.com

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 California Board of Registered Nursing, Provider #CEP3989, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all of the aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider of social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2021. Social workers should contact their regulatory board to determine course approval for continuing education credit. Social workers participating in this course will receive 6 contact continuing education or clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MAFST Board, Provider #CSW0035001, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #1660.001382, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #3520. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0354. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education by the Association of Social Work Boards (ASWB).

Further, 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 Florida Board of Nursing, Provider #CEP3989, and Florida Board of Nursing. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Appropriately Approved Program Provider, Provider #012854, and Florida Board of Professional Regulation, Provider #CEP001261. Institute for Brain Potential is approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0992-0000-16-03H-H4-P and 0992-0000-16-03H-H4T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply endorsement 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#: 51997. Subject Code: 557. Institute for Brain Potential, provider RP-426L, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #6158. 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). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for Pts and PTAs, #0218002010. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE credit. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPA), #13394. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 06/16/2018 Expiration Date: 06/16/2021 Content Level: Intermediate
Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions

A 6-Hour Home Study Program for Health Professionals

This 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 cardiometabolic 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.

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

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.

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

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 re-search 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.
Calming An Overactive Brain
A 6-Hour Home Study Program for Health Professionals

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
- Cravings

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

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

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.

Participants completing the program should be able to:
1. Name several characteristics of reward-centered habits.
2. Identify several evidence-based strategies for managing reward-centered habits.
3. Describe how threat-based mental habits are connected to maladaptive emotions and actions.
4. List one or more strategies for coping adaptively with threat-based mental habits.
5. Identify several evidence-based principles for initiating and maintaining health-promoting habits.

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 California Board of Registered Nursing, Provider #CEP18969, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621, to offer 6.0 CE hours per participant. These courses are accepted by all NBCC-authorized license boards. This program provides 6 contact hours. Program approval does not imply endorsement of specific course content, products, or clinical procedures by NBCC.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0492-0000-18-015-H04-P and 0492-0000-18-015-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved ACE Program Provider by the American Dental Association’s Commission on Accreditation. This program provides 6 CEUs.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #8650. 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 and 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTA, #0216.000201. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.00045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #PD245. This program provides 6 CEUs. Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 01/31/2018 Expiration Date: 01/31/2021 Content Level: Intermediate

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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 free “Outstanding Faculty Teaching Awards” at UCSD. An excellent and inspiring speaker, Dr. Koob provides health professionals with guidelines to facilitate meaningful change.

Reward-Centered Habits

• Understanding Reward-Centered Habits
• Neurotransmitters
• Features of Addiction
• Addictive Features of Comfort Foods
• Storehouse of Addictive Habits
• Changing Reward-Based Habits

Threat-Based Mental Habits

• Stress-Based Habits
• Generalized Anxiety
• Recurrent Anger
• Depression
• OCD
• Chronic Pain

Overcoming Threat-Based Mental Habits

• Cataloguing Automatic Thoughts
• Graded Exposure to One’s Fears
• Cognitive-Behavioral Therapy (CBT)
• Positive Psychology
• Mindfulness

Initiating and Maintaining Healthful Habits

• Preschool
• Repetition of Skilled Movements
• Temporal Habits
• Spatial Habits
• Habit Substitution
• Mastering the Five Brain Challenges
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 will 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.

Behavioral and Medicinal Characteristics of Plant-Based Nutrients

A 6-Hour Study Program for Health Professionals

Brain and Behavior

- Key Classes of Plant-Based Nutrients
- Chronic Stress
- Anxiety and Insomnia
- Depression
- Age-Related CognitiveDecline
- Vascular (Multi-Infarct) Dementia
- Alzheimer’s Disease

Pain and Inflammation

- NSAID Effects
- Steroid Effects
- Steroid-Related Osteoporosis
- Dental Disorders
- Rheumatoid Arthritis
- Osteoarthritis

Respiratory Disorders

- Allergies
- Rhinitis and Sinusitus
- Influenza
- Asthma
- COPD

GI Tract

- Stress-Related Digestive Disorders
- Celiac Disease
- Irritable Bowel Syndrome

Cardio-Metabolic Disorders

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

Guidelines for Conscientious Eating

- Anti-inflammatory Nutrients
- Foods to Refuse and Choose
- Eating Less But Eating More Often
- Life-Extending Nutrients

About the Instructor

Dr. Merrill 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.
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 professionals 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.

Key Hormones
- Chest Discomfort
- Cortisol
- Estrogen
- Thyroid

Inflammation, Lab Tests, Fats, Fish Oil and Cholesterol
- Dietary Inflammation Index
- Lab Tests
- Types of Fats
- The Case Against Supplementation
- Why We Need Cholesterol
- When Do We Need Statins?

Vitamins, Minerals, Antioxidants, and Alcohol
- Vitamins
- Minerals
- CoQ10
- Alcohol
- Drugs That Produce Nutrient Deficiencies

Cardioprotective Fiber and Cardiotoxic Sugars
- Understanding Carbohydrates
- Protective Fibers
- The Accelerating Cardiometabolic Epidemic
- Sucrose and High Fructose Corn Syrup

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.
Complementary Medicines: What Really Works?
A 6-Hour Home Study Program for Health Professionals

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 program 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.

Inflammation and Chronic Pain
• Inflammation—The Silent Epidemic
• Sources of Inflammation
• Anti-Inflammatory Nutrients
• Osteoporosis
• Joint Inflammation
• Oral Health
• Lower Back Pain and Related Musculoskeletal Inflammation

Hormone and Non-Hormone-Related Cancers
• Incidence of Breast Cancer
• Vitamin D
• Dietary Prevention
• Non-Hormone Cancers
• Risky Supplements

Metabolic Syndrome and Coronary Artery Disease
• Blood Pressure
• Cholesterol
• Atherosclerosis
• Managing Type 2 Diabetes
• Cardiovascular Health
• Preventing Heart Failure

Neuropsychiatric Conditions
• Mood Disorders
• Anxiety and Sleep
• Parkinson’s Disease
• Alzheimer’s Disease
• Age-Related Cognitive Impairment

Complementary Products
• Herbal Products
• Trends
• Drug / Herb Interactions
• Resources

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.
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.

About the Instructor
Merrily Kuhn, RN, Ph.D., ND, is an expert in the field of complementary medicine. 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 on her background in nursing, medicine, and physiologic, 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.
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:


Water
- Fluoride
- Chlorine
- Related Toxins
- Commercialized Waters
- Rating Water Safety

Milk and Milk Substitutes
- Pasteurized Cow Milk
- Non-Dairy Substitutes
- Probiotics

Foods and the GI Tract
- Celiac Disease and Gluten Intolerance
- Grain Brain
- Genetically Modified Organisms
- U.S. Foods that are Banned Elsewhere
- Fermented Foods

Meat, Poultry and Fish
- Poultry and Eggs
- Beef
- Fish

Fats, Sweeteners and Seasonings
- Addictive Foods
- Trans Fats
- Interesterified Fats
- High Fructose Corn Syrup
- Sugar Substitutes
- Salt
- MSG

Food Additives and Preservatives
- Formaldehyde
- Food Dye No. 2 and 4
- Glyphosate
- Titanium Dioxide
- Coal Tar Dyes
- Propylene Glycol
- Ethylene
- Harmful Preservatives
- Healthful Preservatives

Food Storage
- Styrene
- Bisphenol A (BPA)
- Polyethylene

Home and Health Environment
- Antimicrobial Soap
- Bedding
- Dental
- Cosmetics
- Cell Phones
- Hospital Equipment

Guidelines for Risk Reduction and Health Promotion
- Helpful Phytochemicals
- Protective Spices and Herbs
- Risk Reduction Strategies

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.
The Habits of Happy People
A 6-Hour Home Study Program for Health Professionals

Understanding Happiness
“Happiness depends less on what happens to us and more on how we view the past, enjoy the moment and create the future.”
- The New Science of Happiness • Sources of Happiness
- Unsustainable Sources of Happiness • Habits of Happy People

Happiness and Health
“Be happy for this moment. This moment is your life.”
- The Stress-Resistant Mindset • Developing Stress Resilience
- Enhancing Physical Resilience

Positive Moods and Thoughts
“The purpose of our lives is to be happy.”
- Depression-Resistant Mindset • Anxiety-Resistant Mindset
- Adaptive Coping • Acquired Optimism

Interpersonal Awareness
“Happiness is when what you think, what you say, and what you do are in harmony.”
- Expressing Needs • The Habits of Happy Couples
- Self-Compassion and Renewal • Acceptance of Others
- Self-Acceptance and the Gifts of Imperfection • Purpose
- Finding Humor in Everyday Life

Calmng the Overactive Brain
“In the journey of life, take time to smell the roses and watch the sunset.”
- Healing Self and Others • Self-Calm • Mindfulness

Attaining Happiness-Related Habits: Five Brain Challenges
“The best kind of happiness is a behavior that becomes a habit.”
- Changing Reward-Based Habits • Healthy Activities
- Enhancing Resilience to Stress • Fulfillment
- Applying Positive Psychology

NEW YORK STATE EDUCATION DEPARTMENT'S STATE BOARD FOR MENTAL HEALTH PRACTITIONERS
Institute for Brain Potential is approved by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed social workers #5141. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0086. This program provides 6 CE hours.

