The Pathology of Perfectionism: How to Tame the Inner Critic

A 6-Hour Home Study Program for Health Professionals

People who set unrealistic standards for themselves or others are at higher risk of worry, depression, body image problems, restricted eating, and professional fatigue and burnout.

This program describes familial and social origins, clinical features, and effective treatments for perfectionism in children, teens and adults. Emphasis is placed on how to live or work with people who have unrealistic expectations.

Participants completing this program should be able to:
1. Describe the origins and forms of perfectionism.
2. Distinguish between realistic and maladaptive beliefs that underlie perfectionism.
3. Identify common perfectionistic behaviors.
4. List effective evidence-based interventions that health professionals can apply to help prevent and reduce the risks of perfectionism in children and adults with unrealistic standards in medical, dental, and behavioral practices.

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 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, case histories, and clinical wisdom.
A 6-Hour Home Study Program for Health Professionals

Shyness and Social Anxiety: Evidence-Based Techniques for Overcoming Fear

There have been significant advances in assessing and treating social anxiety and, in particular, extreme shyness and performance-related fears in children and adults.

This program presents step-by-step techniques for overcoming fears by presenting the full range of evidence-based treatments including cognitive strategies, exposure-based treatments, social skills training, mindfulness and acceptance-based approaches, and pharmacotherapy.

Participants completing this program should be able to:

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the CE Board of Registered Nursing, Provider #CP11896, and FL 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. 5324. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: 1106, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 - 11/11/23. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MIT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation MTI CE Sponsor Program, Sponsor #186,00058, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #830.

Institute for Brain Potential (IBP), SW CFE is recognized by the New York State Education Department's State Board for Social Work, as an approved provider of continuing education for licensed social workers #0381. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0314. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MT-0495.

Institute for Brain Potential is approved for Florida Board of Pharmacy for 6 hours of continuing education credit.

Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 02500X-19/05184P and 0920030-19/07838P. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education.

Institute for Brain Potential, provider RP-4261, is authorized to provide continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential is nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. L20017/16 to 11/2024 Provider ID 312413.

American Board of General Dentistry Approval Program: General Dental Education.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0603L. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical providers endorsed by AOTA. This program provides 0 AOTA CEUs or 6 contact hours. Current Focus: Domain of OT (Performance Skills) and Professional Issues (Supervision). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Provider for PTs and PAs, #2160H0201. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #19P2D19. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 Continuing Education credits (home study credit).

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

Diagnosis

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

Origins, Associated Features and Coexisting Conditions

• Origins
• Variants
• Common Coexisting Disorders
• Response to Stress

Treatments

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

Clinical Insights and Tools

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

ABOUT THE INSTRUCTOR

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

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

A 6-Hour Home Study Program for Health Professionals

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

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

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

Evidence-Based Interventions

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

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 of Psychology at Ryerson University in Toronto. He is the author of over 250 research papers and 30 books concerning generalized anxiety and related disorders including Social Anxiety Disorder: The Slinyn and Social Anxiety Workbook: Proven Step-By-Step Strategies for Overcoming Your Fear (2nd ed.), The Oxford Handbook of Anxiety and Related Disorders: The Anti-Anxiety Workbook: Proven Strategies for Overcoming Worry, Panic, Phobias, and Obsessions, and When Perfect Isn’t Good Enough: Strategies for Overcoming Perfectionism.

An outstanding speaker, Dr. Antony has given over 300 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories, and clinical wisdom.
Understanding and Treating Obsessive-Compulsive Spectrum Disorders
A 6-Hour Home Study Program for Health Professionals

OCD is one of the ten most disabling medical or psychiatric conditions in the industrial world. However, advances in the brain and behavioral sciences have provided significant relief for people with recurrent and persistent obsessions and compulsions.

This program describes the origins, characteristics, and evidence-based treatment of obsessive-compulsive spectrum disorders in adults and children.

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and FL 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. 5652. Programs that do not bear this ACE provider code are not approved by NBCC and NACCME credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: 1161, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval expires: 11/11/20 – 11/11/22. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by FL, IBP is approved as a provider of continuing education by the Florida Board of Dentistry. IBP is approved as a provider of dental continuing education by the Florida Dental Board of Dentistry. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #:209249, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (6 CEUs). UANc: 10950-0620-19-90-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CEUs. Institute for Brain Potential, provider #4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PFS and PTFAs, #216.0020. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Dental Examiners as an approved provider of dental continuing education for licensed dental hygienists. Institute for Brain Potential is an approved provider of continuing education by the Florida Board of Dentistry. Institute for Brain Potential is responsible for all aspects of its programming.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.0020. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, 245-000045, and by the Florida Board of Massage Therapy. This program provides 6 CEUs. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #17PD20. This program provides 6 CEUs.

