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

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

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

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

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

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

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

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

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

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

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

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

A 6-Hour Home Study Program for Health Professionals

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

Common Maladaptive Behaviors of Perfectionists
- Overcompensating to conceal one’s weaknesses
- Compulsive behaviors (e.g., checking and hoarding)
- Assurance-seeking
- Unnecessary correcting of others
- Excessive organizing and reorganizing
- Delaying making decisions
- Unwillingness to quit when an approach is not working
- Lack of trust when delegating
- Disordered eating
- Stress behaviors when unattainable standards are not met

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

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

ABOUT THE INSTRUCTOR

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

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

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

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Shyness and Social Anxiety: Evidence-Based Techniques for Overcoming Fear
A 6-Hour Home Study Program for Health Professionals

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center Commission on Accreditation.

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

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

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

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is approved by the American Pharmacists Association as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs).

PHYSICIANS: IBP is designated as an Approved PACE Program Provider through the American Academy of Family Physicians, #04920000-06-056-00P. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID#: 032143. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #E-P4-4201, is authorized to confer continuing education for Physicians, Dentists, Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0650. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 06 AOTA CEUs or 6 contact hours. Content Focus Domain of OT (Performance Skills) and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an approved provider by the FL Board of Physical Therapy for 6 hours of credit.

MASSAGE THERAPISTS: IBP is an approved CE provider by FL Board of Professional Regulation, #MT-0034. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, #PDP247.

This program provides 6 CE hours.

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

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

ABOUT THE INSTRUCTOR

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

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

A 6-Hour Home Study Program for Health Professionals

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
- Tics and Tourette’s Syndrome
- Illness Anxiety Disorder

Neurobiological Origins and Biological Treatments
- Pediatric Onset
- Habit Brain
- Prefrontal Cortex
- Anterior Cingulcute
- 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-based disorders including Social Anxiety Disorder, The Shyness and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders, The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

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

© 2017 IBP
Why We Worry: Understanding and Treating Anxiety Disorders
A 6-Hour Home Study Program for Health Professionals

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

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

Participants completing this program should be able to:
1. List the key features of panic disorder, phobias, social anxiety, obsessive-compulsive disorders, generalized anxiety, and posttraumatic stress.
2. Describe evidence-based psychological and pharmacological treatments for anxiety and related disorders.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Commission on Accreditation of the Higher Education Institutions of the Western Association of Schools and Colleges.

PHYSICIANS, PHYSICAL THERAPISTS, OCCUPATIONAL THERAPISTS, RESPIRATORY CARE PROFESSIONALS, PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited with distinction as a provider of continuing education by the American Medical Association, Physician’s Recognition Award. IBP is approved as a provider of continuing education by the State of Florida, Board of Dentistry, Provider #632413. This program provides 6 CE hours.

DENTAL PROFESSIONALS: IBP is designated as an Approved CE Provider by the American Dental Association (ADA). The program is approved for 6 CE hours.

DENTAL PROFESSIONALS: IBP is an approved Continuing Education Sponsor by the Board of Osteopathic Dentistry of Florida. This program provides 6 CE hours.

ANESTHESIOLOGISTS: IBP is approved to offer anesthesia-related continuing education. This program provides 6 hours.

ACRE: Institute for Brain Potential is approved by the NADAC Approved Education Provider Program, Provider #102499. IBP is approved by the Commission on Accreditation of the American College of Healthcare Executives to offer continuing professional development for healthcare professionals. This program provides 6 CE hours.

Continuing education credits are based on the current field of practice and are earned for the time the participant spends involved in the program.

ABOUT THE INSTRUCTOR

Martin M. Antony, PhD, is an internationally recognized expert in the assessment and treatment of anxiety and related disorders, and is the past president of the Canadian Psychological Association. Dr. Antony is Professor and Chair of Psychology at Ryerson University in Toronto. He has authored or co-authored leading texts and evidence-based scientific papers and chapters on the full range of anxiety-based disorders including Social Anxiety Disorder. His book Shyness: The Truth About Social Anxiety and How to Overcome It (second edition) was published by Broadway Books in 2006. He is also the author of several books on general and specific anxiety disorders, including Shyness and Social Anxiety, Thought and Activity Control in Social Anxiety, and Anxiety and Related Disorders. His books have been translated into 17 languages. Dr. Antony has been invited to speak at over 500 conferences and universities around the world, and has conducted numerous workshops and programs for health professionals and the general public. He is also the creator of the Anxiety Management Program, a comprehensive online course that helps individuals overcome anxiety-related disorders. He has been a consultant to numerous organizations and has received numerous awards for his contributions to the field of psychology. He is a fellow member of the American Psychological Association and the International Society of Anti-Anxiety Professionals. He is a former president of the Ontario Psychological Association and is a fellow of the Canadian Psychological Association. He is a fellow of the American Psychological Association and is a fellow of the Canadian Psychological Association. He is a fellow of the American Psychological Association and is a fellow of the Canadian Psychological Association.

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 breadth of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.

© 2017 IBP
Adverse Childhood Events:
Lifelong Consequences and How to Overcome Them

A 6-Hour Home Study Program for Health Professionals

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

Attachment
- Secure Attachment
- Anxious Attachment
- Avoidant Attachment

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

How Early Adversity Can Undermine the Immune System
- Resilience
- Conscientious Food Choices
- Conscientious Physical Activity
- Sleep

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

ABOUT THE INSTRUCTOR

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

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

© 2017 IBP
Brain2Brain: Using Neuroscience to Facilitate Meaningful Change
A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved 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. 634.2. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours.

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

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the American College of Clinical Pharmacy (ACC-PH). IBP, Provider #102949, is approved by the Florida Board of Pharmacy, Provider #102949, for 6 contact hours of continuing education. This knowledge-based activity is designated for 6 continuing education contact hours (0.6 CEUs). UANs: 0492-0000-16-004-H04-P and 0492-0000-16-004-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are approved 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# 312143. This program provides 6 hours of CE credit. Subject Code: 595. IBP, Provider #202401, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #1950. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6.0 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an Approved CE Sponsor for PTs and PTA’s. #216.000210. IBP is recognized by the New York State Board of Physical Therapy as an approved provider of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, PACE Program Approval Number 4S-09-128-1217. This program provides 6 CE hours. Subject Code: 595. IBP, Provider #13960, is approved by the Board of Massage Therapy, Illinois Department of Professional Regulation, for 6 clock hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #6114. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a co-sponsorship agreement between Alliant International University and IBP. Alliant International University, provider #83-17-0109, is accredited by the Commission on Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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

ABOUT THE INSTRUCTOR

John Arden, PhD, is Northern California Regional Director of Training of Mental Health Professionals for Kaiser Permanente and oversees training of thousands of mental health professionals. Dr. Arden is an award-winning author of over a dozen evidence-based texts focusing on brain-based psychological therapies and the art of communicating practical applications of neuroscience.

This highly practical program is based on a detailed review of current research. Dr. Arden presents seminars around the world focusing on brain-based therapy. His inspiring lectures are delivered with clarity, warmth, and clinical wisdom. Audiences appreciate his innovative teaching including the use of film clips and opportunities to experience stress-resilient mental states.

© 2017 IBP
Mind Over Misery: Stress, Anxiety, Mood, and Pain
A 6-Hour Home Study Program for Health Professionals

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited by distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP3896, 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, #5844. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

IBP, Provider #1104, is approved as a provider for continuing education by the Illinois Board of Examiners of Social Work, MFT, and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS100961, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #1166.00018, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS100961, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #1166.00018, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUSUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #1082491. IBP is approved by provider by CCAPP-EI, Provider Number #EO-129-1237. This program provides 6 CEHs.

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

UANs: 0492-0000-16-046-H04-P and 0492-0000-16-046-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #557, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0030. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Activity Demands), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision). This program is approved by the FL Board of Occupational Therapy for 6 hours of credit.

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

MASSAGE THERAPISTS: IBP is an approved CE provider by FL. Dept. of Professional Regulation, #D601004. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # FTP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP3896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

Initial Release Date: 03/30/2016 Expiration Date: 03/30/2019 Content Level: Intermediate

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

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential (IBP) is approved as a provider of continuing education by the California Speech-Language Pathology Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

Institute for Brain Potential has been approved by NBCC as a Continuing Education Sponsor, MFT CE Sponsor Program, #216.000210. IBP is solely responsible for all aspects of the programs. This program provides 6 CE hours.

Institute for Brain Potential is approved by the National Alliance for COPD (NAACCP) as a Continuing Education Sponsor, Provider #10294. This program provides 6 CEUs.

Institute for Brain Potential has received approval from the Florida Chapter of the Speech Language Pathology Association (FCSWPA) for 6 hours of CEUs.

Institute for Brain Potential has been approved for 6 contact hours by the American Occupational Therapy Association, Inc. (AOTA), Provider #06099, Provider #CEP13896, and by the Florida Board of Occupational Therapy by Provider #CEP13896, and Florida Board of Nursing, Provider #CEP13896. This program provides 6 CEUs.

Dr. Arden presents workshops on brain-based therapy for 6 hours of credit.

The Social Factor
• Social Deprivation
• Social Support
• Social Brain Networks
• Loneliness

Physical Activity
• How Exercise Alters Our Brains
• Reduction of Inflammation
• Glycemic Control
• Cell Repair

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

Sleep and the Aging Brain
• Removal of Neurotoxins
• Cortisol
• Sleep and Learning
• Guidelines for Better Sleep

About the Instructor

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

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

© 2017 IBP
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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

SUSTAINABLE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-126-1127. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). LAXe: 002-0000-17-012-F04 and 005000-17-012-F04.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership/maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 555. IBP, Provider #4291, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP is approved as a provider of continuing education by the Florida Board of Social Work, by the OH CSW/MFT Board, Provider #RCSSE091, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #166.00183, and by TX State Board of Examiners of MFTs, Provider #630. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-126-1127. This program provides 6 CEUs.

CONTINUING EDUCATION

ADHD and executive functions.

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.

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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 new 6-hour seminar, learn to identify the inherent wellness in a person with mental or physical illness and how to communicate in ways that lead to meaningful change.

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

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

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) is approved by the California Board of Behavioral Sciences, Provider #PSY19090, by the ACSCP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is not responsible for all aspects of the program. This program provides 6 contact hours.

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

PSYCHIATRISTS AND PSYCHIATRIC NURSES: IBP, Provider #RN05, is approved as a provider of continuing education by the California Board of Registered Nursing, #216.000210. This program provides 6 CE hours.

IBP is approved by the CA Board of Registered Nursing, Provider #CEP13896, and by the NY State Board of Examiners of MFTs, Provider #R030. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number #45-09-126-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UACE No. 092-0000-1852-04 and 0825000-01-50-D9-F1.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 1/20/14 – 11/30/18. Provider ID: 32143. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RF-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHYSICIAN ASSISTANTS: IBP is approved by the New York State Education Department, Provider #P-173. IBP is approved by the NY State Board of Medical Examiners. This program provides 6 CE hours.

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

MAGNET NURSES: IBP is an approved provider by the NLN Magnet Recognition Program. This program provides 6 hours of “Magnet” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #1008. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a consortium agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Commission on Accreditation of Higher Education. Please contact your school district if you need prior approval for this program.

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

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Realizing Our Healing Potential
• Understanding the Healing Brain
• Identifying Sources of Chronic Stress and Allostatic 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 Relationships

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved by the California Board of Registered Nursing, Provider (CEP)13896, and Florida Board of Nursing. This program provides 6 contact hours.

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

OCCUPATIONAL THERAPISTS: IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved by the American Board of Occupational Therapy to offer this program as a provider of continuing education for OT practitioners. IBP is solely responsible for all aspects of the program. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: The American Speech-Language-Hearing Association has approved Institute for Brain Potential as a provider of continuing education for speech-language pathologists and audiologists. IBP is solely responsible for all aspects of the program. This program provides 6 CEUs.

CRITICAL CARE NURSES: Institute for Brain Potential is an approved provider by the California Board of Nursing (Provider #RCST030801) and by the Texas Board of Nurse Examiners (Provider #530). This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is approved by Florida Board of Pharmacy to offer this program as a provider of continuing education for pharmacists. IBP is solely responsible for all aspects of the program. This program provides 6 CEUs.

A 6-Hour Home Study Program for Health Professionals

Understanding Sleep

- Why We Sleep
- The Sleeping Brain
- Sleep Deprivation — A National Epidemic
- How Much Sleep Do We Need
- Cortisol and Stress
- Dreaming

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 insomnias. 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/3IQqZ6

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

A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction 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.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, RE#A-1090. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 contact hours.

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

IBP is approved as a provider of CE by the FL Board of Psychology. By the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMT Board, Provider #RSCE0000, by the IL Dept. of Professional Regulation, MFT CE Sponsor Program, #166.000180, and by TX State Board of Examiners of MFTs, Provider #650. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider ID #102949. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-125-2127. This program provides 6 CEUs.

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

UANs: 0492-0000-16-059-F04-P and 0492-0000-16-059-F04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider #P2401, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approved by the Physical Therapy Board of CA. IBP is an APTA Approved CE Sponsor for PTs and PTA’s. #02600020. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation. #65500006. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #P2427. This program provides 6 CE hours.

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

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

Initial Release Date: 09/15/2016 Expiration Date: 09/15/2019 Content Level: Intermediate

Differences in Coronary Artery Disease: Men and Women

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

Modifiable Biological Risk Factors

- Chronic Inflammation
- Hypertension
- Cholesterol
- Insulin Resistance
- Metabolic Syndrome
- Insomnia
- Sleep Apnea
- Alcohol
- Sedentary Lifestyle
- Diet

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.

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Psychological Approaches to Managing Pain
A 6-Hour Home Study Program for Health Professionals

This new 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 flare-ups.

CONTINUING EDUCATION

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 California Board of Registered Nursing, Provider #CEP13980, 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. IBP is solely responsible for all aspects of the programs.