SOCIAL WORKERS: Institute for Brain Potential is an approved provider of continuing education credits by the Association of Social Workers Boards (ASWB) and the National Association of Social Workers (NASW). ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

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 California Board of Registered Nursing, Provider #CEP35046, and Florida Board of Nursing, This program provides 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS
Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 clock hours (0 contact hours). UANs: 0492-0000-17-011-H06-P and 0492-0000-17-011-H06-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 1342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

EDUCATORS: 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider Number 59784. This program provides 6 CEUs.

DENTAL PROFESSIONALS: Institute for Brain Potential is approved by the American Dental Association (ADA). The formal continuing dental education programs of this provider are accepted by the ADA for Mandatory Dental Education Programs. The formal continuing dental education programs of this provider are accepted by the ADA 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. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6168. 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 Florida Board of Occupational Therapy for 6 hours of credit.

MUSCLE THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (CLPA), # P3523. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 02/04/2017 Expiration Date: 02/04/2020 Content Level: Intermediate

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Overcoming Disabling Thoughts: Special Focus: Applying Positive Psychology

A 6-Hour Home Study Program for Health Professionals

Identifying Disabling Thoughts

1. Abandonment and Instability
2. Mistrust and Abuse
3. Emotional Deprivation
4. Social Isolation
5. Entitlement
6. Grudge
7. Pessimism
8. Fear of Failure
9. Insufficient Self-Control/Discipline
10. Depressive Thoughts
11. Anxiety
12. Perfectionism and Self-Criticism

Developing Resilience to Disabling Thoughts

1. Facilitating Anger Resistance
2. Improving Depression Resistance
3. Developing Anxiety Resistance
4. Enhancing Social Intelligence
5. Enriching Relationships

Applying Positive Psychology

- Character strengths
- Sources of well-being
- Setting goals for life and happiness
- The three blessings
- Kindness
- The passion to know
- Flow
- Savoring
- Gratitude
- The self-gift of forgiveness
- Humor
- Spirit

ABOUT THE INSTRUCTOR

Jaime L. Kurtz, Ph.D., 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 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.

Characteristics of Hopeful People

- Strategy
- Motivation
- Belief
- Personal Power
- Mood
- Impulse Control
- Self-Care
- Health

The Hopeful Brain

- Reducing Chronic Pain
- Reducing Chronic Fatigue
- Words That Reduce Anxiety
- Loving-Kindness Meditation
- Mindfulness-Based Cognitive Therapy

Cultivating Hope

- Teaching Mastery
- Validation of Strengths
- Freedom from Imprimis Beliefs
- Making Better Decisions
- Dealing with Emotionally Challenging Relationships
- Five Key Features of the Psychobiology of Hope

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.

Initial Release Date: 07/21/2016  Expiration Date: 07/21/2019  Content Level: Intermediate
Evidence-Based Nutritional Strategies for the Aging Brain
A 6-Hour Home Study Program for Health Professionals

Advances in the neurobehavioal sciences have produced a new understanding of how long-term nutritional strategies can protect and enhance brain health. In this unique program based on current research discoveries, medical, dental and behavioral health professionals will learn how nutrients can reduce stress, elevate mood, enhance cognition, and promote sound sleep.

Participants completing this program should be able to describe how nutrients:
1. Affect neurotransmitters that help regulate stress, appetite, mood, cognition and sleep.
2. Protect against psychological, metabolic, oxidative and inflammatory stress.
3. Elevate mood and protect the brain from cortisol-related impairment.
4. Preserve and enhance cognition.
5. Improve duration and depth of sleep, and

Neurotransmitters and Nutrients
- Serotonin
- Dopamine
- Norepinephrine
- Acetylcholine
- GABA
- Glutamate
- Endogenous Opioids

Stress and Protective Nutrients
- Psychological Stress and Cortisol
- Metabolic Stress and Insulin
- Immune System Stress and Inflammation
- Oxidative Stress and Antioxidants

Mood Disorders and Brain Health
- Altered Brain/Altered Mood
- Inflamed Gut/Inflamed Brain
- Neuroprotective
- Medical Foods

Nutritional Strategies for Preventing Cognitive Decline
- Diagnosis
- Short-Term Memory
- Brain Energy Metabolism
- Glycemic Control
- Reducing Hypertension
- Enhancing Acetylcholine
- Preventing Cortical Atrophy
- Curcumin
- Resveratrol

Improving Sleep
- Insomnia
- Low Glycemic Foods
- Complementary/Alternative Medicines
- Medical Foods

Nutritional Strategies for Brain Health
- Strategies for Enhancing Cognitive Function
- Strategies for Preventing Alzheimer’s Disease
- Long-Term Nutritional Strategies

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.
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-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

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**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.

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**Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.**
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 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.

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 California Board of Registered Nursing, Provider #CEP139866, and by Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content.

This program provides 6 CE credit.

PHYSICAL THERAPISTS: Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2021. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT, and by the Illinois Department of Professional Regulation. Provider #245.000045, and by the Florida Board of Occupational Therapy. Institute for Brain Potential is approved by the Florida Board of Clinical Social Work, MFT and Psychotherapy as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. Institute for Brain Potential is approved as a provider of continuing education by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential is accredited by the Ohio CSWMFT Board, Provider #RCST030801, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider P850. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 CE credit.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider Number 010249. Institute for Brain Potential is approved by CPAP-EL, Provider Number 4859-128-1217. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 005-0050-16-150-FP. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an approved PACE Program by the Academy of General Dentistry (AGD). The formal course completions 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. Subject Code: 595. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #6190. 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.

CONTINUITY OF CARE: This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTA’s, #216.000210. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (CSLPA), and by the Florida Board of Social Work. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 08/08/2018 Expiration Date: 08/08/2021 Content Level: Intermediate

Hemoglobin A1c and Premature Brain Aging
• Mood Symptoms
• Advanced Glycation End Products (AGEs) and A1c
• Nutritional Interventions
• Lifestyle Interventions
• Testing Guidelines

C-Reactive Protein (CRP) and Chronic Inflammation
• Brain Inflammation
• Nutritional Interventions
• Mindfulness and Stress
• Exercise
• Chronic Inflammation
• Sleep

Homocysteine and Early Memory Loss
• Cardiovascular and Neurovascular Disease
• B-Vitamins and Neurotransmitter Synthesis
• MTHFR Polymorphism
• Nutritional Interventions

Vitamin D: More Than a Sunshine Vitamin
• Populations at Risk
• Optimal Levels
• Vitamin D and Depression
• Vitamin D and Dementia
• Vitamin D Supplementation

Omega-3 Fatty Acids: The Pros and Cons of Supplementation
• Omega-3s and Brain Function
• Omega-3s and Brain Volume
• Guidelines for Supplementation
• Omega-3 vs. Omega-6

Genomic (DNA) Analysis: How Your Environment and Lifestyle Affect Your Genes
• Genomic Analysis
• Genetic Variants
• Diet and Exercise
• Reward Pathways

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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Medical foods are FDA-monitored foods specially formulated to meet the nutritional requirements of specific diseases. Medical foods include a variety of nutrients that are available without prescription.

In this program, learn the composition of medical foods, medicinal foods, and the validity of claims made about their uses for treating disorders of attention and cognition, mood, pain, inflammation, metabolism, and sleep.

Participants completing this program should be able to identify the effectiveness of selected medical foods and medicinal foods for treating chronic or recurrent disorders of:

1. Attention and cognition,
2. Major depressive disorder and dysthymic disorder,
3. Osteoarthritis, backache, headache or neuropathic pain,
4. Low grade, chronic inflammation,
5. Cardiometabolic factors underlying type 2 diabetes, coronary artery disease and stroke,
6. Initiating or maintaining sleep.

**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 California Board of Registered Nursing, Provider #CEP13966, and Florida Board of Nursing. This program provides 6 contact hours.