ACUPEUTICIANS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.

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

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
- Ticcs and Tourette’s Syndrome
- Illness
- Anxiety Disorder

Neurobiological Origins and Biological Treatments
- Pediatric Onset
- Habit Brain
- Prefrontal Cortex
- Anterior Cingulate
- 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 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.
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.

Participants completing this program will receive 7.5 clock hours of continuing education credit. An作风 acronym #31375 is provided for attendees who need confirmation of participation.

Course Director:
Dr. Benninger lectures nationally and internationally on the role of professional, 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.

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.

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Content Level: Intermediate

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How We Heal Ourselves And Others: Communicating In Ways That Create Meaningful Change

A 6-Hour Home Study Program for Health Professionals

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 Relations

Reducing Discomfort and Pain

- Expectancy, Conditioning, and the Brain
- What to Say
- What to Do
- Mindfulness

Handling Difficult Conversations

- Learning to Delay a Response
- Identifying Anger Triggers
- Overcoming Rumination
- Reframing Distorted Thoughts
- Overcoming Perfectionism
- Acquiring Positive Emotional Habits

Applying Positive Psychology

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

ABOUT THE INSTRUCTOR

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

The winner of four awards for distinguished teaching, Dr. Butterfield has developed national training programs for over two decades. Her outstanding presentations integrate evidence-based research in the brain and behavioral sciences with essential communication strategies in people who are resistant to change. An outstanding speaker, Dr. Butterfield uses innovative teaching methods including the use of film clips.
Understanding Sleep-Wake Disorders: Practical Tips for Improving Sleep
A 6-Hour Home Study Program for Health Professionals

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

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

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/31Qo26

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

Learn why women are more likely to die of heart disease (43%) than men (37%), the role of traditional and psychological risk factors, and the importance of cardioprotective habits. Participants completing this program should be able to:

1. Describe differences in coronary artery disease in men and women,
2. List modifiable traditional risk factors,
3. List modifiable psychological risk factors, and
4. Discuss the role of a cardioprotective lifestyle and psychological habits in preventing, managing or reversing coronary artery disease.

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

Modifiable Psychological Risk Factors

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

Cardioprotective Habits

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

ABOUT THE INSTRUCTOR

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

Dr. Cort has presented lectures on Psychocardiology in North America, Europe and Asia. Health professionals attending his workshops appreciate his abundance of practical information expressed with warmth and humor, and his inclusion of authentic, compassionate experiences from working with patients.
Psychological Approaches to Managing Pain
A 6-Hour Home Study Program for Health Professionals

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

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

Why Mindset Matters for Pain Relief
- Integrative Medicine
- Psychological factors
- Cognitive Pathways to Pain Relief
- 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
- Stress Management
- 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 post-surgical chronic pain and on opioid reduction in outpatients with chronic pain. Dr. Darnall is sought by healthcare organizations to develop and enhance pain-focused psychology treatment programs.

She is author of the 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.
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 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 brain, 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, Ph.D., a neuroscientist, is Associate Professor of Molecular Neurobiology at George Mason University. His research concerns ways to protect the brain against the damaging effects of chronic stress in early life, posttraumatic stress in midlife, and disorders of the aging brain. In addition, he is studying how the brain forms new habits.

An outstanding and inspiring speaker, Dr. Dumas has presented CE programs for over a decade to nurses, behavioral health and allied health professionals. Dr. Dumas communicates key discoveries in terms that are at once clear, practical, and stress-free. Participants receive a detailed outline prepared by the speaker including lecture topics, key references and links.
Psychological and Medical Benefits of a Plant-Rich Diet

A 6-Hour Home Study Program for Health Professionals

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

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

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

Humans and Plants

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

Sources and Benefits of Key Phytochemicals

- Carotenoids
- Flavonoids
- Ellagic Acid
- Allium Compounds

Benefits of a Whole Food Plant-Rich Diet

- Longevity
- Disease Prevention
- Preventing Disease Recurrence
- The Most Anti-Inflammatory Foods