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

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
- Shifting Awareness
- 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
- Sourcing Meaning Through Relationship

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

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

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

Understanding Stress
- Neurotoxic Stress
- Adrenal Stress Hormones
- Depression
- PTSD

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

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

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.
Stress-Related Disorders
A 6-Hour Home Study Program for Health Professionals

Chronic stress suppresses the immune system, undermines the vascular system, and impairs the brain. This new 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 professions. Dr. Dumas communicates key discoveries in terms that are at once clear, practical, and stress-free. Participants receive a detailed outline prepared by the speaker including lecture topics, key references and links.
Who Gets Sick and Who Stays Well: Microbes, the Immune System and Brain
A 6-Hour Home Study Program for Health Professionals

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

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

Health professionals working in medical, dental, and behavioral health environments should be able to:
1. Discuss the importance of microbial health for your profession.
2. Identify how microbial health can affect brain development or the risk of Alzheimer’s disease.
3. Describe how a disorder of stress, anxiety or mood is linked to microbial health.
4. List one or more evidence-based approaches to restoring microbial health.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction 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 #419806, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6.0 clock hours.

INSTITUTE FOR BRAIN POTENTIAL: Institute for Brain Potential (IBP) is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, National Association of Addictions Counselors, Provider #102298. IBP is approved by Provider #17992, by the FL Dept. of Professional Regulation, Provider #30067, and by the OH OSMFT Board, Provider #RCS109051, by the by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168/001183, and by TX State Board of Examiners of MFTs, Provider #1564. This program provides 6 CE hours.

PHARMACY PROFESSIONALS: Institute for Brain Potential (IBP) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-16-036-H04. This program provides 6 CEUs.

DENTAL PROFESSIONALS: IBP is designated as an approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 567. IBP, Provider ID# 4201, is authorized to confer continuing dental education for DENTISTS, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

WHO GETS SICK AND WHO STAYS WELL:
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: 06/28/2019
Content Level: Intermediate

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Emotion Disturbance in Bipolar Disorder in Youth and Beyond: When Feeling Too Good Can Be Bad

A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited by distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 contact hours.

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

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

SUSTAINANCE, ABDUSE, PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102494. IBP is approved by provider by CCAPP-EL, Provider Number 45-09-129-127. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-17-018-H04-P and 0492-0000-17-018-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider RFP-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0950. 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.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an NLPTF of Professional Regulation Approved CE Sponsor for PTs and PTAs. #26000203. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MMASSAGE THERAPISTS: IBP is an approved CE provider by IL Department of Professional Regulation. #14601085. This course provides 6 CE hours. This program is approved for 6 hours of "General" CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, #PTP247. This program provides 6 CE credit hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13986, and as such, its CE offerings are accepted by Respiratory Care Board of California. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a disposition agreement between Alliant International University and IBP. Alliant International University is an approved CE provider by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 03/09/2017 | Expiration Date: 03/08/2020 | Content Level: Intermediate

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 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.

© 2017 IBP
Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions

A 6-Hour Home Study Program for Health Professionals

This new program focuses on mind-body connections that affect inflammation including stress, sleep, physical activity and mood.

Emphasis is placed on nutrients that regulate inflammation related to 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.

CONTINUING EDUCATION

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 nursing education by the California Board of Registered Nursing, Provider (CEP) 18386, 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. IBP maintains responsibility for this program and its content.

This program provides 6 CE credits.


IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board. Provider #RCS103885, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs. Provider #603. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC. Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL Provider Number 48-09-1291-17. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). LINA:002-93595-205-14. Phone: 855-484-1484.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of General Dentistry (AAWD). The total continuing dental education programs of this provider are accepted by the AAD to provide credit for Fellowship/Masterhip and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AAD endorsement.

The current term of approval extends from 12/30/14 – 12/30/18. Provider ID: D312413. This program provides 6 hours of CE credit. Subject Code: 567. IBP, Provider #RFP-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0820. 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 (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved accreditor by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA’s. #CEP13886. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the FL Dept. of Professional Regulation. #2450110695. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-BUSINESS PATHOLOGISTS: IBP is an approved provider by the CA SLPA #10745.

This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13886, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

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

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

A remarkable speaker, health professionals highly recommend his seminars for his special ability to present practical discoveries with clarity, warmth and humor.
If clients were to follow the advice of their health professionals including eating, physical activity, drinking, smoking, prescription and addictive drugs, a majority of heart attacks, strokes, cancers and other chronic conditions could be prevented or delayed. This program presents eight key methods developed by social psychologists to help people change their minds to adopt health related behaviors. However, in order to achieve sustainable change, it is also necessary to develop durable health-promoting habits.

Participants completing this program should be able to:
1. Key social psychological tools for promoting change.
2. Key habit-based behavioral tools for developing sustainable habits.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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 NBC for an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 contact hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.


IBP is approved as a provider of CE by the Florida Board of Psychology, by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCS135008L, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168.001283, and by TX State Board of Examiners of MFTs, Provider #630. This program provides 6 CE credits.

SUSTAINCE ARISE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #1022948. IBP is approved by provider by CCAPP-EL. Provider Number 48-06-126-1127. This program provides 6 CEHs.

This program provides 6 CE credits.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD-endorsed program. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 32411. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #P742, is authorized to confer continuing dental education for Dentists and Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited with distinction as a provider of continuing education by the American Occupational Therapy Association (AOTA) Approved Provider, #9950. 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 Performance Patterns. This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #CEP1320. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved as a CE provider by IL Dept of Professional Regulation. #Q6-000105. This course provides 6 CE hours. This program is approved for 6 hours of “General” CE Credit by the IL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAB, and ID#2649. This program provides 6 CE hours.

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

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

About the Instructor

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

Dr. Kelley has received important awards from the National Institute of Mental Health, the National Institute of Drug Abuse and the National Science Foundation. Dr. Kelley is an expert in the study of self-regulation and has published leading research concerning eating and ways to manage cravings.
A 6-Hour Home Study Program for Health Professionals

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

Psychological stress, expectancy, mood, sleep, physical activity and inflammatory foods and nutrients play an important role in health and chronic inflammation. New discoveries are revealing how chronic inflammation underlies the onset and progression of the most common chronic disorders.

Participants completing this fascinating and informative program should be able to:
1. Identify parts of the immune system that are affected by mental states.
2. Describe how disorders of inflammation influence the development of chronic medical, dental, and psychological disorders.
3. List several strategies to support immune system health based on current research findings.

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 research focuses on how thoughts and emotions affect the response to stress, the immune system and physical health. Her research has been supported by the National Institutes of Health and other major organizations.

Dr. Kemeny is an outstanding teacher and mentor. An acclaimed speaker, she has presented programs to the full spectrum of health professionals throughout North America and is one of our most well-received instructors. Audiences consistently commend Dr. Kemeny for her wealth of practical information, her special ability to make complex concepts easily understood, and her enthusiasm and warmth.
HUMOR, LAUGHTER AND HEALTH
A 6-Hour Home Study Program for Health Professionals

Why Humor is Good for the Brain and Body
- Why We Laugh: From Ha to Aha
- Stress Hormones
- Oxytocin
- Immune Health
- Pleasure
- Humor and Brain Health

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

Humor In Medical Settings
- Heart-Warming Humor
- Type 2 Diabetes
- Cancer

Reducing Anxiety and Elevating Mood
- Generalized Anxiety
- Social Anxiety
- Depressed Adults
- Late Life Depression

Using Humor in Your Practice By Practicing Humor
- Interpersonal Therapy
- Cognitive-Behavioral Therapy
- Positive Psychology
- Difficult Conversations and Situations

Using Humor to Promote Healthful Habits
- Reducing Apprehension
- Enhancing Willingness to Change
- Improving Patient Satisfaction
- Calming an Overactive Brain
- Summary

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13806, 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, #17604. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

IBP, Provider #1160, is approved as a provider for continuing education by the Florida Board of Social Work, MFT and Mental Health Counseling, by the OH CSWMFT, by the IL Dept. of Professional Regulation MT CE Sponsor Program, #166600015, and by TX State Board of Examiners of MFTs, Provider #R030. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #039249. IBP is approved by provider by CCAPP-EL, Provider Number #8-09-128-1217. This program provides 6 CEHs.

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

Language: 0492-0000-17-012-H04-P and 0492-0000-17-012-H04-I.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #24261, is authorized to confer continuing dental education for General Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #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. Content Focus: Domain of OT (Activity Demands), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an MS. Dept of Professional Regulation Approved CE Sponsor for PTs and PAs. #2616902010. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by FL Dept. of Professional Regulation, #2260004504. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFPA, #P19267. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13806, and as such, its offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

ABOUT THE INSTRUCTOR
Brian E. King, Ph.D. (Bowling Green State University), is an expert in Applied Biopsychology and has conducted research concerning social and biological factors that affect positive emotions, thoughts and habits. His acclaimed instruction integrates cognitive neuroscience with positive psychology to show how humor can be used to enhance health and wellness.

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

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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, #7944. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.
Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP, Provider #1160, is approved as a provider for continuing education by the California Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Calpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hour(s) for participating in this course.
IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCST00801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, by TX State Board of Examiners of MFTs, Provider #920. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CA CCAPP-EL, Provider Number 4S-09-129-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs).
UANs: 0492-0000-16-049-F004-P and 0492-0000-16-049-F004-P.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider #131413. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider #R4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6058. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved accreditor by the Physical Therapy Board of CA. IBP is an Approved Provider of Professional Regulation Approved CE Sponsor for PTs and PTAs. #CEP3986. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved as CE provider by FL Dept. of Professional Regulation, #246.000045. This program provides 6 CE hours. This program is approved by the State of Florida Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA CSLPA, #1524. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP3986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

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

ABOUT THE INSTRUCTOR
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.

© 2017 IBP
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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13906, 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, Provider #7965762862. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

IBP, Provider #1160, is approved as a provider for continuing education by the Ohio Counselor, Social Work and Professional Licensing Board, Provider #RCST030801, by the IL Dept. of Professional Regulation, Provider #216.000210, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-129-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0492-0000-12-013-F04-F and 0492-0000-12-013-F04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: 312413. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider #IG4201, is authorized to confer continuing dental education for Doctors, Dental Hygienists and Dental Assistants by the Dental Board of California is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

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

MASSAGE THERAPISTS: IBP is approved as CE provider by FL Dept. of Professional Regulation. #Q54-010609. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language Pathology Board, Provider #P4247. This program provides 6 CE hours.

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

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

Initial Release Date: 05/13/2015 Expiration Date: 05/13/2018 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 Neurobiolgy of Addictive Disorders at Scripps and teaches at UCSD. Dr. Koob has been appointed as director of the National Institute of Alcohol Abuse and Alcoholism of the NIH.

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

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

A 6-Hour Home Study Program for Health Professionals

Over half of adults seen by practitioners in behavioral, dental, and medical settings have altered their diets to prevent or manage chronic conditions.

Based on human clinical trials published in the last decade, this unique 6-hour program separates popular claims from scientifically validated discoveries.

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

PHYSICAL THERAPISTS: IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Silver Spring, MD 20904. IBP is approved as a provider of continuing education for physical therapists by California Board of Physical Therapy, Provider #CEP13896. This program provides 6 CE hours.

S CIENTIFIC, PROFESSIONAL, INSTRUCTIONAL, AND TECHNICAL STAFF: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102494. IBP is approved by provider by CCAPP-EL, Provider Number 4S-09-128-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-003-H04-P and 0492-0000-17-003-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider of 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 12/07/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #8590. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an APTA member. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Physical Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

M ASSAGE THERAPISTS: IBP is an approved CE provider by the FL Board of Massage Therapy. This course provides 6 CE hours. This course is approved by the FL Board of Massage Therapy.

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

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development. Certification 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: 01/24/2017; Expiration Date: 01/24/2020; Content Level: Intermediate

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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.
Cardiovascular Health, Inflammation and Nutrition
A 6-Hour Home Study Program for Health Professionals

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13906, 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

FL Board of Dietetics and Nutrition: IBP, Provider #1160, is approved as a provider for continuing education by the Florida Department of Health, Division of Medical Services, Bureau of Continuing Education, Bureau of Continuing Education for the Florida Board of Dietetics and Nutrition. This program provides 6 contact hours.

SOCIALLY AWARE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the Association for Addiction Professionals, to offer continuing education for addiction professionals. This program provides 6 CE credits.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program through the Academy of General Dentistry. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID#: 312413. This program provides 6 hours of CE credit. Subject Code: 657. IBP, #764-01019, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0620-0000-17-005-H04-F.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The continuing dental education programs of this provider are accepted by the AGD for Fellowship/Masterhip and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or ACG endorsement.

Note: The current term of approval extends from 12/01/14 – 11/30/18. Provider ID#: 312413. This program provides 6 hours of CE credit. Subject Code: 657. IBP, #764-01019, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an approved provider by California Board of Occupational Therapy, Provider #CEP13906. This program provides 6 CE hours. This program is approved by the California Board of Occupational Therapy for 6 hours of credit.

MASSAGE THERAPISTS: IBP is an approved CE provider by the Florida Dept. of Professional Regulation, #22522241. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE credit by the Florida Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language Pathology and Audiology Board, Provider #728208. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the New York State State Board of Medical Examiners, #22522241, and as such, CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

Initial Release Date: 01/24/2017 | Expiration Date: 01/24/2020 | Content Level: Intermediate

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ABOUT THE INSTRUCTOR

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

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

© 2017 IBP
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 seminar is designed to be of direct relevance to nurses, dental professionals, pharmacists, behavioral health and allied health professions.

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider (ICP) 19806, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved as a Continuing Education Provider, ACES No. 6342. Programs that do not qualify for NBCC credits are clearly identified. IBP is not 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

OCCUPATIONAL THERAPISTS: IBP is approved by the American Occupational Therapy Association (AOTA) Approved Provider, #0350. 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 program distinguishes evidence-based research from popular claims. The information presented in this program is designed to be of direct relevance to occupational therapy practitioners. This program provides 0.6 AOTA CEUs or 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-010-H04-P and 0492-0000-17-010-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association (AWD). 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: 312441. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider ID: 4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0350. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of contact credit.