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

**PHYSICAL THERAPISTS**: Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for this program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by: Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, Provider #8CST00081001, by Illinois Department of CE Provider Program, Sponsor #021-00183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0441. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0008. This program provides 6 contact hours. Social Work Practice Level: Intermediate.

**SUBSTANCE ABUSE PROFESSIONALS**: Institute for Brain Potential is approved by the NAADAC, Approved Education Provider Program, Provider #102689. Institute for Brain Potential is approved by CAAP-PCE Provider Number 48-09-128-127. This program provides 6 CEH.

**PHARMACISTS AND PHARMACY TECHNICIANS**: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for contact hours (0.6 CEUs). UANs: 0492-0000-17-043-H04-P and 0492-0000-17-043-H18-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS**: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing 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 12/03/14 – 11/30/18. Provider ID: 312413. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

**OCCUPATIONAL THERAPISTS**: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #10658. 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 Florida Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS**: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and Ptas, #216.000210. This program provides 6 contact hours of CE credit.

**MASSAGE THERAPISTS**: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #025.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS**: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #P13257. This program provides 6 CE hours.

**EDUCATORS**: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

### 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
- Limbral 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

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**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.
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 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.

**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.

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Sleep and the Brain
A 6-Hour Home Study Program for Health Professionals

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.

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 prescribed benzodiazepine and non-benzodiazepine hypnotics, orexin antagonists.
3. Indications and risks of alternative and complementary medicines, medical foods, and supplements.
4. Mental habits that facilitate sleep to reduce pain, muscle tension, threat, or stress.
5. Environmental habits to facilitate sleep including sleep hygiene.

Participants completing this program will receive 7.5 clock hours of continuing education.

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.

Initial Release Date: 01/25/2016     Expiration Date: 01/25/2019     Content Level: Intermediate
Meditation
A 6-Hour Home Study Program for Health Professionals

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.

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

Developing a Personalized Meditation Program
- Taking Time to Experience Timelessness
- Finding Ourselves by Losing Ourselves
- Judging the Benefits of Non-Judgmental States
- Acquiring the Habit of Non-Habitual Thinking
- Replacing Fast Thinking with Slow Wisdom

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.
How People Change their Minds to Adopt Healthful Habits
A 6-Hour Home Study Program for Health Professionals

If clients were to follow the advice of their health professionals including eating, physical activity, drinking, smoking, prescription and addictive drugs, a majority of health 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 describe:
1. Motivational Interviewing, Readiness to Change, and Self-Efficacy methods to change minds and the brain.
2. Methods to translate intentions into action, compel action using health messages, and create meaningful change using social influence.
3. Intrinsic Motivation and Relapse Prevention models for promoting behavioral change.
4. Self-regulation to acquire positive habits and the habit brain.
5. Brain-based tools for retraining the habit brain.

Applying Social Psychological Methods to Change Minds and the Brain

- Miller and Rollnick’s Motivational Interviewing
  - Key Principle
  - Motivational Brain
- Prochaska’s Readiness to Change
  - Five Stages of Readiness to Change
  - Attitudes and the Brain
- Bandura’s Self-Efficacy
  - I Can Do This! Ways to develop self-efficacy.
  - How Self-Efficacy Changes the Brain
- Adjen’s Translating Good Intentions into Action
  - The Power of Planning
  - The Goal-Directed Brain
- Rothman and Salovey’s Health Messages that Compel Action
  - Persuasive Messages
- Two Competing Brain Systems
- Cialdini’s Social Influence to Create Meaningful Change
  - Sources of Social Influence
  - Social and Emotional Reasoning
- Deci and Ryan’s Intrinsic Motivation
  - Motivating to Become Our Best Self
  - Extrinsic Motivation
- Marlatt’s Relapse Prevention
  - Resisting Temptations
  - Retraining the Addicted Brain

Self-Regulation and the Habit Brain

- Why Self-Regulation is Hard to Achieve
- Understanding Cravings
- Changing How We Feel By Changing How We Think
- Improving How We Imagine the Future
- Maintaining Goal-Directed Behavior

Tools for Retraining the Habit Brain

- Reprogramming the Habit Brain
- Improving Impulse Control
- Tools for Behavioral Change
- Practicing Reward Substitution for Want-Based Habits
- Developing Resilience: a set of habits that can restore balance by reframing how we experience the past and imagine the future.

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 study of brain and behavior involved in social and emotional resilience.

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.
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 habits of emotionally resilient people including confronting fears, reward substitution, and preventing emotional uproot.
4. Describe habits of emotionally resilient people including reframing and overcoming anxiety, anger and sadness.
5. Describe habits that facilitate the generation of positive emotions, positive psychology and self-aware emotions.
6. Describe habits that focus on present-centered mindful listening, speaking, acceptance and energizing habits.

# How the Habit Brain Works
- Fear-Based Habits
- Cravings
- Forming New Habits

# 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

# 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

## OCCUPATIONAL THERAPISTS
Institute for Brain Potential is accredited by the American Occupational Therapy Association (AOTA) Approved Provider, Provider ID# 102132. 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 and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

## PHYSICAL THERAPISTS
Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and Ptas, #216.000230. This program provides 6 contact hours of CE credit.

## EDUCATORS
Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and AIB. 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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# 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.
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 Neuro-psychologist, 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 and Prefrontal Cortex

- Stress
- Prefrontal Development
- Teaching Executive Functions
- Mental Maps Underlying Executive Functions

Key Disorders of Executive Functions

- ADHD
- Moral Reasoning
- Mood
- Anxiety
- Stress Regulation
- Working Memory
- Dementia Disorders

Pharmacology and Executive Functions

- Stimulants
- Anxiety and Sleep
- Antidepressants
- Bipolar Disorders
- Anti-Craving Drugs

Executive Functions and Weight Regulation

- How Rewarding is it to Eat Right Now?
- How Much Self-Control Do I Have Right Now?
- How Motivated Am I?
- How Well Do I Plan?

Mental Control of Pain

- The Habit Circuit
- Health and Longevity
- How to Form and Maintain Healhtful Habits

Using Your Prefrontal Cortex to Form Positive Habits

- The Habit Circuit
- Health and Longevity
- How to Form and Maintain Healhtful Habits

About the Instructor

Mark B. Moss, Ph.D., a Neuro-psychologist, 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #101284. Institute for Brain Potential is approved by the CCAPP-EI Approved Education Provider Program, Provider #102949. Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. This program provides 6 clock hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 209-0003-17-014-H4-P and 092-0003-17-041-H16-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are acceptable for 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. Subject Code: 957. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is approved by the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6650. 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 (Activity Demands) and Occupational Therapy Process (Intervention). This course is approved by the Florida Board of Occupational Therapy for 6 hours of continuing education.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Florida Board of Massage Therapy. This program provides 6 CE hours of continuing education credit.

EQUIPMENT: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #216.0002.010. This program provides 6 continuing education hours.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB). #FPP274. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 07/20/2017     Expiration Date: 07/20/2020     Content Level: Intermediate

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A 6-Hour Home Study Program for Health Professionals

Passive Aggression, Sarcasm, Cold Anger, Hostility and Aggression: Brain-Based Advances in Managing Anger

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.

NURSES: Institute for Brain Potential (IBP) is accredited by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP #08041, Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org. This program provides 6 CE credits.

Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credit. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #FCSW00001, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #1660.000180, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Approvals Approval Program Provider Program, Provider #125049. Institute for Brain Potential is approved by CCAPP-PEL. Provider Number 458-128-1237. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 092-0230-01-18-000F and 092-0230-01-18-000T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education provider accreditation of this provider is 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 AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID 312413. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #8610. 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 (Intervention and Outcomes). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPBAB), #FDP247. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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
• Communication
• 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.

Initial Release Date: 01/31/2018 Expiration Date: 01/31/2021 Content Level: Intermediate
The Psychology and Narratives of Cancer Survivors
A 6-Hour Home Study Program for Health Professionals

In this 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 completing this program 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 combating depression.
4. Pathways to dealing with anxiety and managing uncertainty associated with illness recurrence.

• 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 main-tenance therapies, mobile apps for mental health, and the potential for virtual reality in adjusting to life after cancer.

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 40342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education content.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #FCSW15001, by Illinois Department of Professional Regulation MTCC CE Sponsor Program, Sponsor #16000030, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential is approved as provider of continuing education for licensed mental health counselors. #MHC-0134.

Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134.