Benefits for Specific Conditions

- Gut Health
- Cardiovascular Health
- Brain Health

Adoption of Plant-Rich Diets

- Dietary Acceptability
- Overcoming Barriers to Adoption
- Common Concerns and Misconceptions
- Tryptophan

About the Instructor

Sally Fisher, MD, MS is an Assistant Clinical Professor at the University of New Mexico in Preventive and Integrative Medicine, a Division of Internal Medicine. She is board certified in Preventive Medicine, in Integrative and Holistic Medicine, and as a Physician Nutrition Specialist. She teaches evidence-based, innovative lectures in nutrition to health care professionals at national conferences. Health care professionals attending her programs appreciate her clinical wisdom, compassion and humor.
Conscientious Eating: Mental Health, Inflammation and the Aging Brain

A 6-Hour Home Study Program for Health Professionals

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

Participants completing this program should be able to:

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and FL 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. 6402. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: T1611, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 - 11/11/23. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation MFT CE Sponsor Program, Sponsor #168/000183, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #1830. Institute for Brain Potential (IBP), SW CFE is recognized by the New York State Education Department’s State Board for Social Work, as an approved provider of continuing education for licensed social workers #0841. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. NY-BCSCE-33AQ Institute for Brain Potential (IBP), SW CFE is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. NY-MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102849. Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 0850-18-06-H44-P and 0800-18-05-H44-P. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

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

Institute for Brain Potential:

Nationally Approved PACE Program Provider for FAGD/MAGD credit.

Approval does not imply acceptance by any regulatory authority on AGD endorsement.

Provider ID: 0180111

AGD Subject Code: 557

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #60931. 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.

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

ABOUT THE INSTRUCTOR

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

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

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Mind-Body Interactions and the Stress-Inflammation Connection

A 6-Hour Home Study Program for Health Professionals

It is remarkable how lifestyle plays an integral role in development and prevention of low-grade chronic inflammation. In this unique class, learn the role of stress, mood, sleep, nutrition, physical activity, and mind-body practices.

Participants completing this program should be able to identify lifestyle factors underlying:
1. the link between chronic stress and inflammation,
2. cardiometabolic risk factors,
3. immune, autoimmune conditions, and sources of chronic inflammation in dental and medical disorders,
4. pro- and anti-inflammatory aspects of brain health and ways to protect the aging brain, and
5. anti-inflammatory lifestyle habits.

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

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

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

Institute for Brain Potential, ACE Approval Number 1166, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential reserves responsibility for this course. ACE provider approval period: 11/11/20 – 11/31/23. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved by the Florida Board of Social Work, MIT and Mental Health Counseling, by FL Board of Psychology, by IL, DE, MO, and PA State Regulatory Boards, as an approved provider of continuing education for licensed social workers #381. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #0050. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc: 019025-0012-20-004-FV and 019025-0012-20-022-FV. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4251, is authorized to provide continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential
Nationally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by any regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID # 312413
AGD Subject Code: 597

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #60901. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical practices 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). Courses are approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PT’s and PTas, #216-000202. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245-00045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #1PPD2C6. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.

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

Chronic Inflammation: The Mind-Body Connection

• Understanding Chronic Inflammation
• Acute Stress
• Chronic Stress
• Corticosteroids
• Anti-Stress Nutrients
• NSAIDs
• Anti-Inflammatory Nutrients
• Nutrients That Regulate Inflammatory Messengers

Cardio-Metabolic Inflammation

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

Allergies, Asthma, Autoimmune Conditions

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

ABOUT THE INSTRUCTOR

Lisa E. Goehler, Ph.D., received her doctoral degree at UCLA in psychology and is Professor Emeritus in the Departments of Immunology and Behavior and Nursing at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions as they affect the response to psychological stress, the immune system, and the development of an anti-inflammatory lifestyle.

Dr. Goehler has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders can result from GI inflammation. Her research also describes nutritional pathways to reducing the risks of chronic low-grade inflammation.