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

MASSAGE THERAPISTS: IBP is approved as a provider by L. Dept. of Professional Regulation, #216.000210. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #IDPD24. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP23906. As such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

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

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 Pharmaco-therapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicine.

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

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Spices As Natural Medicines
A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) 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 California Board of Registered Nursing, Provider #CEP13006, 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider Number #102498. IBP is approved by provider by CCAPP-EL, Provider Number G5-09-126-1217. This program provides 6 CEHs.

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

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID: D21431. This program provides 6 hours of CE credit. Subject Code: 507. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the California Board of Dentistry. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an H. Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs. #E16.00210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the Colorado State Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #FDP247.

This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: IBP is an approved provider by the American Association for Respiratory Care (AARC) and the American Lung Association (ALA). IBP is approved by the NY State Board of Physical Therapy as an approved sponsor of respiratory care CE. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development. Credit through a apostiporthship 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: 12/04/2013 Expiration Date: 12/04/2018 Content Level: Intermediate

ABOUT THE INSTRUCTOR

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

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

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

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

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

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

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

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

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

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

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

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

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited by the American Nurses Credentialing Center’s Commission on Accreditation.
IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13986, and Florida Board of Nursing. This program provides 6 clock 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. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.
IBP is an approved provider by the NY State Board of Regents, Education Department, Bureau of Education Research and Development, License #089307. This program provides 6 CE hours.
EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

The Gut Brain: The Mind-Body Connection
- The Hidden Brain
- Inflammation
- Listening to the Gut

Stress, Appetite, and the Gut Brain
- “Starvation” Response
- Diet, Chronic Stress and Cortisol
- Ghrelin: Fulfilling but not Full
- Leptin: Full but not Fulfilling
- Pre-Diabetes and Diabetes
- Foods that Inhibit Ghrelin and Suppress Appetite

Stress and Digestive Disorders
- Stress and the GI Tract
- Inflamed Gut—Inflamed Brain
- Irritable Bowel Syndrome
- Food Allergies
- Inflammatory Bowel Disorders
- Nutritional Approaches

Mood and Anxiety Disorders
- Inflammatory Effects of White Adipose Cells
- Antidepressants and the GI Tract
- Anti-inflammatory Health Foods
- Anxiety

Understanding and Using Probiotics
- Probiotics
- Immune Disorders
- GI Tract Disorders
- Stress-Related Disorders
- Oral Health
- Prebiotics
- Evidence-Based Guidelines

ABOUT THE INSTRUCTOR
Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmaco-therapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and pharmacy, 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.
In this practical program, learn the health risks associated with contaminants in the water, milk, grains, meat and fish, fats and sweeteners, and food storage in the home and hospital and ways to reduce risks.

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

CONTINUING EDUCATION

Nurses: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13806, 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

Substance Abuse Professionals: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number 48-09-128-1217. This program provides 6 CEHs.

Pharmacists and Pharmacy Technicians: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-042-H04-P and 0492-0000-17-042-H04-T.

Dentists, Dental Hygienists and Dental Assistants: Institute for Brain Potential, Provider #RP-4261, is authorized to confer continuing dental education for Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmaco-therapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines and nutrients used to treat a wide range of conditions and a consumer’s guide to quality control.

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 a guide to quality control.

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**The Habits of Happy People**

A 6-Hour Home Study Program for Health Professionals

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**CONTINUING EDUCATION**

- **NURSES**: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP3980, and Florida Board of Nursing. This program provides 6 clock hours.

- **COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs**: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, #7935, to offer 6 CE hours. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

- **IBP is approved as a provider of CE by the Physical Therapy Board of CA for PTs and PTAs, #216.000210. IBP is recognized by the California Speech-Language Pathology Board as a provider of CE for Speech-Language Pathologists, #4S-09-128-1217. This program provides 6 CEHs.**

- **BIBLICAL COUNSELORS**: Institute for Brain Potential is approved by the National Association of Christian Counselors (NACC) as a provider of Christian counseling CE. This program provides 6 clock hours.

- **IBP is approved by the CA Board of Registered Nursing, the sole approved sponsor of physical therapy CE. This program provides 6 CE hours.**

- **IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #KCS10801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #166.000183, and by TX State Board of Examiners of MFTs, Provider #630. This program provides 6 CE hours.**

- **SUBSTANCE ABUSE PROFESSIONALS**: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #130249, IBP is approved by provider by CCAPP-EL, Provider Number 45-09-129-1217. This program provides 6 CEHs.

- **PHARMACISTS AND PHARMACY TECHNICIANS**: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0492-0000-17-011-F04-P and 0492-0000-17-011-F04-T.

- **DENTAL PROFESSIONALS**: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #326143. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider #BF-4203, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

- **OCCUPATIONAL THERAPISTS**: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

- **PHYSICAL THERAPISTS**: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an approved provider of Professional Regulation Approved CE Sponsor for PTs and PTAs, #316.000030. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

- **MASSAGE THERAPISTS**: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #243.001819. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

- **SPEECH-LANGUAGE PATHOLOGISTS**: IBP is an approved provider by the CA SLPA, #PID247. This program provides 6 CE hours.

- **RESPIRATORY CARE PROFESSIONALS**: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP3980, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

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

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

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

© 2017 IBP
Overcoming Disabling Thoughts: Special Focus: Applying Positive Psychology
A 6-Hour Home Study Program for Health Professionals

Identifying Disabling Thoughts

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

Developing Resilience to Disabling Thoughts

- Facilitating Anger Resistance
- Improving Depression Resistance
- Developing Anxiety Resistance
- Enhancing Social Intelligence
- Enriching Relationships

Applying Positive Psychology

- Identifying Character Strengths
- Identifying 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 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 clary and warmth.

© 2017 IBP
The Psychobiology of Hope
A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

THE PSYCHOBIOLOGY OF HOPE

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

The Hopeful Patient
- 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 Imprisoning Beliefs
- Making Better Decisions
- Dealing with Emotionally Challenging Relationships
- Five Key Features of the Psychobiology of Hope

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

The Hopeful Patient
- Teaching Mastery
- Validation of Strengths
- Freedom from Imprisoning 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.

© 2017 IBP
Evidence-Based Nutritional Strategies for the Aging Brain

A 6-Hour Home Study Program for Health Professionals

Advances in the neurobehavioral 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.

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

© 2017 IBP
Nutrients significantly affect stress, attention, anxiety, mood, impulse control, and sleep. In this program, you will learn evidence-based strategies to enhance care in medical, dental, behavioral, and educational settings.

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

IBP is approved as a provider of continuing education by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102249. IBP is approved by provider CCAPP-EL, Provider Number 48-09-122-127. This program provides 6 CEUs.

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

UANs: 0492-0000-17-044-H04-P and 0492-0000-17-044-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of General Dentistry and is an approved provider by the Florida Board of Dental Therapy, Provider #RP-4261, is authorized to confer continuing dental education for 6 hours of credit.

The current term of approval extends from 1/01/17 – 12/31/20. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #C85-450, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0990. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California, IBP is an approved provider by the FL Board of Physical Therapy for 6 CE hours. This course is approved by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is accepted as an approved CE provider by Fl. Dept of Professional Regulation, #254900494. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the Fl. Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language Pathology Board, #PDP247. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credits through a cosponsorship agreement between Alliant International University and IBP. Alliant International University is a provider of continuing education that is approved by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

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

Food for Thought: How Nutrients Affect Mental Health and the Brain
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

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

© 2017 IBP
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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Commission’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEPN3906, 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

PHYSICAL THERAPISTS: IBP, Provider #12949, is approved as a provider for continuing education by the American Board of Physical Therapy. This program provides 6 CEUs.

COMPETENT PROVIDER: Institute for Brain Potential is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB), #0092-00-014-F04-T. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is approved as a provider of continuing education by the American Society of Health-System Pharmacists (ASHP). This program provides 6 contact hours.

NUTRITIONISTS: IBP is approved by the American Dietetic Association, Provider #102949. IBP is approved by provider by the Academy of Nutrition and Dietetics (And). This program provides 0.6 CEUs.

OTHER PROFESSIONALS: Institute for Brain Potential is approved by the California Board of Psychology, Provider #PSY140295. This program provides 6 CEUs.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the National Counselors Association, Provider #15545-S. This program provides 6 CEUs.

ACADEMY OF GENERAL DENTISTRY: IBP is an approved 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 2/1/14 – 11/30/18. Provider EDM 321413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #421943, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

PACER: Institute for Brain Potential (IBP) is an approved provider by PACE Program for Continuing Education. This program provides 6 CEUs.

ACSM: Institute for Brain Potential (IBP) is approved by the American College of Sports Medicine as a Continuing Education Partner Provider, #7488. The program is approved for 6 CEUs.

Members of the Institute for Brain Potential (IBP) are independently responsible for verifying the acceptance of continuing education units in their state or province for approval per the guidelines of their state or province’s regulatory board. Furthermore, Members are responsible for checking specific CE requirements for their state or province’s regulatory board.

A 6-Hour Home Study Program for Health Professionals

Hemoglobin A1c and Premature Brain Aging
- Mood Symptoms
- Advanced Glycation End Products (AGEs) and A1c Levels
- 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 commended his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion and wisdom.

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The Pharmacy in Your Kitchen: An Overview of Medical and Medicinal Foods

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.
Exercise is one of the most effective, non-pharmacologic methods to elevate mood, improve memory, and enhance overall wellbeing. Learn how to develop a personalized program and maintain the exercise habit.

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP3890, 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, Provider #6042, to offer 6 CE hours in the following areas: #02.00, #03.00, #04.00, #05.00, #06.00, #07.00, #08.00, #09.00, and #10.00. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 CE hours.


IBP is approved by the Florida Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #1668/00383, and by TX State Board of Examiners of MFTs, Provider #5800. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited with distinction as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-014-H04-P and 0492-0000-16-014-H04-T.

DENTAL PROFESSIONALS: IBP is an approved 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. This program provides 6 CE hours.

针灸师、物理治疗师、职业治疗师、康复治疗师、言语语言病理师、助产士、儿科牙医、牙科技术员、助产士：IBP是美国针灸师协会（AOTA）认证提供者，提供6 CE学分。申请者在AOTA CEU不涉及具体内容的课程或程序提供者AOTA。IBP提供的是AOTA CEUs或6个联系时间。注意：AOTA CEUs不涉及特定的课程、内容或产品，或临床程序提供者AOTA。这项提供者AOTA CEUs或6个联系时间。内容关注：领域： occupancy (Occupational Therapy) and occupational Therapy Process (Outcomes)。该课程由加州职业治疗委员会认证为6学分。

IBP is approved by the California Board of Occupational Therapy for 6 hours of CE credit. Provider #5800. This program provides 6 hours of CE.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #5800. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content focus: OT (Occupational Therapy) and Occupational Therapy Process (Occupations). This course is approved by the FL Board of Occupational Therapy for 6 hours of CE credit. Provider #5800. This program provides 6 hours of CE.

PHYSICAL THERAPISTS: This program is approved by APTA, which is an approved provider by the Physical Therapy Board of California. IBP is an approved provider by the California Board of Registered Nursing, Provider #1194, and by the California Board of Occupational Therapy, Provider #5800. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved by the California Board of Registered Nursing, Provider #5800. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

STUDENT-LEARNED PATHOLOGISTS: IBP is an approved provider by the CA SLPA, under Provider #5800. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: IBPs in New York receive 6 hours of Category III credit through IBPs accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #1194, and by the California Board of Occupational Therapy, Provider #5800. This program provides 6 CE hours.

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

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

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

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

CONTINUING EDUCATION

- NURSES, COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: 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 California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.
- OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs.
- OCCUPATIONAL THERAPISTS: IBP is an approved CE provider by the American Physical Therapy Association, #014680. This program provides 6 CE hours.
- MEDICAL TOOLS: IBP is an approved provider by the American College of Occupational and Environmental Medicine, #002280. This program provides 6 CE hours.
- NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.
- OCCUPATIONAL THERAPISTS, COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing education by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.
- PHYSICAL THERAPISTS: IBP, Provider #71238, is approved as a provider for continuing education by the Florida Board of Physical Therapy. This program provides 6 CE hours.
- EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development toward a 60 contact hour teacher credential through a consortium agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

HABITs OF PEOPLE WHO OVERCOME INSOMNIA

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

- Environmental, Physical and Nutritional Habits
  - Prioritizing Sufficient Sleep
  - Pre-Sleep Rituals
  - Entrainment of 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.
Meditation
A 6-Hour Home Study Program for Health Professionals

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.

Initial Release Date: 07/15/2015 Expiration Date: 07/15/2018 Content Level: Intermediate
Mastering Sixteen Key Habits of Emotionally Resilient People
A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited by distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13096, and Florida Board of Nursing. This program provides 6 CE hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, #PDP15062. Producers who do not qualify for NBCC credit are solely responsible for all aspects of the program. This program provides 6 clock hours.

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

IBP, Provider #1194, is approved as a provider for continuing education by the California Board of Social Work Practice, #P18416, and the OH CSWMFT Board, Provider #RCS08061, by the IL Dept. of Professional Regulation, MEFT CE Sponsor Program, #166.000063, and by TX State Board of Examiners of MFTs, Provider #R50. This program provides 6 CE hours.

IBP is approved by the American Psychological Association as an Approved Continuing Education Provider (ACEP) #76518, which offers CE credits for this program.

IBP is an approved provider by the Georgia Board of Physical Therapy, Provider #PTP-116, and the Virginia Board of Physical Therapy, Provider #0230. This program provides 6 contact hours.

IBP is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and approved by the National Commission for Certification of Physician Assistants (NCCPA) for 12 CEUs.

IBP is a member of the American Psychological Association (APA). IBP provides continuing education for psychologists.