Institute for Brain Potential (IBP) is approved by the American Nurses Credentialing Center’s Commission on Accreditation for 6 contact hours. Social Work Practice Level: Intermediate.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0902-0200-16-071-H04-T. This program provides 1 CE credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an approved PACCE 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. This program provides 6 hours of continuing education credit.

Institute for Brain Potential is accredited by the Accreditation Council for Continuing Education in Health Professionals as an approved provider of continuing education for medical assistants. #CMSA-004. This program provides 6 CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #10249. 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 Florida Board of Occupational Therapy for 6 hours of credit.

Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #1919. This program provides 6 contact hours of CE credit.

Institute for Brain Potential is approved as a provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB). This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock 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: 12/26/2016 Expiration Date: 12/26/2019 Content Level: Intermediate

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 life more fully.
Applying Cognitive Behavioral Techniques to Create Sustainable Change

A 6-Hour Home Study Program for Health Professionals

How Distorted Thinking Creates Suffering

“The happiness of your life depends on the quality of your thoughts.”

- How We Think Changes How We Feel
- Origins of Maladaptive Cognitions
- Cognitive Distortions
- Generalized Anxiety
- Sadness and Depression
- Hostility and Anger
- Passive Aggression

The Pathology of Perfectionism

Setting the Agenda

“We are what we think.
With our thoughts, we make the world.”

- Reasoning With Unreasonable People
- Overcoming Resistance to Change
- Enhancing Motivation

Developing Healthier Thoughts:
The Promise of CBT

“Change your thoughts, and you change your world.”

- Changing How We Feel By Changing How We Think
- Untwisting Unreasonable Thoughts
- Basic Techniques
- Evidence-Based Techniques
- Logic-Based and Semantic Techniques
- Self-Monitoring
- Humor-Based Techniques
- Positive Imaging
- Acceptance
- Dealing With Difficult Conversations
- Positive Psychology
- Happiness-Related Cognitions

Promoting Sustainable Wellbeing

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 cognitive behavioral and positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. Dr. Paquette was the teaching assistant of David Burns, MD, (Stanford University), a leading expert in making cognitive-behavioral techniques accessible to nursing, behavioral, and allied health professions. 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 for his ability to present practical strategies in ways that can lead to meaningful change.
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 kindness, enhance mindfulness, support optimism, improve interpersonal relationships, and maintain habits that can optimize health and wellness.

Participants completing this program should 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.
5. Why a healthy mind including the importance of resilience and resourcefulness usually contributes to a healthy body.

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 California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6342. Programs that do not qualify for NBCC credit are clearly indicated. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clock continuing education hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, Provider #RCST09880, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #160-001380, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #880. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers (LMSWs). Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider for continuing education for licensed marriage and family therapists. #MFT-0006. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Approved Education Provider Program, Provider ID #02049. Institute for Brain Potential is approved by CAAPAP, Provider Number 46-09-128-127. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This knowledge-based activity is designated for contact hours (0.6 CEUs). UANs: 0492-0000-16-01-H4-4P and 0492-0000-16-01-H8-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 213. Subject Code: 557. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #61680. 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 and Performance Patterns). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #CE-00220. This program provides 6 CE hours. This program provides 6 CE hours of continuing education credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathologists and Audiology Board (SLPAB), Provider #PSLP17. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

The Happiness Edge: Applying Positive Psychology in the Workplace

A 6-Hour Home Study Program for Health Professionals

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 Kindness Edge
- The Power of Kindness and Compassion
- Overcoming the Pathology of Perfectionism
- Developing the Kindness 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 Optimism
- The Optimistic Brain
- The Optimism Habit

Fostering Interpersonal Connections
- The Impact of Interpersonal Connections
- Healthy Mind is a Healthy Body
- Health as a Habit

Prioritizing Health and Wellness
- A Healthy Mind is a Healthy Body
- A 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.

Initial Release Date: 11/15/2016  Expiration Date: 11/15/2019  Content Level: Intermediate
**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 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.

**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 Metabolic 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 UCSF 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.
An unprecedented number of young people have been diagnosed with ADHD, anxiety, depression, bipolar disorder, borderline personality, autism spectrum disorder, and related conditions. Misdiagnosis is common and misinformation about treatment is widespread.

This program is designed to help health professionals improve their understanding of advances in psychopharmacology for youths with ADHD, Anxiety-Related Disorders, Depression, Bipolar Disorder, Borderline Personality, Autism Spectrum Disorders, and related conditions.

Participants completing this 6-hour program should be able to:
1. Identify core symptoms of common neuropsychiatric conditions in children and teens that are treated with psychiatric medications.
2. Discuss the benefits of psychostimulants and integrative approaches in treating ADHD.
4. Describe how the pharmacologic treatment of depression and bipolar disorders differ including indications and adverse effects.
5. Name an effective psychopharmacologic treatment of borderline personality disorders, conduct disorder and aggression, autism spectrum disorder or sleep disorder in youths.
6. Summarize practical advice for parents and health professionals who live or work with youths that are receiving or may receive drugs for psychiatric disorders.

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

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UIC 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.
Developing Positive Emotional Habits
A 6-Hour Home Study Program for Health Professionals

Mood regulation is strongly influenced by emotional habits. This 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 internalized emotional habits of happy people.
3. Describe externalized emotional habits of happy people.
4. Apply positive psychology to strengthen positive emotions.

The Joyful Brain: The Neurobiology of Happiness

- Understanding Emotional Habits
- Primitive Emotional Habits and the Reptilian Brain
- Positive Emotional Habits and the Prefrontal Cortex
- Stress Resilience
- Healthy Mood Regulation Strategies
- Unhealthy Forms of Mood Regulation
- The Six Brain-Based Emotional Styles
- Happiness

Emotional Habits of Happy People

Internalized Habits
- Savoring the Moment
- Practicing Non-Judgmental Awareness of Self and Others
- Experiencing Self-Aware Emotions
- Accepting the Limitations of Self and Others
- Reminding Oneself of Joyful States

Externalized Habits
- Connecting
- Resolving Conflicts Proactively
- Energizing and Relieving 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

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.

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 California Board of Registered Nursing, Provider #CEP73966, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 14120. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, Provider 19-CST036801, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #S-031001, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0008. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider Number 45919-128-127. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6.0 contact hours (0.6 CEUs). UANs: 0942-0000-16-003-H4-P and 0942-0000-16-012-H06-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Agency 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. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #16580. 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). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #1216.002210. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #1245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ credit in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #103247. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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

**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**
- Subcortical Memory Impairment
- Inflammation
- Alzheimer’s Disease
- Preventing Multi-Infarct Dementia
- Parkinson’s Disease and Dementia
- Neutoprotective Activities
- Neutoprotective Nutrients
- Neutroprotective 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.
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.
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 methods 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.

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 As We Age
- Cognitive Strategies For Unrealistic Worry
- Realistic Worry
- Humor

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.

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.

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

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.

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 by the American Nurses Credentialing Center’s Commission on Accreditation as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP130966, and Florida Board of Nursing, This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Program content that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

INSTRUCTORS: Institute for Brain Potential is an approved provider by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, by Florida State Board of Massage Therapy, by Texas State Board of Examiners of Marriage & Family Therapists, and by the Illinois Department of Professional Regulation. MTCE Sponsor Program, Provider #660.00382, and by the Texas State Board of Examiners of Marriage & Family Therapists, Provider #1420. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers (2017). Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, by Florida State Board of Massage Therapy, by Texas State Board of Examiners of Marriage & Family Therapists, and by the Illinois Department of Professional Regulation. MTCE Sponsor Program, Provider #660.00382, and by the Texas State Board of Examiners of Marriage & Family Therapists, Provider #1420. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers (2017). Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102149. Institute for Brain Potential is approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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 CEs). UANs: 0492-0000-17-051-H04-P and 0492-0000-17-051-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/2013 – 11/30/2018. Provider ID #1132415. Subject Code: 597. Institute for Brain Potential, provider RP-4241, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #10642. 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 not pre-approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is an approved provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.00281. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.00045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #FEP247. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 08/01/2017     Expiration Date: 08/01/2020     Content Level: Intermediate

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Understanding Adult Psychopharmacology
A 6-Hour Home Study Program for Health Professionals

Psychiatry: 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
• Hormones
• Neurotransmitters
• Antidepressants
• Rapid Acting Antidepressants
• Managing Common Side Effects
• Depression in Children

Bipolar Disorder
• Overdiagnosis
• Child- and 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

Insomnia
• 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 author or coauthor of numerous texts including of Clinical Psycho-pharmacology Ridiculously Simple(2016), Handbook of Clinical Psycho-pharmacology for Therapists (2017), Child and Adolescent Clinical Psychopharmacology Made Ridiculously Simple (2010). 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.