© 2020 IBP
Who Gets Sick and Who Stays Well: Microbes, the Immune System and Brain

A 6-Hour Home Study Program for Health Professionals

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

Neurocognitive Disorders
- Birth
- Infancy, Learning and Memory
- Autism
- Schizophrenia
- Alzheimer’s Disease

Stress, Anxiety and Mood
- Neurotransmitters
- Stress and Inflammation
- Generalized Anxiety
- Depression

Restoring Microbial Health
- Probiotic-Containing Foods and Drinks
- Microbiota-Friendly Diet
- Probiotics
- Restoring Microbial Balance

Importance of Stress-resilience for Microbial Balance

ABOUT THE INSTRUCTOR
Lisa E. Goehler, Ph.D., received her doctoral degree at UCLA in psychology and is Professor Emeritus in the Departments of Immunology and Behavior and Nursing 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.

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

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

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

© 2020 IBP
Emotion Disturbance in Bipolar Disorder in Youth and Beyond: When Feeling Too Good Can Be Bad

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

ABOUT THE INSTRUCTOR

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

Dr. Gruber presents key discoveries and practical findings with clarity, insight, and clinical wisdom. This science-based program includes interactive videos and group discussions. Click here to view the samples of Dr. Gruber’s lectures including the Ted Talk presentation concerning “The Dark Side of Happiness.” For more about her work research, please visit www.gruberpeplab.com.
Emotions: What We Feel, Why We Feel, And How To Change Our Feelings

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

ABOUT THE INSTRUCTOR
June Gruber, Ph.D. is an Associate Professor at University of Colorado Boulder in the Departments of Psychology and Neuroscience and Director of the Positive Emotion and Psychopathology Laboratory. She is Associate Director of Research, Sutherland Center for Bipolar Disorders. An internationally recognized expert in the study of happiness, emotion, and mood disorders. Dr. Gruber has over 100 publications, chapters, and commentaries in the field. She is currently the Interim Editor in Chief for one of the leading journals in psychological science, Perspectives on Psychological Science.

Dr. Gruber presents key discoveries and practical findings with clarity, insight, and clinical wisdom. This science-based program includes interactive videos and group discussions. Click here to view the samples of Dr. Gruber’s lectures including the Ted Talk presentation concerning “The Dark Side of Happiness.” For more about her work research, please visit www.gruberpeplab.com.

A 6-Hour Home Study Program for Health Professionals

Brief Overview of the Immune System

- Antigens
- Patrolling Monsters
- Helper T-Cells
- Natural Killer Cells
- Friendly Fire
- Putting Out Fires

Chronic Inflammation: Mind-Body Interactions

- Chronic Psychological Stress
- Sleep Loss and Fatigue
- Stress-Related Eating
- Periodontal Disease
- Stress and the Aging Immune System
- Disorders of Mood and Anxiety

Developing an Anti-inflammatory Lifestyle

- Anti-Inflammatory Nutrients
- Regular Physical Activity
- Restorative Sleep
- Depression Resistance
- Calming the Stress Response
- Habits of Emotionally Resilient People
- Optimism and Positive Affect
- Mindful Mindset

ABOUT THE INSTRUCTOR

Margaret Kemeny, Ph.D., Professor Emeritus of Psychiatry, has been 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.


A 6-Hour Home Study Program for Health Professionals

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Advances in positive psychology reveal how happy people develop habits that help them maintain positive emotions, thoughts and actions. Happy people generally have better medical, dental and psychological health and improve the health of people around them. 

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

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

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

- The New Science of Happiness
- Sources of Happiness
- Unsustainable Sources of Happiness
- Habits of Happy People

Happiness and Health
“Be happy for this moment. This moment is your life.”

- The Stress-Resistant Mindset
- Developing Stress Resilience
- Enhancing Physical Resilience

Positive Moods and Thoughts
“The purpose of our lives is to be happy.”

- Depression-Resistant Mindset
- Anxiety-Resistant Mindset
- Adaptive Coping
- Acquired Optimism

Interpersonal Awareness
“Happiness is when what you think, what you say, and what you do are in harmony.”

- Expressing Needs
- The Habits of Happy Couples
- Self-Compassion and Renewal
- Acceptance of Others
- Self-Acceptance and the Gifts of Imperfection
- Purpose
- Finding Humor in Everyday Life

Calming the Overactive Brain
“In the journey of life, take time to smell the roses and watch the sunset.”

- Healing Self and Others
- Self-Calming
- Mindfulness

Attaining Happiness-Related Habits: Five Brain Challenges
“The best kind of happiness is a behavior that becomes a habit.”