IBP, Provider #1194, is approved as a provider for continuing education by the Florida Board of Social Work, MFT, and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS08061, by the IL Dept. of Professional Regulation MEFT CE Sponsor Program, #166.000063, and by TX State Board of Examiners of MFTs, Provider #R50. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #081299. IBP is approved by provider by CCAPP-EL, Provider Number 4S-09-129-1217. This program provides 6 CEUs.

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


DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/16. Provider ID 312143. This program provides 6 hours of CE credit. Subject Code 357. IBP, Provider #SF-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0508. The assignment of AOTA CEUs does not imply endorsement of specific course, content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved accreditor by the Physical Therapy Board of CA. IBP is an FTCE Department of Professional Regulation Approved CE Sponsor for PTs and PAs. #TCE002018, IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #I36.000035. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

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

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13096, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

How the Habit Brain Works

- Fear-Based Habits
- Cravings
- Forming New Habits

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

Mastering Sixteen Key Habits of Emotionally Resilient People

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

ABOUT THE INSTRUCTOR

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

Dr. McRae’s experiences 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.

Initial Release Date: 10/09/2015 Expiration Date: 10/09/2018 Content Level: Intermediate

© 2017 IBP
Cognition, Successful Aging, and Nutrition
A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider (CEP)13896, and Florida Board of Nursing. This program provides 6 contact hours.

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

IBP is approved as a provider for continuing education by the American Psychological Association (APA) to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

PHYSICAL THERAPISTS: IBP is an approved provider with the American Physical Therapy Association (APTA) Approved Provider Program, #830. This program provides 6 CE hours.

CREDENTIALS: Institute for Brain Potential (IBP) is approved by the Florida Board of Physical Therapy, by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling by the OH CSHMFT Board, Provider #RCS103087, by IBP is approved by the Florida Board of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, St. Louis Park, MN 55428, www.aswb.org. ASWB Approval Period: 11/11/17 – 11/11/21. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the CA PSYCHOLOGY board, Provider #PSY237848, by the CA Board of Behavioral Science, Provider #PSY237848, by the FL Board of Professional Regulation, MFT CE Sponsor Program, #166.001183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102049. IBP is approved by provider by CAAPP-EL, Provider Number 45-09-12317. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UA#022-0000-15-008-H04-P and 022000015008H04-F.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/13 – 11/30/16. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #E2-260, is authorized to confer continuing dental education for Dentists, Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #8090. 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 (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of Ca. IBP is an approved provider by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFPA, #15CPD246. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a reciprocity agreement between Alliant International University and IBP. Alliant International University’s graduate students 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: 05/13/2015 Expiration Date: 05/13/2018 Content Level: Intermediate

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

Dr. Moss has received multiple awards for excellence in teaching. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.

© 2017 IBP
Understanding Executive Functions: Focus, Emotional Control, Motivation and Social Intelligence

A 6-Hour Home Study Program for Health Professionals

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

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

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

CONTINUING EDUCATION

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 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 (IBP) has been approved as a Continuing Education Provider by the American Psychological Association, Inc., Provider #1160. This program provides 6 contact hours.

IBP, Provider #1160, is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCE162001L, by the OH B.hibernate Professional Regulation MFT CE Sponsor Program, #166.00183, and by TX State Board of Examiners of MFTs, Provider #6031. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102498, to provide 6 CEUs. IBP Provider, Provider ID #102498, is approved by provider by NAADAC, 609-126-1127. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-041-H04-P and 0492-0000-17-041-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of 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# 312541. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider ID# 42G7, is authorized to confer continuing dental education for Dentists, Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an approved provider with the Occupational Therapy Association (AOTA). Provider #102. 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 FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an approved CE sponsor for PTs and PTAs. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MIXED-CONTINUING EDUCATION: IBP is approved as a provider of CE by the CA Board of Professional Therapy Regulation. Provider ID# 151834. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language-Pathology Board, Provider ID# 7020. This program provides 6 CE Hours.

RESPIRATORY CARE PROFESSIONALS: IBP is an approved provider by the NY State Board of Respiratory Care. Provider #1665761-60. This program provides 6 CE hours.

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

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
- Pain Regulation
- Reinforcement
- Mental Control

Using Your Prefrontal Cortex to Form Positive Habits
- The Habit Circuit
- Health and Longevity
- How to Form and Maintain Healthful Habits

ABOUT THE INSTRUCTOR

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

© 2017 IBP
Passive Aggression, Sarcasm, Cold Anger, Hostility and Aggression: Brain-Based Advances in Managing Anger

A 6-Hour Home Study Program for Health Professionals

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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13906, 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. IBP is responsible for all aspects of the programs. This program provides 6 clock hours.


IBP is approved as a provider of CE by the Florida Board of Psychology, by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS100901, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #166.00183, and by TX State Board of Examiners of MFTs, Provider #303. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 4S-09-125-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0492-0000-15-006-H04-P and 0492-0000-15-006-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of General Dentistry (AAGD). The formal continuing dental education programs of this provider are accepted by the AAGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE. credit. Subject Code: 507. IBP, Provider #6-4201, is authorized to confer continuing dental education for Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0059. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Intervention and Outcomes).

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an II. Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA’s. #265003230. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the FL Dept. of Professional Regulation. #26500323. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA Board, #130247. This program provides 6 CE hours.

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

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

ABOUT THE INSTRUCTOR

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.

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Initial Release Date: 04/14/2015
Expiration Date: 04/14/2018
Content Level: Intermediate
The Psychology and Narratives of Cancer Survivors
A 6-Hour Home Study Program for Health Professionals

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

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

Participants working in medical, dental, and behavioral practices should be able to describe:
1. Key psychological experiences and behavioral consequences of being a cancer survivor.
2. The expectations of cancer survivors and health professionals from direct-to-consumer advertising and other cultural influences.
3. Approaches for distinguishing depression and low mood from posttraumatic stress.
4. Pathways to dealing with anxiety and managing uncertainty associated with stress and illness recurrence.
5. Cognitive processes that transform posttraumatic stress into resilience.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFT: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 contact hours. Sponsorship is based on the expectation that IBP maintains quality and accountability in program content.

IBP is an approved provider of professional development and research-based findings on facilitating the normal grieving process and overcoming depression.

MASSAGE THERAPISTS: IBP, Provider #1560, is approved as a provider for continuing education by the Florida Board of Massage Therapy. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved sponsor of physical therapy CE. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Commission on Accreditation. The program provides 6 contact hours. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-2420, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP is approved by the California Board of Psychological Examiners, Provider #1022949. IBP is approved by provider for continuing education by the NAADAC, Provider Number 1022949. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAEC #027000-14-173-FP and 0805X00-173-FP.

CONTINUING EDUCATION

 This program is approved by IBP, which is an approved approver by the Commission on Accreditation. The program provides 6 contact hours.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Academy of Dental Dentistry (AAD). The total continuing dental education programs of this program are approved by the AADP for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AAD endorsement.

The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-2420, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #8090. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an approved provider of professional regulation approved CE sponsor for PTs and PTA’s. #17-0190-221. IBP is recognized by the NY State Board of Physical Therapy as an approved provider of physical therapy CE. This program provides 6 CE hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA. #2797. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive the contact hours of professional development needed for a Pennsylvania Continuing Education Agreement or a Pennsylvania Continuing License Agreement. IBP is approved as a provider of continuing education by the Pennsylvania Department of Health. This program provides 6 contact hours.

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

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

ABOUT THE INSTRUCTOR

Thomas B. Nickell, 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. Nickell 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

Changing how we think affects how we feel. In this new program, learn how to use cognitive behavioral techniques to help clients in medical, dental, and behavioral health practices.

This program is designed to provide health professionals with effective cognitive-behavioral therapies (CBT) to help overcome negative thoughts and beliefs, to strengthen interpersonal relationships and enhance wellbeing.

Participants completing this new program should be able to:
1. Discuss how maladaptive cognitions originate.
2. Describe the cognitive distortions that perpetuate common psychological sources of suffering.
3. List several methods of setting the agenda when working with challenging clients.
4. List key cognitive distortions that can perpetuate maladaptive emotions.
5. Discuss an approach to apply CBT techniques to improve health outcomes in a client with a specific psychological, dental or medical condition.
6. Discuss how positive psychology and CBT can help promote sustainable wellbeing and happiness.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider (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. IBP 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the National Association for Addiction Care and Treatment Programs, as an Approved Education Provider Program, #102949. This program provides 6 CEHs.

PHYSICAL THERAPISTS: IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Silver Spring, MD 20910, through cooperation with the National Association of Social Workers (NASW). Provider #6342. Program provide 6 contact hours. Content Focus: Domain of OT (Client Factors). This program is approved by the American Occupational Therapy Association, Inc. (AOTA), 9250 NW 8th Terrace, Miami, FL 33172, Provider #HC-001183. This program provides 6.0 contact hours.

OCCUPATIONAL THERAPISTS: IBP is approved by the Commission on Accreditation of Rehabilitation Facilities (CARF) to provide continuing education for occupational therapists. Provider #1160. This program provides 6.0 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program provides 6 CEUs. Licensure #557. IBP, Provider #87043, is authorized to confer continuing education for speech-language pathologists and audiology 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.

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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 Negative 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 professionals. 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.
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 Perspective: How We Imagine the Future
• The Importance of Being Present
• Practicing the Mindfulness Habit

Fostering Interpersonal Connections
• The Impact of Interpersonal Connections
• Healthy Mind is a Healthy Body

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction 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 California Board of Registered Nursing, Provider #CEP13806, 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. 5342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours.

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

SUSTAINANCE AWARENESS PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. IBP is approved by provider CCAPP-EL, Provider Number #S-09-126-1217. This program provides 6 CEHs.

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

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for membership renewal credit. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID#: PACE 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #P2-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0950. 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: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of California. IBP is an approved CE sponsor for PTs and PTA’s. #214.000045. This program provides 6 CE hours. This course is approved by the New York State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language Pathology Board, #PDP1904. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Respiratory Care, #CEP13806. As such, its offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

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

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Stress and Metabolism: Mind-Body Connections:
Appetite, Mood, Cognition, and Sleep
A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 CE hours.

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

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEs). UANc: 0492-0000-16-011-F04-P and 0492-0000-16-011-F04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/14/14 – 11/30/18. Provider ID 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #49621, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved by the provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0858. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or contact hours for 6 hours of CE credit. Subject Code: 557. IBP, Provider #830, is approved by the OH CSWMFT Board, Provider #116800183, and by TX State Board of Examiners of MFTs, Provider #850. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, the Association for Addiction Professionals, as an Approved Education Provider. Provider #109249. IBP is approved by provider by CCAPP-EL, Provider Number #09-129-1217. This program provides 6 CEHs.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved provider by the Physical Therapy Board of California. IBP is an approved provider for PTs and PTA’s. This program provides 6 CE hours. Subject Code: 557. IBP, Provider #116, is approved by the NC State Board of Physical Therapy, Provider #680. This program provides 6 CE hours.

BREATHING PROFESSIONALS: IBP is approved by the Florida Board of Massage Therapy, Provider #5385, for 6 hours of Continuing Education credit. Subject Code: 557. IBP, Provider #49621, is authorized to confer continuing education for Respiratory Care Professionals by the Florida Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is approved by ASHA for ASHA CEUs. Provider #680. This program provides 6 CEUs. Subject Code: 557. IBP, Provider #1200, is approved by the Florida Board of Speech-Language Pathology and Audiology, Provider #49621. This program provides 6 CEUs.

EATERS: IBP is approved by the Florida Board of Dietetics and Nutrition, Provider #116, for 6 CEUs. Subject Code: 557. IBP, Provider #116, is approved by the TX State Board of Dietetics and Nutrition, Provider #850. This program provides 6 CEUs.

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

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This program presents psychological and nutritional strategies for key stress-related metabolic conditions.

Designed for health professionals working in medical, dental, and behavioral health practices, participants completing this new and unique program should be able to identify:

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

Stress and Stress-Related Eating

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

The Mood-Metabolism Connection

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

Protecting the Aging Brain

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

Stress-Related Eating

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

ABOUT THE INSTRUCTOR

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

An engaging, informative, and fascinating speaker, health professionals recommend his presentations for their wealth of practical information and lifestyle solutions that can lead to a meaningful change in health and wellbeing.
Child and Adolescent Psychopharmacology
A 6-Hour Home Study Program for Health Professionals

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 disorders 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.

CONTINUING EDUCATION

PHYSICIAN ASSISTANTS: IBP is accredited by the American Academy of Physician Assistants, 777 3rd Ave., Suite 3100, New York, NY 10017. IBP is a provider approved by The California Commission on Consumer Protection of Health Care, Provider #4009, for the certification of continuing education by the CMCE. The program costs $99.00. This home-study program is approved by the Florida Board of Pharmacy, Provider #1160, for 6 Contact Hours. 

NURSES: Institute for Brain Potential (IBP) 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 California Board of Registered Nursing, Provider #CEP13896, and California 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, Provider #6362. Programs that do not qualify for NBCC credit are solely identified. IBP 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP: Provider #1160 is approved as a provider for continuing education by the California Psychological Association Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culver City, CA 90230. Provider #PCE10091, by the Florida Department of Professional Regulation, Provider #1160, by the Texas State Board of Examiners of MFTs, Provider #F60. This program provides 6 CE credits.

Substance Abuse Professionals: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #160239. IBP is approved by provider by CCAPP-EI, Provider Number 4S-09-129-1217. This program provides 6 CEHs.

Pharmacists and Pharmacy Technicians: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANEs: 0921-0000-17-491-F04 and 0921-0000-17-492-F04

Dental Professionals: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership and 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# 321413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

Occupational Therapists: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #803B. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Activity Demands), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

Physical Therapists: This program is approved by IBP, which is an approved provider by the Physical Therapy Board of CA. IBP is an Affiliate of Professional Regulation Approved CE Sponsor for PTs and PAs. Provider #7860010B. This program is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

Masseuse Therapists: IBP is an approved CE provider 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

Speech-Language Pathologists: IBP is an approved provider by the CA SLPA, #PDT247.