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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 pharmacological therapies to non-pharmacological treatments.

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 California Board of Registered Nursing, Provider #CEP3986, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP #56342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org. This program provides 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #FCST00081, by Illinois Department of Professional Regulation, Program CE Sponsor Program, Sponsor #1600-03182, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830, Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0141. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0006. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102549. Institute for Brain Potential is approved by CCAEP-FL, Provider Number 490-126-127. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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 CEUs). UANs: 0992-0000-17-408-H04-P and 0992-0000-17-048-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education provider approval by the AGD does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. Approval does not imply acceptance for credit by the ADA. The assignment of CE credits is within the discretion of individual states or provinces. The ADA recommends that an attorney determine whether or not a particular course or provider qualifies under local laws. The formal continuing dental education provider approval by the AGD does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. Approval does not imply acceptance for credit by the ADA. The assignment of CE credits is within the discretion of individual states or provinces. The ADA recommends that an attorney determine whether or not a particular course or provider qualifies under local laws. The current term of approval extends from 7/20/16 – 7/19/19. Provider ID 3132143. Subject Code: 557. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Tobacco. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #10580. The assignment of AOTA CEUs for this program is determined solely by the program sponsor. AOTA is not responsible for the content of programs offered by Approved Providers. This program provides 6 contact hours of CE credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #2161002080. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PESP247. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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

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-Resistant 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.

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 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 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 directions.
6. Describe how to channel a death anxiety into life-affirming choices and experiences.

Understanding Death Anxiety
“We are the dust of the universe trying to understand itself.” — Pelligrino
• What is Death Anxiety
• Impact of Death Anxiety
• Triggers
• Consequences of Death Anxiety

Coping With Death Anxiety
“The fact of death destroys life; the thought of death gives us life.” — Yalom
• Origins of Death Anxiety
• Mortality Salience and Terror Management Theory
• Maladaptive Coping
• Adaptive Coping

Neuroplasticity and Death Anxiety
“To invent the future is the purview of the prefrontal cortex.” — Fuster
• Existential Neuroscience
• Neuroplasticity

Preparations
“Understand 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
• 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
“Those who fear death are the ones who approach it with too much unlived life inside them.” — Yalom
• Living More Fully
• Living With Serenity
• Mindful Approach to Death Anxiety

ABOUT THE INSTRUCTORS
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.

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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Program Provider, Provider #02949. Institute for Brain Potential is approved by the CCDAP, Provider Number 48-09-126-1217. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 089700-32-18-09-00T and 089700-32-18-04-00T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #3234I, Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPIST: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #10281. 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, Client Factors, and Context and Environment). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and Ptas, #216.000210. This program provides 6 contact hours of CE credit.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPB) #3P3247. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 01/31/2018 Expiration Date: 01/31/2021 Content Level: Intermediate
This program presents the spectrum of PTSD including differential diagnosis, brain-related changes, and pharmacological and psychological treatments in children, adults, patients, health professionals, veterans, and the elderly.

Participants completing this program should be able to:
1. Identify key forms of PTSD, common coexisting conditions and differential diagnosis.
2. Identify brain-related changes associated with PTSD and PTSD that coexist with mild traumatic brain injury.
3. Describe common characteristics of PTSD as it affects children, adults, the military population, health professionals and the elderly.
4. List several pharmacological agents indicated for PTSD.
5. Describe several evidence-based psychological therapies for PTSD.

PTSD Spectrum Disorders
- Changes in PTSD Criteria
- Differential Diagnosis
- Common Coexisting Conditions
- Primary Exposure
- Secondary Exposure

Neurobiology
- Stress-Related Brain Pathology
- PTSD With Co-Existing Traumatic Brain Injury
- The Recovering Brain

How Traumatic Experiences Are Processed
- Children
- Adults
- Combat-Related PTSD
- Patients
- Health Professionals At-Risk of PTSD
- PTSD in the Elderly

Pharmacotherapy
- Significant Benefit
- Some Benefit
- PTSD with Chronic Pain
- PTSD with Traumatic Brain Injury

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 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.

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
Wellness and the Brain: The Psychobiology of Positive States
A 6-Hour Home Study Program for Health Professionals

This 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.
6. Name several means of attaining restorative experiences including sources of creativity and purpose.

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 California Board of Registered Nursing, Provider #CEP19869, and Florida Board of Nursing, This program provides 6 contact hours.

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

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org. through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2021. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by OhioCSWMT Board, Provider #FESC08061, by Illinois Department of Professional Regulation, Provider #160.00183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential (IBP), SWCPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0814. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists, #MFT-0008. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Approved Education Provider Program, Provider #102499. Institute for Brain Potential is approved by CCAPP-EC, Provider Number 469-128-12-07. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0800-16-010-H04, and 0800-16-027-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #312413. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0650. 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.

MASSAGE THERAPISTS: Institute for Brain Potential is accredited as a provider of continuing education by the Illinois Department of Professional Regulation. Approved CE Sponsor for PTs and PTAs, #1216.00020. This program provides 6 contact hours of CE credit.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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.

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

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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 pharmaceutical and non-drug approaches.

Participants completing this program should be able to:
1. Describe how chronic and recurrent pain:
   - As a result of chronic and recurrent pain, individuals may experience:
   - Decreased quality of life.
   - Reduced physical activity.
   - Increased medication use.
   - Psychological distress.

2. Psychological, nutritional and physical modalities.
3. Pharmacological treatments including NSAIDs, opioids, antidepressants and anticonvulsants.
4. Treatment of tension, migraine and medication-induced headaches.
5. Treatment of fibromyalgia.

Understanding Treatments

- 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
  - Progressive 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
  - 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 breadth 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.
Understanding Type 2 Diabetes
A 6-Hour Home Study Program for Health Professionals

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 presentations for their abundance of practical information, insightful case histories and clinical wisdom.

Initial Release Date: 06/29/2016    Expiration Date: 06/29/2019    Content Level: Intermediate

© 2018 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider #024991, a division of Institute for Brain Potential, to offer continuing education for substance abuse professionals. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0492-0000-16-01F-H06-T and 0492-0000-16-01F-H08-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved 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. This program provides 6 CEUs.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #15680. 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), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216-00260. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.00045, and by the Florida Board of Massage Therapy. This program provides 6 CEUs. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPA), #02427. This program provides 6 CEUs.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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 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

© 2018 IBP
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 describe:
1. The thought-mood connection.
2. The application of cognitive-behavioral techniques.
3. Extended behavioral activation to spend time more effectively.
4. Interpersonal techniques that facilitate adaptive thinking.
5. Positive and mindful states that enhance wellbeing.

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.
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

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 illustrate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

PDP247. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program. This program provides 6 CE credit.

Institute for Brain Potential, Provider Number 4S-09-128-1217. This program provides 6 CEHs.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider of social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved 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 California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

In this program, emphasis is placed on practical, evidence-based solutions for health professionals in medical, dental, behavioral, and educational settings.

Participants completing this program should be able to:

1. Describe how trauma and stress can alter the brain and impair social reasoning.
2. Identify diagnostic features of high-conflict individuals with selected disorders of personality, mood, anxiety, and anger.
3. List several skills that health professionals can use to interact more effectively with high-conflict people.
4. List interventions that health professionals can apply to help protect and enhance their health when working with noxious people.
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.

Pathways to Effective Reasoning

• Assuring the Person Feels Heard
• Focusing on Feelings
• Emotion-Sustaining Beliefs
• Identifying the Patient’s Strengths
• Core Emotional Concerns
• Beyond Reason

Mood Disorders

• Depressive Disorders
• Bipolar Disorders

Selected Personality Disorders

• Key Features
• Antisocial (Sociopathic)
• Borderline
• Narcissistic

Passive and Aggressive Forms of Anger

• Passive Anger
• Aggressive Anger

Strategies for Helping Patients With Strong Emotions

• Cognitive Restructuring
• Shifting the Focus to Problem Solving
• Exposure-Based Treatments
• Emotion Regulation Techniques
• Dialectical Behavioral Therapy
• Disengaging from Pathological Interactions
• Handling Difficult Conversations

Calming Strategies for Health Professionals

• Resilience-Based Reasoning
• Balancing Priorities
• Changing the Narrative
• Acceptance
• Practicing Mindfulness-Based Stress Reduction

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.