- Changing Reward-Based Habits
- Healthy Activities
- Enhancing Resilience to Stress
- Fulfillment
- Applying Positive Psychology

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

Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. She has presented acclaimed programs for IBP for over five years including Overcoming Disabling Thoughts and The Habits of Happy People. Students and health professionals commend her engaging teaching style and her ability to present practical information with clarity and warmth. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the Florida Board of Registered Nursing, Provider #CF13896, and FL 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, ACE No. 5422. Programs and activities planned in advance for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number 1166, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is accredited by a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by FL Dept. of Professional Regulation MT CE Sponsor Program, Sponsor #168000033, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #1930. Institute for Brain Potential (IBP), SW CFE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MFT-006. The Ohio CMWT Board accepts continuing education programs approved by NBC for counselors and ASWB for social workers. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #104699, Institute for Brain Potential is responsible for all aspects of its program.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAAN: 0802500X196-HP. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

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

Institute for Brain Potential
Nationally Approved PACE Program Provider #EACE4MAD credit. Approval does not imply acceptance by any regulatory authority on AGO endorsement.

12/01/18 to 11/30/24
Provider ID #321413
AGD Self-Test Code: 510

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #9690T. 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 Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education programs by the Florida Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PT’s and PTA’s, #16-000102. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # P1274. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board. Provider Number 5565, for 6 hours of Category 1 distance education (home study) credit.

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

Initial Release Date: 01/01/2020  Expiration Date: 01/01/2023  Content Level: Intermediate
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 Kurtz, Ph.D., Associate Professor of Psychology at James Madison University in Virginia, is an expert in the study of happiness and positive psychology, well-being, and optimism. Dr. Kurtz is an author 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 received multiple awards for excellence in teaching at the University of Virginia. She has presented acclaimed programs for IBP for over five years including Overcoming Disabling Thoughts and The Habits of Happy People. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.
Practical Ways to Optimize Health and Wellbeing: Hope, Calm, Joy, and Laughter
A 6-Hour Home Study Program for Health Professionals

Enhancing Hope

- Stress Resilience
- Pain
- Learned Optimism
- Reducing Apprehension and Generalized Anxiety
- Reducing Self-Criticism

Experiencing Calm

- Mindfulness-Based Stress Reduction
- The Mindful Lifestyle
- Compassionate Mind Training
- Calming States Reduce Inflammation
- Restorative Sleep

Experiencing Joy

- What Happy People Do Differently
- Joy Promotes Stress Resilience
- Positive Emotional Habits

Humor and Laughter

- Developing the Habit of Non-Habitual Thinking
- Brain Health
- Stress-Related Hormones
- Mood and Anxiety

ABOUT THE INSTRUCTOR

Jaime Kurtz, Ph.D., Associate Professor of Psychology at James Madison University in Virginia, is an expert in the study of happiness and positive psychology, well-being, and optimism. Dr. Kurtz is an author of Positively Happy: Routes to Sustainable Happiness. Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. She has presented acclaimed programs for IBP for over five years including Overcoming Disabling Thoughts and The Habits of Happy People. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.

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

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

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

**Characteristics of Hopeful People**

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

**The Hopeful Brain**

- Restraint
- Emotional Regulation
- Stress and the Body
- Social Intelligence
- Positive Emotions

**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

**About the Instructor**

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

Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. She has presented acclaimed programs for IBP for over five years including Overcoming Disabling Thoughts and The Habits of Happy People. Students and health professionals commend her innovative teaching style and ability to impart practical information with clarity and warmth. Health professionals commend her innovative teaching style and ability to impart practical information with insight 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: 07/24/2018     Expiration Date: 07/24/2021     Content Level: Intermediate
How People Change their Minds to Adopt Healthful Habits

A 6-Hour Home Study Program for Health Professionals

Applying Social Psychological Methods to Change Minds and the Brain

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

Self-Regulation and the Habit Brain

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

Tools for Retraining the Habit Brain

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

ABOUT THE INSTRUCTOR

Kateri McRae, Ph.D., is Associate Professor of Psychology at the University of Denver, and an expert in the study of emotion regulation. Her work includes the study of brain and behavior involved in social and emotional resilience.

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing professional development 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 FL 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, ACE No.5642. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential is approved by the California Board of Psychology, Provider #PSY198, and by the Texas State Board of Social Work Examiners, Provider #70977. This program provides 6 CE hours.