This program provides 6 CE hours.

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

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

Initial Release Date: 08/09/2017 Expiration Date: 08/09/2020 Content Level: Intermediate

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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 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 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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Developing Positive Emotional Habits
A 6-Hour Home Study Program for Health Professionals

Mood regulation is strongly influenced by emotional habits. This new program describes the joyful brain, healthy forms of mood regulation, the habits of happy people, and guidelines for developing positive emotional habits.

Learn how positive emotions can improve the health and wellbeing of clients and health professionals working in medical, dental, and behavioral settings.

Participants completing this program should be able to:
1. Describe several characteristics of the joyful brain.
2. Describe emotional habits of happy people.
3. Identify practical strategies for strengthening healthy emotional habits by applying principles of positive psychology.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider (CEP) 13860, 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. IBP is solely responsible for all aspects of the programs. This program provides 6 contact hours.

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 4S-09-126-1537. This program provides 6 CEHs.

PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: #002-0001-16-01-HFP and 002-0001-16-02-HFP.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider for the California Association of Environmental Health Education Providers. This program provides 6 CE credits.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #9693. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6.0 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an approved provider of continuing education by the State of Nevada Board of Physical Therapy. This program provides 6 CE hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, # FPD26. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPI in New York receives 6 hours of Category 3 credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP12906, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a Licensing Agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accreditation 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

The Joyful Brain:
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 Relaxing Habits
Sharing Gratitude and Love
Living an Authentic and Meaningful Life

Applying Positive Psychology to Strengthen Positive Emotions

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

ABOUT THE INSTRUCTOR

John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Counseling Survivors of Traumatic Events, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy. Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.

© 2017 IBP
The Ever-Changing Brain
A 6-Hour Home Study Program for Health Professionals

This new program reveals how the human brain modifies itself in response to learning, stress, depression, injury, pain, addiction, and aging.

Participants completing this 6-hour program should be able to:
1. Describe how the brains of people with autism, attention deficits, and dyslexia differ and how to work effectively with these clients in medical, dental or behavioral health practices.
2. Identify how chronic stress contributes to major and minor depressions and how mood disorders affect sleep, appetite, memory and self-care.
3. List causes of addiction and some ways medical, dental, or behavioral health professionals can help clients experience less pain.
4. Describe how mental stimulation, physical activities, and nutrition can promote healthy aging.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-007-H04-P and 0492-0000-15-007-H04-T.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: #216.000210. IBP is recognized by the Physical Therapy Board of CA #245.000045. This course provides 6 CE hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, West Des Moines, IA 50266. Provider #500-CE. This program provides 6 CE hours.

ARIZONA BOARD OF PSYCHIATRIC & PSYCHOSOCIAL NURSES: Institute for Brain Potential (IBP) is approved by the Arizona Board of Nursing to sponsor continuing education for registered nurses who provide mental health related services, including counseling in mental health related settings. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP is approved as a provider of continuing education by the Texas Board of Examiners of MFTs, Provider #100. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider Number 1029491. This program provides 6 CEUs.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association Council on Dental Education and Accreditation. A listing on this provider’s PACE approval is not a guarantee of recognition by a state or provincial board of dentistry, nor does it imply acceptance by a state or provincial board of dentistry or AGD endorsement. 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# 312843. This program provides 6 hours of CE credit. Subject Code: 594. IBP, Provider #D-428, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PETROLEUM TECHNOLOGISTS: Institute for Brain Potential (IBP) is approved by the State of Louisiana’s Board of Examiners of Petroleum Technologists to offer continuing education for Petroleum Technologists. This program provides 6 CE hours.

HEALTHCARE WORKERS: Institute for Brain Potential (IBP) is accredited with distinction 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 California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: IBP is approved as a provider for continuing education by the Texas Board of Examiners of MFTs, Provider #100. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider Number 1029491. This program provides 6 CEUs.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the American Dental Association Council on Dental Education and Accreditation. A listing on this provider’s PACE approval is not a guarantee of recognition by a state or provincial board of dentistry, nor does it imply acceptance by a state or provincial board of dentistry or AGD endorsement. 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# 312843. This program provides 6 hours of CE credit. Subject Code: 594. IBP, Provider #D-428, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PAs. #166.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #465110. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFPA, #19247.

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

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

Initial Release Date: 05/13/2015 Expiration Date: 05/13/2018 Content Level: Intermediate

© 2017 IBP

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

Understanding Stress Resilience
- Stress-Resilient Mindset
- Stress Resilient Brain
- Stress Resilient Body

Habits that Control Cravings
- Understanding Cravings
- Stress-Related Appetite
- Retrain and Restrain

Habits that Reduce Fear and Anxiety
- Fearful Brain, Anxious Brain
- Curbing Fear-Based Habits
- Curbing Anxiety-Based Habits

Habits that Elevate Mood
- Depression-Resistant Mindset
- Identifying Mood Triggers
- Effective Coping Habits
- Acquired Optimism
- Burnout Protection
- Balancing Energizing and Relaxing Habits

Practicing Positive Psychology and Mindfulness
- Happy Brain, Healthy Brain
- Practicing Positive Psychology—What Happy People Do
- Choosing To Be Happy Instead of Being Right
- The Healing Power of Accepting What Is Unlikely To Change
- Humor and Laughter
- Mindfulness
- Mindful Listening
- Keys to Developing Sustainable Stress-Resilient Habits

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including 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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13866, 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, #6915. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.


This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #130249. IBP is approved by provider by CCAPP-EL, Provider Number 4S-09-129-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-017-F04-P and 0492-0000-15-017-F04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Masterhip 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 – 11/30/15. Provider #312413. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider #BF-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0853. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved accreditor by the Physical Therapy Board of Ca. IBP is an B.9.6.260-00128, IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE Hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by FL Dept. of Professional Regulation. #260101050X5. This course provides 6 CE hours. This course is approved by Florida Board of Massage Therapy.

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

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13866, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a manuscript agreement between Alliant International University and IBP. Alliant International University, with the American Psychological Association Commission on Social 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: 07/19/2015 Expiration Date: 07/19/2018 Content Level: Intermediate

© 2017 IBP
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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. IBP is 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is approved as a provider for continuing education by the Ohio Counselor, Social Work & Marriage & Family Therapy Board, Provider #RSCE0003, by the FL Dept. of Professional Regulation, Provider #102949; IBP is approved by provider by CCAPP-EL, Provider Number #ecs5-129-1217. This program provides 6 CEUs.

SUSTAINANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number #ecs5-129-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-030-H04-P and 0492-0000-16-030-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18.

The American Psychological Association (APA) endorses IBP’s programs as applicable for psychology continuing education.

Occupational Therapists: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0950. 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 (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of continuing education.

Physical Therapists: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an approved CE provider by the Illinois Board of Physical Therapy, Provider #12413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Registered Nursing, Provider #RP-4261, is authorized to confer continuing education for Registered Nurses, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

Speech-Language Pathologists: IBP is an approved provider by the California Speech-Language Pathology Board, Provider #PDP247.

This program provides 6 CE hours.

Respiratory Care Professionals: RCPS in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #CEP13986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

Initial Release Date: 06/05/2016 Expiration Date: 06/05/2019 Content Level: Intermediate

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

Learn how stress-resistant 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.
5. Experience calm, mindfulness, meaning and happiness.

**CONTINUING EDUCATION**

NURSES: Institutes for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. IBP is solely responsible for all 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102249. IBP is approved by provider CCAPP-EL, Provider Number 48-09-126-117. This program provides 6 CE credits.

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

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 to 11/30/18. Provider ID# 312241. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #212-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0090. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an Approved Provider of Continuing Education for PTs and PAs #21100021. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #06-56965. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA# PPD247.

This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13986, and as such, its offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

**ABOUT THE INSTRUCTOR**

John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Professor at UC Davis. A Board Certified Neuropsychologist, he is author or coauthor of numerous texts including of Clinical Psychopharmacology Ridiculously Simple (2016), Handbook of Clinical Psychopharmacology 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.
Understanding and Managing Depressive Disorders

A 6-Hour Home Study Program for Health Professionals

Major depression is a leading cause of reduced life expectancy, disability, and impaired quality of life.

About half of people experiencing severe depression fail to seek treatment, and about half of people receiving treatment do not respond or relapse.

This program provides updated, evidence-based diagnostic and treatment guidelines, and reviews advances in overcoming treatment-resistant depression.

Participants completing this 6-hour program should be able to:
1. Identify major characteristics of depression.
2. Describe how cortisol, a stress-related hormone, can undermine mood.
3. Distinguish between the psychological and biological symptoms of depression.
4. Name several medical risk factors for depression.
5. List several psychological risk factors for depression and evidence-based psychological treatments.
6. Compare the long-term effectiveness of pharmacologic therapies to non-pharmacologic treatments.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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

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

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

PHARMACISTS AND PHARMACY TECHNICIANS:

IBP is an approved CE provider by the Florida Board of Pharmacy, Provider #5196, is approved as a provider for continuing education by the Florida Board of Pharmacy. Florida’s social work professionals, through IBP’s accreditation by the ANCC. IBP is approved by the Florida Board of Registered Nursing, Provider #RCST030801, by the FL Board of Medical Examiners of MFTs, Provider #RCST03081, and by the TX State Board of Examiners of MFTs, Provider #R03. This program provides 6 CE hours.

SUSTAINCE USE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC. Approved Education Provider Program, Provider #1022949. IBP is approved by provider by CCAPP-EL, Provider Number 45-09-12-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0023000-17-040-14PF and 0023000-17-040-15PF.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 307. IBP, Provider #P1-2401, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is in an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider. #0690. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides .6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of California. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PT’s and PTA’s. IBP is recognized by the Illinois State Board of Dental Health for 6 hours of continuing education for dentists. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #16.000050. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLFAP, #PT2247. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s program is accredited by the Commission on Standards of Quality Improvement Commission of Senior Colleges and Universities and the Western Association of Schools and Colleges. Please contact your school district for 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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The Many Faces of Depression
- Unipolar Depression
- Depression in Youth
- Dysthymic Disorder
- Depression With Bipolar Disorders
- Substance Use Disorder
- Seasonal Affective Disorders
- Elderly

Stress, Cortisol, and Depression
- Stress and Depression
- Origins
- Regenerating Hippocampal Neurons

Symptoms and Brain Circuits
- Core Symptoms
- Cognitive Symptoms
- Biological Symptoms
- Reduced Positive Affect
- Increased Negative Affect

Medical Factors
- Chronic Inflammation
- Thyroid
- Postpartum Depression
- Perimenopause
- Chronic Pain
- Sleep Loss
- Light Deprivation
- Parkinson’s Disease

Psychological Factors
- Mindset
- Loss of Predictability and Control
- Blocked Emotional Expression
- Loss of Social Support
- Personal Loss
- Loss of Meaning

Initial Support and Psychological Therapies
- Providing Acute Symptomatic Relief
- Family Support
- Stabilizing Sleep
- Prescribing Physical Activity
- Initiating Psychotherapy
- Interpersonal Therapy
- Cognitive-Behavioral Therapy
- Acceptance and Commitment Therapy
- Positive Psychology

Psychopharmacology and Combined Treatments
- Understanding Antidepressants
- Choosing the Right Antidepressant
- Symptom-Based
- Improving Adherence
- Novel Treatments
- Evaluating Alternative/Complementary Therapies
- Overcoming Treatment Failure
- Relapse Prevention
- Developing Depression-Resilient Habits

ABOUT THE INSTRUCTOR

John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Counseling Survivors of Traumatic Events, Handbook of Clinical Psychopharmacology, and is co-editor of Emotionally Empathic Approaches to Psychotherapy. Dr. Preston received the National 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 new program describes the nature of death anxiety, its impact, ways to effectively cope with end-of-life issues, and how we can use death anxiety to live more fully.

Participants including health professionals working in medical, dental and behavioral health settings should be able to:
1. Identify key characteristics of death anxiety.
3. Distinguish between adaptive and maladaptive forms of coping concerning death anxiety.
4. Name several brain areas that contribute to death anxiety.
5. Outline ways to help ensure that patients receive the kind of end-of-life care that fulfills their directives.
6. Describe how to channel a death anxiety into life-affirming choices and experiences.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited 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 #CEP13996, 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. IBP 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is accredited by the Florida Board of Massage Therapy, the Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS039091, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #166000183, and by the TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102499. IBP is approved by provider by CCAPP-EL, Provider Number 46-09-129-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANcs: 0492-0000-15-011-H04-P and 0492-0000-15-011-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement.

The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 3214. This program provides 6 hours of CE credit. Subject Code: 557, IBP, Provider #RF-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is an approved provider by the FL Board of Pharmacy, Provider #CEP13996. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is accredited by the American Occupational Therapy Association (AOTA) Approved Provider, #0950. 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: Domains of Function, Client Factors, and Context and Environment. This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

MENTAL HEALTH PROFESSIONALS: IBP is an approved provider by the FL Board of Occupational Therapy, Provider #CEP13996. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved provider by the FL Board of Massage Therapy, Provider #CEP13996. This program provides 6 CE hours.

PHYSICAL THERAPISTS: IBP is an approved provider by the Physical Therapy Board of California, Provider #CEP13996. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #PD242.

REHABILITATION MENTAL HEALTH PROFESSIONALS: IBP is an approved provider by the CA Board of Registered Nursing, #CEP13996, and as such, its CE offerings are accepted by Registered Caregiver of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a leadership agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accreditation 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: 06/12/2015 Expiration Date: 06/12/2018 Content Level: Intermediate

Understanding Death Anxiety
“"We are the dust of the universe trying to understand itself.” — Pelligrina
• 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

Preparations
“Understand this extraordinary thing call 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

Tom Nickel, Ph.D., is a cognitive psychologist and instructional designer. He has been extensively involved in the planning and administration of mental health services and the development of training programs for mental health professionals. He has served as a volunteer caregiver for the Kaiser Permanente Hospice program and currently serves with the Zen Hospice Project. He has also developed an online curriculum, “An Instructional Design for Dying.” Dr. Nickel’s presentations are both informative and deeply transformative.