© 2018 IBP
Treating Borderline Personality Disorders: Understanding Intense, Impulsive, and Volatile Relationships

A 6-Hour Home Study Program for Health Professionals

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. Describe genetic and developmental factors underlying borderline personality disorder.
4. 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
- Paranoic Ideation
- Common Coexisting Conditions

Developmental Factors

- Nature versus Nurture
- Childhood Trauma
- Psychodynamic
- Cognitive-Behavioral
- Genetic
- Biological

Resources

- Interpersonal Skills
- Psychodynamic
- 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 noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.
Understanding Character Flaws and Personality Disorders: Guidelines for Navigating Challenging Relationships

A 6-Hour Home Study Program for Health Professionals

Character flaws are brain-based impairments of thinking and impulse. Personality disorders are combinations of character flaws. This program presents key warning signs, personality disorders, and strategies.

Participants completing this new 6-hour program should be able to:
1. Recognize key warning signs of character-flawed people.
2. Identify key personality disorders.
3. List symptoms of the character-flawed brain.
4. Describe strategies for managing difficult conversations and situations.
5. Discuss ways to protect your mental and physical health when interacting with character- and personality-disordered people.

Key Warning Signs of Character Flaws
• Is this person trustworthy?
• Does he undermine self-worth?
• Does he respect your needs?
• Is this person honest?
• Do I feel safe with this person?
• Does he violate rules or laws?
• Has this person been violent?

Diagnosis of Key Personality Disorders
• Antisocial Disorder: how sociopaths reason
• Narcissistic Disorder: the mind of the narcissist
• Borderline Disorder: I love you/I hate you
• Mind of the Addicted Brain
• Anger-Related Personality Disorders

The Character-Flawed Brain
• Developing Brain
• Impaired Impulse Control
• Impaired Mood Regulation
• Deficient Social Judgment
• Defective Forethought and Impaired Executive Functions

Managing Difficult Conversations and Situations
• Mindful Listening
• Shifting the Focus to Problem Solving
• Increasing Interpersonal Effectiveness
• Setting Clear Boundaries
• Recognizing Cognitive Distortions

Improving How We Feel By Changing How We Think
• Practicing Rapid Calming Strategies
• Beliefs that Perpetuate Negative Feelings
• Applying Cognitive Strategies
• Practicing Advances in Mindfulness-Based Stress Reduction
• Enhancing Emotional Fitness
• Taking Meaningful Action

ABOUT THE INSTRUCTOR
Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in areas of character pathology and personality disorders. He has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout North America. In this innovative presentation, film excerpts will illuminate character flaws. Audiences commend his insightful and practical programs and his enjoy warm sense of humor.

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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, 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.

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 nosious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

Pathways to Transforming Personality
- Social Awareness
- Overcoming Disabling Thoughts
- Acquired Optimism
- Gratitude, Empathy and Forgiveness
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ABOUT THE INSTRUCTOR
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Listening to the Body: Understanding the Language of Stress-Related Symptoms

A 6-hour Home Study Program for Health Professionals

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

- Hypertension
- Migraine Headache
- Cardiac Symptoms
- Stress-Related Eating

Musculoskeletal 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.

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This innovative program reviews the mind-body connection underlying common fatigue-related conditions, the critical role of inflammation, stress, mood, anxiety, pain, and sleep. Advances in reducing fatigue and energy are presented.

Throughout the program, Dr. Sieber will demonstrate practical and evidence-based approaches to reducing fatigue.

Participants completing the program should be able to:
1. Discuss how psychological stress contributes to fatigue including the role of inflammation, mood, anxiety, pain, and sleep. 
2. Compare and contrast fatigue as it occurs in major depression, chronic fatigue, psycho-physiological insomnia, and profession-related fatigue. 
3. Outline an approach involving psychological modalities for treating a selected fatigue-related disorder.
4. Outline an approach involving lifestyle factors, such as physical activity, conscientious eating, restorative sleep, and meditative traditions for managing a fatigue-related disorder.

Understanding the Psychobiology of Fatigue
- The Stress-Cortisol Connection
- The Cortisol-Inflammation Connection
- The Inflammation-Brain-Body Connection
  - Neuroinflammation
  - Arterial Inflammation
  - Periodontal Inflammation
  - GI Tract Inflammation
- The Inflammation-Pain-Mood Connection
- The Pain-Mood-Sleep Connection
- The Sleep-Immune-Fatigue Connection
- Reversing the Vicious Cycle Linking Stress, Inflammation, Mood-Anxiety-Pain and Sleep

Understanding Selected Fatigue Syndromes
- Major Depression
- Chronic Fatigue Syndrome
- Psychophysiological Insomnia
- Profession-Related Fatigue

Evidence-Based Approaches for Reducing Fatigue
- Addressing Cognitive Factors
- Addressing Interpersonal Factors
- Motivational Interviewing
- Addressing Physical Activity
  - Mood Elevation
  - Stress Resilience
  - Sleep Depth
  - Pain Relief
  - Reduced Inflammation
- Addressing Positive Psychology
  - Conscientious Eating
  - Prioritizing Restorative Sleep
- Calming Traditions

About the Instructor
Bill Sieber, Ph.D., Clinical Professor in the Departments of Psychiatry and in Family Medicine at the University of California, San Diego, directs 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, mood and fatigue. He blends evidence-based research with practical strategies to directly enhance the well-being of health professionals and to help calm 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.

Initial Release Date: 01/01/2018    Expiration Date: 01/01/2021    Content Level: Intermediate
A revolution in the brain and behavioral sciences is revealing how we can be happier by applying principles of positive psychology.

In this program, acquire a practical understanding of positive psychology, the attainment of mindfulness, and the limits and capabilities of positive psychology in meaningfully increasing health and wellbeing.

Professionals working in medical, dental, behavioral, and educational settings completing this program should be able to:
1. List several attributes of positive psychology,
2. Outline steps to promote mindfulness,
3. Describe some limits of positive psychology,
4. Identify several pathways toward creating positive states and traits, and
5. Discuss physical and mental health benefits of practicing positive psychology.

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

The Limits of Positive Psychology
- Optimistic Bias
- Mood Disorders
- Pathological Search For Happiness

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

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.

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 California Board of Registered Nursing, Provider #CEP13966, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 557. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #FSCSWMFT001, by Illinois Department of Professional Regulation, MFT CE Sponsor Program, Sponsor #060-01382, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0314. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0006. This program provides 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited as a provider of pharmacy continuing education by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for contact hours (0.6 CEUs). UANs: 0492-0000-15-H55-H94-P and 0492-0000-15-054-H16-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROVIDERS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 10/01/14 – 10/01/18. Provider ID #312413. Subpect Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education programs to Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6856. 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 Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is an approved provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.001220. This program provides 6 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, 0245.000445, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # FES-P274. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 07/27/2018   Expiration Date: 07/27/2021   Content Level: Intermediate

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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 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Approval Number: 102149, as an approved provider of continuing education. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designed for 6 credit hours of continuing education for pharmacists and pharmacy technicians. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is an Approved Program Provider by the Academy of General Dentistry (AGD). The formal confirmation of this program is 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. This program provides 6 hours of continuing education credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #04780. This program provides 6 CEUs.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. This program provides 6 hours of continuing education credit.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved by the California Speech-Language Pathology and Audiology Board (SLPA), # P13024. This program provides 6 CEUs.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Understanding Age-Related Cognitive Impairments
- Short-Term Memory
- Long-Term Memory
- Cognitive Domains
- Habits
- New View of Healthy Aging
- Mild Cognitive Impairment
- Dementia

Understanding Alzheimer’s Disease
- Prevalence
- Neuropsychological Impairments
- Diagnosis
- Pathology
- Disease Modifying Treatments
- Modifiable Risks
- Genetic Risks

Understanding Vascular Dementia
- Prevalence
- Neuropsychological Impairments
- Diagnosis
- Pathology
- Risk Profile

How Can We Prevent Cognitive Decline?
- Physical Activity
- Stress-Related Aging of the Brain
- Hormones
- Reducing Chronic Inflammation
- Nutrients and the Aging Brain
- Increasing Cognitive Reserve
- Cognitive-Enhancing Strategies
- Habits to Improve Long-Term Memory
- Maintaining Memory Habits

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 to changes in 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.