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

Institute for Brain Potential, ACE Approval Number: T106, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) and by Florida Board of Social Work, Provider #CEP13896, for 6 hours of credit.

Institute for Brain Potential is approved as a provider of CE by the New York State Education Department’s State Board for Social Work, Provider #0861, for 6 hours of credit. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved by the Accreditation Commission for Healthcare Education as a provider of continuing education for PTs and PTAs, #216.000210. Institute for Brain Potential is approved as a provider of CE by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

Institute for Brain Potential is approved as a provider of CE by the Florida Board of Occupational Therapy for 6 hours of credit.

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

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

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

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.

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

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

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

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

1. Identify how the brain acquires maladaptive and resilient emotional habits.
2. Name several health benefits of emotionally resilient habits.
3. Describe habits of emotionally resilient people including confronting fears, reward substitution, and preventing emotional upsurge.
4. Describe habits of emotionally resilient people including reframing and overcoming anxiety, anger and sadness.
5. Describe habits that facilitate the generation of positive emotions, positive psychology and self-aware emotions.
6. Describe habits that focus on present-centered mindful listening, speaking, acceptance and energizing habits.

How the Habit Brain Works

- Fear-Based Habits
- Cravings
- Forming New Habits

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

Dr. McRae’s lectures are highly regarded by health professionals. Her programs are both practical and inspirational. Using fascinating case histories, film clips, and her skills as an actress, Dr. McRae uses innovative teaching methods that make her presentations highly memorable and enjoyable, and are designed to enhance emotional resilience in health professionals and their patients.
How to Stay Healthy in a Toxic World: Food and Lifestyle Choices
A 6-Hour Home Study Program for Health Professionals

Learn how to protect the brain and body from toxins in the air, water, and drugs, through nutrition and lifestyle.

Participants completing this 6-hour program should be able to:
1. Identify how toxins can harm parts of the brain and body.
2. Explain how toxins can be removed.
3. List the key food groups that are involved in detoxification.

Understanding Toxins
- Neurotoxins
- Liver
- Lung
- Endocrine
- Kidneys
- Cardiotoxicity
- GI Tract

Removal of Toxins
- Initial Breakdown
- Secondary Breakdown
- Metabolic Support
- Liver Support
- NRF2
- Glutathione
- Sulfation
- Nutrients that Block Toxin Elimination
- Fasting
- Why Antioxidant Supplementation Can Be Harmful

Food Groups and Full Spectrum Detoxification
- Red
- Orange
- Yellow
- Green
- Aquamarine
- Blue-Purple
- White

About the Instructor
Deanna M. Minich, Ph.D., (Human Nutrition and Metabolism) is an internationally recognized expert, researcher, author, and speaker in the field of nutrition concerning phytonutrients, detoxification, and women’s health. Dr. Minich is a Fellow of the American College of Nutrition and a Certified Nutrition Specialist. She is the author of over twenty scientific publications and the founder of integrated “full-spectrum” approach to nutrition. Dr. Minich has authored research-based books including Whole Detox and The Rainbow Diet.

Dr. Minich has presented courses of study for the last two decades to licensed health professionals. An inspiring and highly informative speaker, Dr. Minich presents practical and evidence-based advances in the study of nutritional science with clarity, wisdom and warmth.
Aging, Memory and SuperAgers
A 6-Hour Home Study Program for Health Professionals

This program focuses on the habits of SuperAgers, seniors with outstanding memories and of people who live long and healthy lives.

Learn why lifestyle habits are more important than genes in influencing who retains outstanding mental capabilities, who develops mild cognitive impairment and who develops dementia.

This program includes lifestyle factors that protect the aging brain from neurogenerative disorders and neurotoxic stress.

Participants completing this program should be able to identify:
1. Lifestyle habits that can protect short-term, long- and “working” memory.
2. Cognitive habits that protect against neurotoxic stress that can occur in stress related disorders including major depression, trauma, PTSD, and addictive disorders.
3. Lifestyle habits of SuperAgers associated with exceptional health.
4. Habits of people who are most likely to live to be 100.