John D. Preston, Psy.D., is Professor Emeritus with Alliant International University: California School of Professional Psychology, Sacramento and formerly on the faculty of UC Davis School of Medicine. Dr. Preston is the author of twenty-two books addressing psychotherapy, mood disorders, neurobiology, and spiritual aspects of emotional healing. His books have been translated into 14 foreign languages. An outstanding speaker, Dr. Preston has given invited lectures to health professionals throughout North America and in several continents. His presentations are at once informative and inspiring.
Understanding and Treating Posttraumatic Stress Disorders
A 6-Hour Home Study Program for Health Professionals

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 new program describes the DSM-5 criteria for diagnosis in youths and adults, common neurological 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 neurological findings.
3. Indications and contraindications of drugs commonly used to treat bipolar spectrum disorders.
4. Integrative treatments including psychological therapies.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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

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. IBP is solely responsible for all aspects of the program.

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

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

This program provides 6 CE credits.

SUBLSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102499. This program provides 6 CEHs.

PHARMACISTS & PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-015-H04-P and 0492-0000-16-015-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement.

The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 321413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #2062, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved accreditor by the Physical Therapy Board of California. IBP is an approved provider by IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs. #CEP10986. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation. #Q4661045. This course provides 6 CE hours. This course is for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #PFP242. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP10986, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

Diagnosis

- Major Depressive Episode
- Bipolar I Disorder
- Bipolar II Disorder
- Cyclothymic Disorder
- Children and Teens
- Differential Diagnosis
- Common Coexisting Conditions
- Are Mood Disorders Progressive?

Biology and Neurobiology

- Genes
- Hormonal Changes
- Brain Circuits
- Imaging of Bipolar Disorders
- Ongoing Research

Pharmacology

- Mood Stabilizers
- Atypical Antipsychotics
- Noncompliance
- Do Antidepressants Induce Mania?
- Neuroprotection

Integrative Treatments

- Lifestyle Management
- Evidence-Based Psychotherapies
- Family-Specific Interventions
- Preventing Relapse

ABOUT THE INSTRUCTOR

John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Counseling Survivors of Traumatic Events, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy. Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.

© 2017 IBP
Wellness and the Brain: The Psychobiology of Positive States
A 6-Hour Home Study Program for Health Professionals

This new program describes pleasure, attraction, love, meditation, creativity, and life purpose, a neuroscience approach to the pursuit of happiness, wellbeing and self-defined success.

This program also provides key insights and practical skills for health professionals working in medical, dental and behavioral settings.

Participants completing this program should be able:
1. List key brain regions linked to joyful states.
2. Describe brain mechanisms involved in developing trust.
3. Describe the role of dopamine in states of “wanting” and endogenous opioids in states of “satisfaction.”
4. Identify brain states related to focused awareness and a sense of timeliness.
5. List several brain-based strategies to enhance emotional and social awareness.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider (CEP)31896 and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFT’s: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program.

IBP is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Empire, CO 80438, www.aswb.org, and by the Florida Board of Social Work Examiners, Provider #50-03901. This program provides 6 CEUs.

IBP is approved as a provider of continuing education by the Florida Board of Massage Therapy, 12801 AP Pershing Way, Suite 120, Orlando, FL 32818, www.flmbd.com. Provider ID #5000005. This program provides 6 CEUs.

IBP is approved as a provider of continuing education by the California Board of Occupational Therapy, 1301 K Street, Suite 310, Sacramento, CA 95814, www.ctbto.org. Provider #1760. This program provides 6 CEUs.

IBP is approved as a provider of CE by the NY State Board of Physical Therapy, Provider #1160, as approved as a provider for continuing education by the New York State Education Department, Office of Cultural Education, 130 Littleﬁeld St., Albany, NY 12265. Provider ID #50-03901. This program provides 6 CEUs.

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

Counselors, Psychologists, Social Workers & MFT’s: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 CEUs.

IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Empire, CO 80438, www.aswb.org, and by the Florida Board of Social Work Examiners, Provider #50-03901. This program provides 6 CEUs.

IBP is approved as a provider of CE by the FL Board of Massage Therapy, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OHI CSWMFT Board, Provider #BCS103801, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #150. This program provides 6 CEUs.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102249. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-121179. This program provides 6 CEUs.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement.

Participants completing this program should be able:
- Identify brain states related to focused awareness and a sense of timeliness.
- List several brain-based strategies to enhance emotional and social awareness.

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 Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.

© 2017 IBP
Pain Free: Focus on Headache, Fibromyalgia, and Back and Neck Pain
A 6-Hour Home Study Program for Health Professionals

This program is designed to provide full spectrum pain relief by combining pharmacological and non-drug approaches.

Participants completing this program should be able to:
1. Identify how pain-related disorders can be assessed.
2. Name selected brain regions that are involved in the perception and evaluation of pain.
3. Outline a strategy to treat either headache, fibromyalgia/chronic fatigue, and back or neck pain that includes evidence-based pharmacologic and non-drug approaches.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6842. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by NAADAC, Provider #102249. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). Licians #020000-4 and #025000-3 authorize continuing education for pharmacist.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accrediting Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). Licensure #020000-4 and #025000-3 authorize continuing education for pharmacists.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Society of General Dentistry (AGD). This program provides 6 hours of Category II credit toward AGD dental credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. Approval does not imply acceptance by all state or provincial boards of dentistry or AGD endorsement. This program provides 6 CE hours. Approval by the AGD does not imply acceptance by a state or provincial board of dentistry or AGD endorsement.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved provider by the Physical Therapy Board of California, #PDP247. This program provides 6 hours of Category I credit. Licensure #020000-4 and #025000-3 authorize continuing education for physical therapists.

.Amount of CE credits indicated is based on credit hours provided by provider, as noted above.

This program is approved by the American Occupational Therapy Association, Inc., AOTA, #00590. This program provides 6 CEUs.

If you have any questions regarding the continuing education program, you may contact IBP at (800) 909-0137 or info@ibp.com.

ABOUT THE INSTRUCTOR

Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills include helping people cope with chronic pain.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom. Participants will receive a detailed outline prepared by Dr. Schneider for all of the lecture topics plus key references and evidence-based resources.
Understanding Type 2 Diabetes
A 6-Hour Home Study Program for Health Professionals

This program concerns the diagnosis, etiology, symptoms, management challenges, and complications associated with type 2 diabetes. Lifestyle factors associated with adverse and beneficial effects are detailed.

Participants working in medical, dental, and behavioral health settings should be able to:
1. Distinguish between type 1 and type 2 diabetes.
2. Describe factors that lead to insulin resistance.
3. List several key medical complications of diabetes.
4. List several key behavioral health issues that frequently coexist with type 2 diabetes.
5. Describe why patients receiving pharmacologic treatment for diabetes also benefit from diet, lifestyle, and behavioral interventions.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is accredited as a provider of continuing education by the Florida Board of 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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited with distinction as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-039-H04-P and 0492-0000-16-039-H04-T.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider with the California Speech-Language Pathology Board (CSLPAB) and is approved for 6 clock hours. IBP is an approved provider with the California Board of Speech-Language Pathology and Audiology and the Florida Board of Examiners of Speech-Language Pathologists and Audiologists. This program provides 6 CEUs.

PHYSICAL THERAPISTS: IBP is an accredited provider by the FL Board of Physical Therapy. This course provides 6 hours of Category I credit. The current term of approval extends from 12/01/14 – 11/30/17. Social workers should consult their state regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is accredited with distinction as a provider of continuing education by the American Speech-Language-Hearing Association (ASHA) and is approved for 6 continuing education contact hours (CEUs). ASHA CEU Provider ID: 916000-3306. This program provides 6 CEUs.

ASSOCIATION OF SOCIAL WORKERS (ASWB): Institute for Brain Potential (IBP) is approved by the Association of Social Work Boards (ASWB), Provider #168.000183, and by TX State Board of Examiners of MFTs. Provider #060. This program provides 6 CE credits.

EDUCATORS: IBP is approved by the National Board for Professional Teaching Standards (NBPTS) as an approved provider for 6 CEUs. This program provides 6 CEUs.

DENTISTS, DENTAL HYGIENISTS AND DENTAL ASSISTANTS: Institute for Brain Potential (IBP) is approved by the FL Board of Dentistry, Provider #RP-4261, is authorized to confer continuing dental education for RCPs in New York receive 6 hours of Category III credit. IBP is approved by the NY State Board of Dental Examiners, Provider ID: # PDP247. This program provides 6 CE hours of Category III credit. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP 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 6.0 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the FL Board of Physical Therapy. This program provides 6 CEUs.

MASSAGE THERAPISTS: IBP is accredited by the National Certification Commission for Massage Therapy and Bodywork (NCFMB) as a provider of continuing education. This program provides 6 CE credits.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider with the American Speech-Language-Hearing Association (ASHA) and is approved for 6 continuing education contact hours (CEUs). ASHA CEU Provider ID: 916000-3306. This program provides 6 CEUs.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited provider by the FL Board of Physical Therapy. This program provides 6 CEUs.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider with the American Speech-Language-Hearing Association (ASHA) and is approved for 6 continuing education contact hours (CEUs). ASHA CEU Provider ID: 916000-3306. This program provides 6 CEUs.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development through a designation 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: 06/29/2016 Expiration Date: 06/28/2019 Content Level: Intermediate

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 Issues and Diabetes

- Depression and Anxiety
- Diabetes Distress
- Eating Disorders

Treatments for Diabetes

- Medications
- Bariatric Surgery
- Diet
- Lifestyle Interventions
- Behavioral Health Interventions

ABOUT THE INSTRUCTOR

Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills including helping people with chronic medical conditions including pain, diabetes, and related conditions.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom.
Anger poses a risk not only to the person who receives it but also to the individual who harbors it. However, effective approaches have been developed for managing anger and achieving forgiveness. In this six-hour program, learn to communicate what matters in ways that can lead to meaningful change.

Participants completing this program should be able to:

1. List several long-term health risks associated with anger.
2. Identify characteristics of people with the most common anger-related disorders.
3. Discuss evidence-based approaches to manage anger.
4. Describe effective methods of facilitating forgiveness.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13906, 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, Provider #6034. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

IBP, Provider #1140, is approved as a provider for continuing education by the American Occupational Therapy Association, Inc., MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #580. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. IBP is approved as provider by CCAPP-EL, Provider Number #9-129-12317. This program provides 6 CEHs.

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

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #312413. This program provides 6 hours of CE credit. Subject Code: 35. IBP, Provider #5472, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6035. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 0.6 CEUs.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID #312413. This program provides 6 hours of CE credit. Subject Code: 35. IBP, Provider #5472, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved accreditor by the Physical Therapy Board of California. IBP is an approved provider by PTA. This program provides 0.6 CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This program is approved by the FL Board of Occupational Therapy for 6 hours of credit.

MISTRESS, THERAPISTS: IBP is an approved CE sponsor by the FL Board of Occupational Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CSWMT Board, Provider #1610006. This program provides 6 CE hours.

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

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

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 Forgive
• Applying Behavioral Psychology
• Applying Interpersonal Psychology
• Applying Health Psychology
• Applying Cognitive-Behavioral Therapy
• Applying Dialectical Behavioral Therapy
• Applying Positive Psychology
• From Trauma to Transformation

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosy people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

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

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Changing How We Feel By Changing How We Think
A 6-Hour Home Study Program for Health Professionals

Habitual beliefs influence how people experience stress, anxiety, sadness, anger, shame, and emotional burnout.

This program provides evidence-based methods for revising maladaptive narratives using the emerging science of mindsets.

Participants working in medical, dental, behavioral and educational settings should be able to:
1. Describe several attributes of a mindset.
2. Discuss the core beliefs underlying a maladaptive mindset, and
3. Identify key strategies for changing a selected maladaptive mindset.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP1396, 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, #6504. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

IBP, Provider #1154, is approved as a provider for continuing education by the California Board of Social Work, MFT and Mental Health Counseling, by the OH OSHMFT Board, Provider #RCS110861, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #1166.000184, and by TX State Board of Examiners of MFTs, Provider #R30. This program provides 6 CEUs.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #105249. IBP is approved by provider by CCAPP-EL, Provider Number #S0-09-125-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0922-0000-16-034-F04-F and 0922-0000-16-034-F04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE. Subject Code: 557. IBP, Provider #RFP4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 hours of credit.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0505. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Intervention and Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of California. IBP is an APTA Provider of Professional Regulation Approved CE Sponsor for PTs and PTAs. #1151. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation. #24501089. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

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

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP1396, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

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

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
• Reinstituting 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 nosy people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.
Noxious People: Living and Working With High-Conflict Individuals
A 6-Hour Home Study Program for Health Professionals

Noxious people are defined as problematic relationships that can engender mental or physical illness in others. This program will help you recognize and deal effectively with individuals with disorders of personality, mood, thought, and impulse control.

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.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of these programs. This program provides 6 clock hours.

IBP is accredited by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

ONLINE PROFESSIONALS: IBP, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). 400 South Ridge Parkway, Suite B, Alexandria, VA 22302, www.aswb.org. ASWB Approval Period: 1/1/17 – 1/1/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #830, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider #CCAPP-FL, Provider Number 48-09-126-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-013-H04-P and 0492-0000-16-013-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). This total continuing dental education program 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#: 3212413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS: IBP is approved as a provider of continuing education by the American Pharmacists Association, Provider #830. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0950. 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 Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an 11 Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs. #26602230. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MMASSAGE THERAPISTS: IBP is an approved provider by FL Dept. of Professional Regulation, #2650010459. This course provides 6 CE hours. This course is approved for 6 hours of the Category "General" CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, #PTP247. This program provides 6 CE hours.