Initial Release Date: 02/12/2016 Expiration Date: 02/12/2019 Content Level: Intermediate
The Opioid Epidemic: What Licensed Health Professionals Need To Know

A 6-Hour Home Study Program for Health Professionals

Who Becomes Addicted

- Genetic Vulnerability
- Environmental Vulnerability
- Psychological Vulnerability
- Pain Vulnerability

The Addicted Brain

- Understanding Addiction
- Dopamine and Wanting
- Liking Without Wanting Versus Wanting Without Liking
- Withdrawal and Negative Emotions
- Relation To Eating Disorders and Injury
- The Role of Chronic Pain

Opioid Addiction and Chronic Pain

- Increased Pain Sensitivity
- Altered Habit Brain
- How Pain Relief Hijacks the Habit Brain
- Reinforcing Disability
- Altering Prescribing Practices
- Guidelines for Opioid Withdrawal

Preventing Overdose-Related Deaths

- Overdose Education
- Risk Factors
- Preventing An Overdose-Related Death

Opioid Treatment Programs

- Effective Treatment of Opioid Use Disorder
- Pharmacotherapy
- Setting the Stage for Recovery
- Reinforcing Recovery
- Combining Mental Health and Substance Use Treatment
- Cannabis
- Reward Substitution

ABOUT THE INSTRUCTOR

Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Associate Clinical Professor of Psychiatry and Behavioral Sciences at Stanford Medical School and is Director of Program Evaluation for the treatment of addictive disorders, pain, and mental health conditions for veterans throughout the United States. Dr. Trafton is first author of Training Your Brain To Adopt Healthful Habits: Mastering the Five Brain Challenges (2016) and has authored numerous scientific publications concerning addiction, pain and related topics.

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.

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.
Understanding Substance-Related and Addictive Disorders: Diagnosis, Treatment and Prevention

A 6-Hour Home Study Program for Health Professionals

**The Addicted Brain**
- binging and intoxication
- withdrawal and negative affect
- preoccupation and anticipation
- rewiring the Brain
- punishment-resistant behavior
- risk factors

**Alcohol Use Disorder**
- key features
- role of serotonin receptors
- development and course
- genetic and physiological risk factors
- how alcohol alters the developing and adult brain
- neurocognitive disorders

**Cannabis Use Disorder**
- newly recognized risks of severe and prolonged withdrawal symptoms similar to PTSD
- high incidence of acute psychosis
- complex pharmacology of THC and cannabinoid
- comorbid bipolar and anxiety disorders
- risks and benefits

**Opioid Use Disorder**
- genetic, physiological, and environmental factors
- suburban and profession-specific risk
- prescribing practices in medical and dental use that reduce risk of misuse and dependence

**Sedative, Hypnotic, or Anxiolytic Use Disorders**
- functional consequences
- comorbidity and aging-related risks
- the complex challenge of overcoming withdrawal and dependence

**Stimulant-Related Disorders**
- benefits of slow release (e.g., for ADHD) but risks of rapid release formulations
- medical and dental consequences of abuse
- challenge of prolonged cognitive impairment for treatment

**Tobacco-Related Disorders**
- elevated presence of psychotic, bipolar, depressive, anxiety, and obsessive-compulsive disorders among individuals unable to quit
- combining behavioral and pharmacological treatments

**Eating Disorders**
- eating disorders and obesity share changes in dopamine reward circuits found in major addictive disorders
- framing the cycle of negative affect, craving, and excessive eating
- keys to altering the habit brain

**Pathways to Recovery**
- effective pharmacotherapies
- effective psychosocial treatments
- core components of effective treatments
- counterproductive strategies
- relapse prevention

**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.

**Initial Release Date:** 01/31/2018  
**Expiration Date:** 01/31/2021  
**Content Level:** Intermediate

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**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 California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 contact hours.

**COUNSELORS, PSYCHIATRISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential 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. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Joint Accreditation for Continuing Education in Social Work (JACESW). This program provides 6 clock hours.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, Provider #RCE00081, by Illinois Department of Professional Regulation, MT/CE Sponsor Program, Sponsor ID #160.003182, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0006. This program provides 6 contact hours.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC, National Association of Addiction Care and Treatment Programs. Provider #170249. Institute for Brain Potential is approved by the CCAPP-CAP Number 4S-09-128-1217. This program provides 6 CEH.

**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential 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: 0992-0000-18-017-H04-P and 0992-0000-18-017-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. Approval through December 31, 2018. Provider ID: 052405. Subject Code: D07. Institute for Brain Potential, provider #RP-4261, is authorized to confer continuing education credit for dentists, dental hygienists and dental assistants by the Florida Board of Dentistry. This program provides 6 hours of CE credit.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6180. The assignment of AOTA CEUs does not imply endorsement by AOTA of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 0.6 contact hours. Content Focus: Occupational Therapy Process (Evaluation and Intervention). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000280. This program provides 6 CEUs.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a provider of continuing education by the Illinois Department of Professional Regulation, #285.00045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #153224. This program provides 6 CE hours.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a coproduction 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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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 describe a strategy 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.

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, Cognition andNeurological 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, andother 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 Brain Development:
How Brain Circuits and Maturation Explain Behavior

A 6-Hour Home Study Program for Health Professionals

Development of Cognitive Abilities
- Learning and Memory
- Language
- Non-Verbal Abilities

Brain Circuits and Early Childhood Development
- What Makes Us Human? Brain size, circuits, intelligence that enable tool use, language, and imagining the future
- The Developing Brain
- Steroid Hormones and Brain Circuits
- Stages of Early Cognitive Development
- Development of Impulse Control

Developmental Disorders
- Autism Spectrum Disorders
- Attention-Deficit-Hyperactivity Disorder
- Schizophrenia Spectrum
- Mood Disorders
- Generalized Anxiety and PTSD

Environmental Effects on Brain Development
- Stress Experienced by One’s Parents
- Impact of Early Life Events
- Environmental Effects on Brain Plasticity
- Adult Outcomes of Early Life Events

Strategies for Increasing Developmental Resilience
- The Developing Brain
- Increasing Stress-Resilience in School Settings
- Full Spectrum Strategies To Improve Stress Resilience

ABOUT THE INSTRUCTOR

Mike Yassa, Ph.D., Associate Professor in the Department of Neurobiology and Behavior and Neurology and Director of the Center for the Neurobiology of Learning and Memory at the University of California, Irvine. Dr. Yassa and his colleagues recently discovered that a fragmented, unpredictable connection between mother and child is a key factor that predicts developmental disorders of learning, memory, and impulse control.

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 multiple awards for research and teaching excellence. Dr. Yassa has appeared on BBC World News, ABC News, CNN Health, Fox News. NBC News and the PBS NewsHour. Dr. Yassa is highly recommended by health professionals for his ability to communicate key concepts and their practical applications with warmth and enthusiasm.
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

Dementia
- Alzheimer’s Disease
- Frontotemporal Dementia
- Dementia with Lewy Bodies
- Vascular Dementia

Traumatic Brain Injury
- Classifications
- Focal and Diffuse Injuries
- Signs and Symptoms
- Chronic Traumatic Encephalopathy

Protecting the Brain
- Neuroinflammation
- Preventing and Managing Head Trauma
- Stress-Related Neurodegeneration
- Compensation
- Role of Exercise and Lifestyle

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 Neurological 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.

Dr. Yassa has appeared on BBC World News, ABC News, CNN Health, PBS NewsHour, NBC News and Fox News. Dr. Yassa is applauded by health professionals for his ability to communicate complex concepts in readily comprehensible terms and for his warmth and enthusiasm.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider Number 102489. Institute for Brain Potential is approved by the NAADAC, Provider Number 4S-09-128-1217. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0902-0000-16-025-HF-T and 0902-0000-16-023-HF-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted 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. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #01650. 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 Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTA’s, #216.000200. This program provides 6 hours of CE credit.

MOTION THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #6 PDPA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.
Understanding and Experiencing Mindfulness-Spectrum States
A 6-Hour Home Study Program for Health Professionals

There Is No Time Like the Present

- Past and Future
- The Experience of Mindfulness Meditation
- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness-Based Mental Training

Mindfulness-Spectrum Techniques: There Is No Time Like the Present.

- Non-judgmental Breath Awareness
- Mindfulness-Based Body Scan
- Walking Mindfulness
- Eating Mindfulness Technique
- Tailored Interventions

Mindfulness-Based Pain Reduction and Health Promotion

- How Mindful Pain Reduction Works
- Indications
- An Adjunct to Opioid Medication
- Preparing Patients for Medical, Dental and Surgical Interventions
- Acceptance of the Past, Present and Future

How Mindfulness Alters the Brain

- You Don’t Have to be a Monk
- Improving Attention
- Elevating Mood
- Enhancing Nonjudgmental Awareness
- Reducing Somatic Distress
- Inhibiting Pain Sensitivity
- The Mindfulness Habit is Not Habit Forming

The Mindful Lifestyle

- Detaching from Negative Emotions
- Improving Emotional Resilience
- Acceptance
- Extending Healthy Cognitive Aging

ABOUT THE INSTRUCTOR

Fadel Zeidan, Ph.D., is Assistant Professor at Wake Forest University and is Associate Director of Neuroscience at Wake Forest’s Center for Integrative Medicine. Dr. Zeidan is a leading expert in the study of how mindfulness-based states can reduce pain, anxiety and improve health. He is a member of the prestigious Mind and Life Institute and his research is supported by grants including the National Institutes of Health.

An outstanding speaker, he has presented his research at numerous scientific conferences and invited presentations including TED talks. He makes his lectures inspiring and practical by presenting key findings in non-technical terms demonstrating mindfulness-based techniques. Dr. Zeidan will also share what he presented to the Dalai Lama and the results of his extensive evidence-based research that support the use of mindfulness-based spectrum interventions.

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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 California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clock continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #185100, by Illinois Department of Professional regulation PEACE Program Sponsor, Sponsor #830.000138, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #580. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers (LICSW). Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clock continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is designated as an Approved Home Study Provider, Provider #01249. Institute for Brain Potential is approved as a provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 CE units.

Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counsel-ors. #MH-0134, Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 CE units.

Institute for Brain Potential is approved by the NAADAC, Provider #01249. Institute for Brain Potential is approved as a provider of continuing education for alcohol and drug counselors. Workbook: #029205. This program provides 6 CE units.

Institute for Brain Potential is accredited by the Accrediting Commission for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for contact hours (0 CEUs). UAN: 0492-0000-17-032-H48-P and 0492-0000-17-032-H48-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

Institute for Brain Potential is designated as an Approved Home Study Provider, Provider #0278. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clock continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is 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 Habits of People Least Likely to Develop Alzheimer’s Disease
A 6-Hour Home Study Program for Health Professionals

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.

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 be 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. Identify key habits of people who are unlikely to develop Alzheimer’s disease.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13966, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider F13508301, and by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #160.000382 and, by Texas State Board of Examiners of Marriage & Family Therapists, Provider #T89000, Institute for Brain Potential (IBP). SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0044. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This provider of continuing education for licensed marriage and family therapists. #MFT-0068. This provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 6 CE credits.

Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider 104809. Institute for Brain Potential is approved by NAADAC, 1111 Wilson Blvd., Suite 202, Arlington, VA 22209, 703-559-9580, as an Approved Education Provider. (Provider #104809) This program provides 6 CEUs.

Institute for Brain Potential is an American Association for the Accreditation of Code Enforcement Agencies (AACE) Approved CPT Provider, #102949. Institute for Brain Potential is approved by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC) as a provider of continuing education for registered nurses through its Accreditation Program. This program provides 6 continuing education contact hours (0.6 CEUs). UANs: 0492-0000-16-032-H04-P and 0492-0000-16-032-H04-T. This program has been pre-approved by California Board of Registered Nursing, Provider #CEP13966, for 6 contact hours. The California Board of Registered Nursing is an approved provider of continuing education for professional nurses by the California Board of Registered Nursing, Provider #CEP13966, for 6 contact hours. The Florida Board of Nursing, Provider #CEP13966, for 6 contact hours. The Florida Board of Nursing is an approved provider of continuing education for registered nurses by the Florida Board of Nursing, Provider #CEP13966, for 6 contact hours.

The Habits of People Least Likely to Develop Alzheimer’s Disease
1. Lifestyle has an important role in who remains cognitively intact, who develops mild cognitive impairment and who develops Alzheimer’s disease (AD).
2. This program is designed to help you understand Alzheimer’s disease, key risk factors, and brain-protective habits.
3. Participants completing this program should be able to:
   a. Describe how Alzheimer’s disease can be diagnosed.
   b. List several modifiable factors that increase the risk of developing Alzheimer’s disease.
   c. 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
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ABOUT THE INSTRUCTOR
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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.
Remembering, Forgetting and Protecting the Aging Brain

A 6-Hour Home Study Program for Health Professionals

This 6-hour program presents advances in identifying who develops memory loss and advances in protecting the aging brain decades before the onset of cognitive decline.

Participants completing this program should be able to:
1. Distinguish between impairment of short-term, working, and long-term memory.
2. Outline an evidence-based strategy to protect short-term, working, or long-term memory.
3. Describe how the habit brain plays a role in either major depression, addictive disorders, obsessive-compulsive disorders or posttraumatic stress disorder.
4. Identify characteristic cognitive impairments in Alzheimer’s disease.
5. List several advances in protecting the aging brain.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider Number: 1022949. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential 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: 0942-0000-18-001-H04-P and 0942-0000-18-004-H08-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal approval doesn’t imply AGD endorsement. Approval of this provider is 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: 31043. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

APPROVED PROVIDER PROGRAM: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #102949. 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 Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program provides 6 CE hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # 1F0254. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by: The Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 01/01/2018 Expiration Date: 01/01/2020 Content Level: Intermediate

STUART ZOLA

Stuart Zola, Ph.D. is an internationally recognized expert in the neural foundation of memory, memory impairments and Alzheimer’s Disease. Dr. Zola Co-Directed the Alzheimer’s Disease Research Center at Emory University and is currently conducting research and practical applications to provide early detection of cognitive decline associated with Alzheimer’s Disease.

An outstanding and highly sought-after speaker, he artfully combines his knowledge of brain science with his natural sense of humor, social acumen and favorite hobby, sleight-of-hand magic.

Short-Term Memory: remembering what happened recently
- Brains At Risk
- Protecting Short-Term Memory

Working Memory: remembering what to do next
- Brains At Risk
- Protecting Working Memory

Long-Term Memory: the memories of our lives
- Brains At Risk
- Protecting Long-Term Memory
  - Caffeine and Glucose
  - Physical Activity
  - Restorative Sleep
  - Neurocognitive Activities

Habit-Based Memories: habits are critical for brain health
- Brains At Risk
- Reprogramming the Brain
  - Major Depression
  - Addictive Habits
  - Obsessive-Compulsive Habits
  - Posttraumatic Habits

Advances In Prevention: most dementia's take time to develop
- Cognitive Domains
- Understanding Alzheimer’s Disease
- Early Detection
- Reducing Inflammation and Protecting the Aging Brain
  - Neuroprotective Nutrients
  - Neuroprotective Exercise
  - Neuroprotective Sleep
  - Neuroprotective Mental Activities

ABOUT THE INSTRUCTOR

Stuart Zola, Ph.D.
Health-Related Benefits of Humor and Laughter

A 3-Hour Home Study Program for Health Professionals

In this 3-hour evidence-based program presented by Brian King, Ph.D., a neuroscientist/comedian, learn why a sense of humor and laughter are good for the brain and body, increase stress resilience, how they reduce pain, improve immune function, elevate mood, and reduce generalized anxiety.

Participants completing this program should be able to describe:
1. How humor and laughter can be good for the brain and body.
2. The benefits of the appropriate use of humor and laughter in medical settings.
3. The benefits of humor for improving psychological health.
4. The application of humor to promote healthful habits.

Why Humor is Good for the Brain and Body

Start the day off with a smile and get it over with

• Why We Laugh
• Stress-Related Hormones
• Immune Health
• Humor and Brain Health

Humor and Laughter in Medical Settings

Laughter is the best medicine

• Acute Pain
• Chronic Pain
• Heart-Warming Humor
• Cancer

Using Humor in Your Practice by Practicing Humor

Laughter is the closest distance between two people.

• Reducing Generalized Anxiety
• Depression
• Interpersonal Therapy
• Cognitive-Behavioral Therapy
• Positive Psychology
• Acceptance and Commitment
• Enhancing Mindfulness
• Difficult Conversations and Situations

Using Humor to Promote Healthful Habits

Good humor is an acceptance of reality

• Enhancing Willingness to Change
• The Humor-Habit
• Reducing Apprehension
• Changing How We Feel By Changing How We Think
• Calming An Overactive Brain

ABOUT THE INSTRUCTOR

Brian King, Ph.D. (Bowling Green State University), an expert in Applied Biopsychology has been a professional comedian and is an entertaining and informative speaker.

An expert in the study of humor and laughter, Dr. King is the author of evidence-based book, the Laughter Cure (2017) This memorable program provides practical strategies to improve health and wellbeing through the use of film clips, cartoon and comedic dialogue. His lectures have been attended over 20,000 health professionals.

Dr. King will answer your questions in class, during the second half of the lunch break and by email after adjournment.