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a disposition 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 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 illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

Initial Release Date: 02/12/2016 Expiration Date: 02/12/2019 Content Level: Intermediate
In this program, health professionals will learn how people reason with selected disorders of mood, anxiety, OCD, anger, and personality.

Practical strategies will be presented to facilitate meaningful change in patients and health professionals working in medical, dental, and behavioral health settings.

Participants completing this program should be able to:
1. List several paths to achieving effective emotional communication.
2. Outline an effective strategy to reason with a person who has a disorder of mood, anxiety, OCD, anger or personality.
3. Describe a strategy for reasoning or having a difficult conversation with a person who is experiencing pain, illness or vulnerability.
4. Describe a calming strategy including the practice of mindfulness for health professionals who are experiencing strong emotions.

CONTINUING EDUCATION

PHYSICAL THERAPISTS: This program is approved by the Florida Board of Physical Therapy, Florida State Board of Physical Therapy, and the Illinois State Board of Physical Therapy. This program provides 6 CE hours.

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider 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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours.

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

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is approved by the American Society of Health-System Pharmacists as a knowledge-based activity for pharmacist continuing education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-14-048-H04-P and 0492-0000-14-048-H04-T.

NURSES: Institute for Brain Potential (IBP) is approved by the California Board of Registered Nursing, Provider #13896, and by Florida Board of Nursing, Provider #F20. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry. This program provides 6 CE hours.

STRENGTHENING PATIENT-PROFESSIONAL RELATIONSHIPS

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
- Generalized Anxiety, Obsessive Compulsive Disorder and Perfectionism
- Generalized Anxiety
- Obsessive Compulsive Disorders
- Perfectionism

Passive and Aggressive Forms of Anger

- Passive Anger
- Aggressive Anger

Selected Personality Disorders

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

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.

© 2017 IBP
Supervising Staff With Mental Health Problems

A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13898, 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. IBP is responsible for all aspects of the programs. This program provides 6 CE clock hours.

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

PHYSICAL THERAPISTS: Institute for Brain Potential (IBP) is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 300 South Ridge Parkway, Suite B, Silver Spring, MD 20910, www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCSH10091, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168.00183, and by TX State Board of Examiners of MFTs, Provider #380. This program provides 6 CEHs.

STUDENT ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-128-1217. This program provides 6 CEHs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UACS #0900-0000-16-065-H04-P and 0900-0000-16-065-T04-P.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #126-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #8050. 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 (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an APTA Provider, #116161200, and is approved by the NY State Board of Physical Therapy. This program provides 6 CE Hours.

MISTRESS: IBP is approved as a provider by the FL Dept. of Professional Regulation, #25610425. This course provides 6 CE Hours. This course is approved for “General” CE Credit by the FL Board of Massage Therapy.

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

RESPIRATORY CARE PROFESSIONALS: RCPI in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13898, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE Hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development as a result of a cooperative agreement between Alliant International University and IBP. Alliant International University is a participant in the program and 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.

Initial Release Date: 12/01/2016 Expiration Date: 12/01/2019 Content Level: Intermediate

Common Problematic Behaviors Indicative of Mental Illness Disorders

- Working slowly
- Missing deadlines
- Calling in sick frequently, especially on Mondays, and high rates of absenteeism
- Irritability and outbursts of anger
- Difficulty concentrating and making decisions
- Appearing numb, blunted, or emotionless
- Withdrawing from work activity
- Perfectionism, rigid and unrealistic standards for self and others
- Forgetting directives, procedures and requests.
- Having difficulty with work transitions or changes in routines, such as rigidity and lack of flexibility
- Provocative, incendiary, passive-aggressive, or otherwise inappropriate behaviors

Key Mental Health Problems in the Workforce: Symptoms, Treatment, and Biggest Misconception

- Depression
- Bipolar Disorder
- Generalized Anxiety Disorders
- OCD and the Pathology of Perfectionism
- Substance Use Disorders
- Personality Disorders

A Protocol for Intervention

- Establish a Mentally Healthy Working Environment
- Educate Supervisory Staff
- Do Not Diagnose
- Control Your Emotions
- When Confronting Anger, Denial, Hostility or Verbal Abuse
- Make Reasonable Accommodations
- Emergencies
- Summary of Do’s for Intervention
- Summary of Don’ts

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.

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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. Compare and contrast different treatments.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 CE credits.

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. IBP is solely responsible for all programs. This program provides 6 clock hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is accredited by the Australian organizers to sponsor continuing education for health professionals. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

DENTAL PROFESSIONALS: IBP is designated as an Approved Pace Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #EZ-4201, is authorized to confer continuing dental education for Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-008-H04-P and 0492-0000-17-008-H04-T.

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 California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 CE credits.

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. IBP is solely responsible for all programs. This program provides 6 clock hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is accredited by the Australian organizers to sponsor continuing education for health professionals. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

DENTAL PROFESSIONALS: IBP is designated as an Approved Pace Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #EZ-4201, is authorized to confer continuing dental education for Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-008-H04-P and 0492-0000-17-008-H04-T.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0859. 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 (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTA's. #2261000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #Q25-00043. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, #PD245. This program provides 6 CE hours.

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

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

Clinical Criteria of Personality Pathology
- Adaptive Inflexibility
- Vicious Cycles
- Instability
- Lack of Insight
- Pathological Problem-Solving

Characteristics of the Borderline Personality
- Impulsivity
- Unstable and Intense Relationships
- Identity Disturbance
- Intolerance of Being Alone
- Self-Harm
- Chronic Sense of Emptiness/Boredom
- Inappropriate and Intense Anger
- Paranoid Ideation
- Common Coexisting Conditions

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

Resources
- Interpersonal Skills
- Psychodynamic Therapy
- Schema-Based Therapy
- Dialectical-Behavior Therapy
- Mindfulness
- Increasing Interpersonal Effectiveness
- Improving Emotional Regulation
- Acceptance

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

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosy people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

© 2017 IBP
Understanding Personality Disorders
A 6-Hour Home Study Program for Health Professionals

In this program, learn characteristics of the most common personality disorders and practical tips for working with or treating “difficult” individuals in medical, dental, and mental health settings.

Participants completing this program should be able to:
1. List key brain regions influencing social reasoning and conduct.
2. Identify features of and effective treatments for paranoid, schizoid and schizotypal, antisocial, borderline and narcissistic, and obsessive-compulsive personality disorders.
3. Describe personality disorders that may underlie hypochondriasis, body dysmorphic disorder, eating disorders, active and passive aggression, and substance abuse disorders.
4. Review principles that facilitate the transformation of personality.

CONTINUING EDUCATION

Institute for Brain Potential (IBP) is approved as a provider of continuing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is accredited 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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 contact hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP is approved as a provider of continuing education by the Florida Board of Psychology, by the Florida Board of Clinical Social Work, MFT, and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCS190926, by the IL Dept. of Professional Regulation, Provider #1169, and by the TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #1602849. IBP is approved by provider by CCAPP-EL, Provider Number 48-09-126-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-057-H04-P and 0492-0000-16-057-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). (The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 321413. This program provides 6 hours of CE. credit. Subject Code: 557. IBP, Provider #126-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved approver by the Physical Therapy Board of CA. IBP is an approved provider by the FL Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPAF, # PDFP24. This program provides 6 CE hours.

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

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

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

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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 Forgivenes
- Developing Positive Self-Care Skills

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

© 2017 IBP
Listening to the Body: Understanding the Language of Stress-Related Symptoms

A 6-Hour Home Study Program for Health Professionals

Stress-related conditions contribute to over half of all visits to health providers. This 6-hour program describes the connection between thoughts, emotions, and symptoms. In addition, this program also provides effective evidence-based treatments.

Participants completing this practical program should be able to list one or more effective approaches for managing stress-related:
1. Immune symptoms,
2. Fight-or-flight symptoms,
3. Musculoskeletal symptoms, and
4. Mental states that trigger somatic distress.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13906, and Florida Board of Nursing. This program provides 6 contact hours.

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

OCCUPATIONAL THERAPISTS: IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.


IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCS110081, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #166.001183, and by TX State Board of Examiners of MFTs, Provider #630. This program provides 6 CE hours.

STURSCE: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102299. IBP is approved by provider by CCAPP-EL. This program provides 6 CEUs. The program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-020-H04-P and 0492-0000-16-020-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/15. Provider ID#: 321431. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RCF1428, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dental Therapy. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #0670. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors). This course is approved by the FL Board of Occupational Therapy for 6 hours of education.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for Pts and PTAs. E166.000231. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by IL Dept. of Professional Regulation, #Q564000140. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

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

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

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

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

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
• Ruminartion
• Restating Maladaptive Thoughts
• Resolving Conflict
• Somatic Approaches
• Acceptance-Based Therapies
• Meditation
• Mind Over Pain

ABOUT THE INSTRUCTOR

William Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego coordinates the Collaborative Care program, delivering clinical services and supervises primary care patients with chronic illnesses.

Dr. Sieber is a reviewer for nearly a dozen peer-reviewed medical journals, has been a consultant to the biotech and pharmaceutical industry, has presented to tens of thousands of health care providers on topics of fatigue, stress, burnout, and health promotion, and has provided and supervised the delivery of services for over 20 years in a variety of medical settings.

An outstanding and dedicated instructor, Dr. Sieber has developed national and international training programs and has presented seminars to health professionals for over 20 years. Audiences commend his presentations for their clinical wisdom, effective solutions, clarity, and warmth.
Reducing Fatigue and Increasing Energy: Focus on Stress, Habits, and the Brain
A 6-Hour Home Study Program for Health Professionals

Fatigue significantly undermines the quality of life in healthy people and is an important symptom of many chronic conditions.

Professionals working in medical, dental, behavioral and educational settings will learn how stress, hormones, diet, mood, and sleep contribute to fatigue-related disorders. In addition, key habits are described to reduce fatigue and restore energy.

Participants completing this program should be able to:
1. Describe how stress-related fatigue affects the brain and body.
2. Identify how hormone imbalance can produce fatigue.
3. Discuss how diet, drugs and herbs affect fatigue.
4. Discuss how inflammation can induce fatigue and lower mood.
5. List several evidence-based strategies to improve sleep.
6. Identify key habits to optimize energy and reduce fatigue.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP3806, and Florida Board of Nursing, Provider #50-0800.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, #5815. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 contact hours.

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

IBP, Provider #1190, is approved as a provider for continuing education by the California Board of Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCSIS001, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #166000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN# 0492-0000-15-035-H04-4 and 0492-0000-15-035-H04-1.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID 312413. This program provides 6 hours of CE credit. Subject Code: 357. IBP, Provider #BF4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #102949. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides a total of AOTA CEUs or contact hours. This program provides 6 CE hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs. #126000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is an approved CE provider by the IL Dept. of Professional Regulation, #Q56000145. This course provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the CA SLPA, #FPDP247. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP3806, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a collaboration with 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: 12/01/2015 Expiration Date: 12/31/2018 Content Level: Intermediate

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Stress-Related Fatigue:
The Mind-Body Connection
• Understanding Fatigue Symptoms
• Fatigue-Related Stress and the Brain
• Fatigue-Related Stress and the Body
• Understanding Energy

Hormone-Related Fatigue
• Cortisol
• Thyroid
• Insulin
• Estrogen

Diet, Drugs and Herbs
• Stress, Diet and the Enteric Nervous System
• Outsmarting the “Gut Brain” With Nutrients
• Outsmarting the Gut Brain With Physical Activity
• Drug Side Effects
• Complementary and Alternative Medicines

The Inflammation-Fatigue-Mood Connection
• Common Sources of Chronic Inflammation
• Chronic Inflammation and Mood
• Anti-inflammatory Foods and Drugs
• Chronic Fatigue Syndrome and Fibromyalgia

Sleep Disorders
• Epidemic of Sleep Deprivation
• Disorders of Initiating Sleep
• Disorders of Maintaining Sleep
• Sleep and Cognitive Decline
• Stimulants, Sédatives, and Sugars
• Snacks to Help Relax
• Improving Sleep Habits

Habits to Increase Energy
• Taming the Physical Environment
• Cognitive Fitness
• Emotional Fitness
• Minding the Body
• Embodying the Mind
• Professional Fitness
• Maintaining Energy-Enhancing Habits

ABOUT THE INSTRUCTOR

William Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego coordinates the Collaborative Care program, delivering clinical services and supervises primary care patients with chronic illnesses.

Dr. Sieber is a reviewer for nearly a dozen peer-reviewed medical journals, has been a consultant to the biotech and pharmaceutical industry, has presented to tens of thousands of health care providers on topics of fatigue, stress, burnout, and health promotion, and has provided and supervised the delivery of services for over 20 years in a variety of medical settings.

An outstanding and dedicated instructor, Dr. Sieber has developed national and international training programs and has presented seminars to health professionals for over 20 years. Audiences commend his presentations for their clinical wisdom, effective solutions, clarity, and warmth.
Understanding and Practicing Positive Psychology
A 6-Hour Home Study Program for Health Professionals

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.
Advances in Preventing Cognitive Decline: Getting Old, Thinking Young
A 6-Hour Home Study Program for Health Professionals

Like it or not, we are aging, but it is better than the alternative. This program translates advances in neuroscience into practical terms to help protect the aging brain from cognitive decline and dementia.

Alzheimer’s disease and vascular dementia are the two most common causes of dementia, affecting over 85% of cases. Remarkably, they share common modifiable risk factors and prevention strategies.

Participants completing this new program should be able to:
1. Distinguish between healthy aging of the brain, mild cognitive impairment and dementia.
2. Identify risk factors for Alzheimer’s disease and evidence-based interventions designed to prevent onset or progression.
3. Identify risk factors for cognitive decline related to silent or clinically identified vascular dementia and evidence-based interventions designed to prevent onset or progression.
4. Describe evidence-based strategies to develop a personalized plan for protecting the brain from cognitive decline and enhancing neuroplasticity.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction 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 (CEP) 13906, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential (IBP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). 400 South Ridge Parkway, Suite B, 303-639-5400. www.aswb.org. ASWB Approval Period: 11/1/14 – 11/30/17. Social workers should contact their state regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFTs, and Psychotherapy, and the FL Board of Mental Health Counseling. Provider #BCST10091, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #1650100183, and by TX State Board of Examiners of MFTs, Provider #803. This program provides 6 CE hours.

SUSTAINCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102294. IBP is approved by provider by CCAPP-EI, Provider Number 46-09-128-1217. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-16-018-H04-P and 0492-0000-16-018-H04-T.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 3122413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #R7-4201, is authorized to confer continuing dental education for Dentists, Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dental Therapy.

This program provides 6 CE hours.

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

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the Physical Therapy Board of CA. IBP is an approved provider by the FL Board of Physical Therapy for 6 hours of credit.

MOUNTAIN THERAPISTS: IBP is an approved CE provider by the FL Board of Professional Regulation. #240614905. This program provides 6 CE hours. This course is approved for 6 hours of “General” CE Credit by the FL Board of Massage Therapy.

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

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

EDUCATORS: Participants completing this program will receive 7.5 contact hours of professional development credit through a conjunction 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 Colleges and Schools. 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.
The Opioid Epidemic: What Licensed Health Professionals Need To Know
A 6-Hour Home Study Program for Health Professionals

The opioid epidemic in the United States has reached unprecedented proportions. The regions in the United States with the highest proportion of overdose-related deaths are depicted in red and orange in the graphic.

Over 100 million Americans are in chronic pain, and these individuals are at particular risk of developing opioid dependence and addiction. In addition, vulnerabilities to addiction include trauma, mood disorders, PTSD, and disorders of impulse control.

Participants completing this important program should be able to identify:
1. Key risk factors for developing opioid addiction.
2. How the chronic use of opioids can increase sensitivity to pain and alter the habit brain.
3. How to treat opioid withdrawal, prevent overdose, and other adverse events.
4. Best practices in preventing opioid-related disorders including prescription safeguards.
5. Best practices for treating people with analgesic-related opioid use disorders through pharmacological and psychological interventions.

CONTINUING EDUCATION
NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.


IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW-MFT Board, Provider #RSCE10981, by the HI Dept. of Professional Regulation MFT CE Sponsor Program, #166.001083, and by TX State Board of Examiners of MFTs, Provider #80. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc 0492-0000-16-028-H04-P and 0492-0000-16-028-H04-T.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the American Psychological Association, 750 First Street NE, Washington, DC 20002-4242, Provider #102949. IBP is approved by provider by FL Board of Osteopathic Medicine, Provider #FOP000210. IBP maintains responsibility for this program. This program provides 6 CE credit.

IBP is approved as a provider for continuing education by the IL Dept. of Professional Regulation, Provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB). 400 South Ridge Parkway, Suite B, Silver Spring, MD 20902. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

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.

ABOUT THE INSTRUCTOR

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

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The program provides an updated understanding of disorders related to alcohol, cannabis, opioids, sedatives, hypnotics, anxiolytics, stimulants, tobacco, and addictive aspects of eating disorders and obesity.

Participants completing this program should be able to identify effective ways to:
1. Recognize how addictive drugs and disorders alter reward systems of the brain.
2. Treat substance use disorders in youth and adults.
3. Treat substance use disorders with psychological and pharmacological interventions.
4. Minimize risks of using potentially addictive drugs (e.g., opioids, sedatives, cannabis) for medicinal purposes in medical, dental, and behavioral health practices.
5. Facilitate recovery from substance use disorders outside of formal treatment programs.

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13906, 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. IBP is responsible for all aspects of the programs. The American Psychological Association (APA) Office of Continuing Education in Psychology (OCEP) has approved Institute for Brain Potential to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the American Society of Addiction Medicine (ASAM) to provide substance abuse treatment services in the state of California. This program provides 6 CE hours. Please contact your school district if you need prior approval for this program.

RESPIRATORY CARE PROFESSIONALS: IBP is approved as a provider by the Florida Board of Respiratory Care. This program provides 6 CE hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is approved by the American Pharmacists Association, 601 North Washington Street, Alexandria, VA 22314. This program provides 6 CEUs.

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 cannabidiol
- comorbid bipolar and anxiety disorders
- risks and benefits

Opioid Use Disorder
- genetic, physiological, and environmental factors
- suburban
- professional-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
- 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 commonalities in dopamine reward circuits found in major addictive disorders
- taming 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

Dr. Jodie Trafton, Ph.D., a neuroscientist, is an adjunct Clinical Associate Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the 141 VA health care systems. Dr. Trafton is editor in chief of the three-volume series, Best Practices in the Behavioral Management of Chronic Disease, and the first author of Training Your Brain To Adopt Healthful Habits and of a new 2015 text on Science-Based Health Education.

An outstanding speaker, Dr. Trafton teaches an acclaimed series of classes at Stanford University on addictive disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm, and warmth.
Memory: How it Works, How It Breaks Down, and How To Improve It
A 6-Hour Home Study Program for Health Professionals

Advances in the brain and behavioral sciences have provided a new understanding of how we can protect and improve memory by developing greater stress resilience, preventing mood disorders, improving restorative sleep, and acquiring sustainable memory-enhancing skills and habits.

Participants completing this program should be able to 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
- Forms of Memory
- Emotional Memory
- Working Memory
- Short-Term Memory
- Long-Term Memory
- Habit-Based (Implicit) Memory

Preventing Stress-Related Memory Impairment
- Stress-Related Aging of the Brain
- Why We Remember What We Want to Forget
- Why We Forget What We Want To Remember
- Developing Stress-Resilience

Preventing Mood-Related Memory Impairment
- Depression and Lowered Mood
- Depression and Memory
- Promoting Neurogenesis
- Depression-Resistant Mindset
- Protecting Executive Functions

Preventing Sleep-Related Cognitive Impairment
- Sleep Loss
- Restorative Sleep And Memory Consolidation
- How Much Sleep
- Relaxation Rituals
- Physical Habits that Facilitate Sleep

Dietary Prevention of Neuroinflammation and Memory Improvement
- Understanding Brain Inflammation
- Anti-Inflammatory Diets
- Curcumin
- Resveratrol
- Blueberries
- Caffeine

Attainable and Sustainable Memory-Enhancing Habits
- Skill Versus Habit
- Memory-Protective Habits
- Keeping Visible What We Need to Remember
- Left Hemisphere Learning
- Right Hemisphere Approaches
- Combining Left-and Right Hemisphere Approaches
- Lifelong Learning

ABOUT THE INSTRUCTOR
Mike Yassa, Ph.D., is Associate Professor in the Department of Neurobiology and Behavior and the Department of Neurology at the University of California, Irvine. He is a Fellow at the Center for the Neurobiology of Learning and Memory and the UC Institute for Memory Impairments and 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.
Understanding Brain Development:
How Brain Circuits and Maturation Explain Behavior
A 6-Hour Home Study Program for Health Professionals

Dr. 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.

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 has received multiple awards including from the National Science Foundation, National Institute on Aging, National Institute on Mental Health, and private foundations.

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Understanding Neurocognitive Disorders
A 6-Hour Home Study Program for Health Professionals

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is an approved provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is accredited by the ANCC. IBP is approved by the CA Board of Registered Nursing, Provider #CEP3906, 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. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.


IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, by the HPRH and MFT Board, by the IL Dept. of Professional Regulation, by the IL CSWMFT Board, by the TX State Board of Examiners of MFTs, by the OH CSWMFT Board, and by the PA Board of MFTs, Provider #688. This program provides 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Approved Education Provider Program, Provider #102498. IBP is approved by provider by CCAPP-EL, Provider Number 45-09-126-1217. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is an approved provider by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 082-000-06-1623-HR-F and 082-000-06-1623-HR-4.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement.

The current term of approval extends from 12/01/14 – 11/30/18. Provider ID#: 312413. This program provides 6 hours of CE credit. Subject Code: 597. IBP, Provider #FL-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dental Therapy. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #0590. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an approved provider by the Physical Therapy Board of CA. IBP is an approved provider by the OH CSWMFT Board, 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.

The current term of approval extends from 12/01/14 – 11/30/18. Provider ID#: 312413. This program provides 6 hours of CE credit. Subject Code: 597. IBP, Provider #FL-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dental Therapy. This program provides 6 CE hours.

MASSAGE THERAPISTS: IBP is approved by the FL Board of Professional Regulation, #551. This program provides 6 CE hours. This course provides 6 hours of credit. This course is approved by the FL Board of Massage Therapy.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is approved by the CA SLPAF, #FP2427. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the NY State Board of Nursing, #CEP2306, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

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

ABOUT THE INSTRUCTOR

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.

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Mindfulness meditation is a practice based on developing cognitive flexibility and maintaining nonjudgmental awareness of the present moment. Advances in neuroscience are revealing a spectrum of mindful states.

This program is designed to enable participants to acquire an understanding of how mindfulness-based meditation works, its health-related benefits, and how to practice and teach mindfulness.

Participants completing this program should be able to:
1. Identify key experiential features of the mindfulness-spectrum states.
2. Describe how to practice awareness of breath, mindfulness-based body scan, waking mindfulness, and tailored practices to improve mood, anxiety, and sleep.
3. Discuss how mindfulness training can produce relief pain.
4. Identify how mindfulness alters the brain.
5. List key features of a mindful lifestyle.

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.

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

CONTINUING EDUCATION

NURSES: Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP19889, 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. IBP is solely responsible for all aspects of the program, including the selection and validation of content. This program provides 6 CE clock hours.

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC, Provider #102949. This program provides 6 CEHs.

IBP, Provider #11590, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 100 South Ridge Parkway, Suite B, Silver Spring, MD 20910. www.aswb.org. ASWB Approval Period: 11/1/14 – 11/30/17. Social workers should contact their regulatory board to determine course approval. Social workers receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSW/MFT Board, Provider #RCST030801, by the FL Dept. of Professional Regulation MFT CE Sponsor Program, #168.00183, and by TX State Board of Examiners of MFTs, Provider #802. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is accredited by the American Speech-Language-Hearing Association, 4400 Jackson Lane, Suite 628, Bethesda, MD 20814. Provider #SLP0119. This program provides 6 CEUs of Intermediate content.

IBP is an approved provider by the California Board of Occupational Therapy for 6 hours of continuing education.

PHYSICAL THERAPISTS: This program is approved by IBP, which is an accredited approver by the California Board of Occupational Therapy for 6 hours of continuing education. Approval does not imply acceptance by a state or provincial board of therapy or a national association. The current term of approval extends from 12/07/14 – 12/30/17. Provider ID# 11508. This program provides 6 hours of credit. Subject Code: 557. IBP, Provider #PTF-4201, is authorized to confer continuing education for Physical Therapists, Physical Therapist Assistants, and Speech-Language Pathologists by the California Board of Occupational Therapy, #CEP19889. This program provides 6 CEUs.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved CE provider of the Florida Board of Physical Therapy. This program provides 6 CEUs.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/07/14 – 12/30/17. Provider ID# 321431. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RF-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

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

A 6-Hour Home Study Program for Health Professionals

Understanding and Experiencing Mindfulness-Spectrum States

Initial Release Date: 07/03/2017
Expiration Date: 07/03/2020
Content Level: Intermediate

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

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

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. Discuss limitations of current pharmaceutical treatments.
4. Identify key habits of people who are unlikely to develop Alzheimer’s disease.

CONTINUING EDUCATION
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 #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. 6342. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

MASSAGE THERAPISTS: IBP, Provider #1160, is approved as a provider for continuing education by the California Board of Massage Therapy, Business and Medical Entities. This program provides 6 contact hours.

PHYSICAL THERAPISTS: IBP is approved by the Florida Board of Occupational Therapy, Provider #216.000210. IBP is recognized by the American Board of Physical Therapy Examiners of the State of Florida, Provider #080. This program provides 6 CE hours.

STRENGTH & CONDITIONING SPECIALISTS: IBP is approved by the American College of Sports Medicine as a provider of continuing education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs).

PHARMACISTS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). Licensure #CA-022441. This program provides 6 CE hours.

BUSINESS & INDUSTRIAL PROFESSIONALS: IBP is accredited by the International Board of Certification, for continuing education for professionals in business and industry. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). Licensure #CA-022441. This program provides 6 CE hours.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing 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# 3122413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #202949, is authorized to confer continuing dental education credit to dental hygienists and dental assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

PHARMACISTS & PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). Licensure #CA-022441. This program provides 6 CE hours.

DENTAL PROFESSIONALS: IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing 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# 3122413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #202949, is authorized to confer continuing dental education credit to dental hygienists and dental assistants by the Dental Board of California. IBP is an approved provider with the Florida Board of Dentistry. This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP is an accredited provider by the American Occupational Therapy Association (AOTA). AOTA-CEP Program Provider 20530. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6.0 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This program is approved by the State of California Board of Occupational Therapy for 6 hours of CE credit. IBP, Provider #20530, is an approved provider by the State of California Board of Occupational Therapy for 6 hours of CE credit.

PHARMACISTS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). Licensure #CA-022441. This program provides 6 CE hours.

MEDITATION & MINDFULNESS FACILITATORS: IBP is an accredited provider by the International Brotherhood of Magicians, and is a member of the Institute of Mindful Therapists. IBP is approved as a provider for continuing education by the American Board of Professional Psychology, Provider #106. This program provides 6 CE hours.

S A M E T A L E N T - A N A L Y S I S : I N S T I T U T E F O R B R A I N P O T E N T I A L ( IB P ) IS A C C R E D I T E D B Y T H E A m e r i c a n P s y c h o l o g i c a l A s s o c i a t i o n ( A P A ) , 4 0 0 S o u t h R i d g e P a r k w a y , S u i t e B , C o l u m b u s , O h i o , 4 3 2 1 9 . I B P M a i n t a i n s r e s p o n s i b i l i t y f o r t h i s p r o g r a m a n d i t s c o n t e n t . T h i s p r o g r a m p r o v i d e s 6 C E c r e d i t s .