Neurogenerative Disorders
- Brains At-Risk
- Key Initial Symptoms of Leading Dementias
  - Alzheimer’s Disease
  - Frontotemporal Dementia
  - Parkinson’s Dementia
  - Vascular Dementia
  - Limbic Dementia (LATE)
- Protecting Working Memory
- Protecting Short-Term Memory
- Improving Long-Term Memory

Preventing Neurotoxic Stress
- Stress, Inflammation and the Immune System
- Emotion Regulation
- Depression
- Trauma and PTSD
- Addiction-Related Disorders
- Stress Resilient Habits

Lifestyle Habits
- Diet
  - Mediterranean, Okinawan and other Diets
  - Nutrients and the Aging Brain
  - Anti-inflammatory Agents
  - Meals
- Sleep
  - Pre-sleep Rituals that Calm an Overactive Brain
  - Maintaining Sleep
  - Restorative Sleep
  - Meals
- Psychological
  - Positive Mindset
  - Resilience
  - Awareness Without Judgment
- Physical Activity: It is Never Too Late
  - The Best Predictor of Healthy Longevity
  - Strong for Life
  - Aerobics
- Habit Formation and Practice

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider A3969, and FL Board of Nursing. This program provides 6 contact hours.

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

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

Institute for Brain Potential, ACE Approval Number: 1160, is approved offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 - 11/11/23. Social workers completing this course receive 6 clock hours, Continuing Education Hours, continuing education credit Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #304. Institute for Brain Potential is recognized by New York State Education Department’s State Board for Social Work, as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHEC-0334. Institute for Brain Potential is recognized by New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0088. The OhioCSWMT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #120249. Institute for Brain Potential is responsible for all aspects of the program.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANc #026.00-0000-19-076-FH4 and #026.00-0000-19-076-FH4T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

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

Institute for Brain Potential
Nationally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply endorsement by any regulatory authority or ACD endorsement.
120/18 to 1110024
Provider ID: 312413
ACD Subject Code: 587

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0005. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the Florida Board of Occupational Therapy for 6 hours of continuing education.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #2160022110. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPBA), # PPD2P07. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education continuing education credit. (Home study credit.

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

Initial Release Date: 08/24/2019  Expiration Date: 08/24/2022  Content Level: Intermediate

ABOUT THE INSTRUCTOR
Mark B. Moss, Ph.D.(Chair Emeritus, Neuroscience, Boston University School of Medicine), NIH MERIT-Award recipient, is a leading expert in evidence-based strategies to protect the aging brain. His recent publications are among the first to demonstrate a cognitive benefit of the aging brain related to an anti-inflammatory nutrient.

In his inspiring and practical presentations, he distills key findings, presenting them in non-technical terms. Dr. Moss makes his lectures memorable through the use of fascinating case histories and translation of research into positive habits. His programs include “Memory: How it Works, How It Fails and How to Improve it” and “Understanding Executive Functions.” Participants receive a detailed outline for all lecture topics that has been prepared by Dr. Moss.
This 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 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.

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 Fatigue
- 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., (Chair Emeritus, Neuroscience, Boston University School of Medicine Chair of Neurobiology at Boston University School of Medicine), NIH MERIT-Award recipient, is a leading expert in evidence-based strategies to protect the aging brain. His research, supported in part by the NIH, includes the role of the prefrontal cortex in cognition, memory, the aging brain, hypertension, and dementia. His recent publications are among the first to demonstrate a cognitive benefit of the aging brain related to an anti-inflammatory nutrient.

Dr. Moss was the recipient of the highest teaching award at the Medical School. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.
Understanding Executive Functions: Focus, Emotional Control, Motivation and Social Intelligence

A 6-Hour Home Study Program for Health Professionals

Executive Functions and Prefrontal Cortex

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

Key Disorders of Executive Functions

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

Pharmacology and Executive Functions

- Stimulants
- Anxiety and Sleep
- Antidepressants
- Bipolar Disorders
- Anti-Cravings 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 Healhtful Habits

About the Instructor

Mark B. Moss, Ph.D., (Chair Emeritus, Neuroscience, Boston University School of Medicine Chair of Neurobiology at Boston University School of Medicine), NIH MERIT-Award recipient, is a leading expert in evidence-based strategies to protect the aging brain. His research, supported in part by the NIH, includes the role of the prefrontal cortex in cognition, memory, the aging brain, hypertension, and dementia. His recent publications are among the first to demonstrate a cognitive benefit of the aging brain related to an anti-inflammatory nutrient.

Dr. Moss was the recipient of the highest teaching award at the Medical School. An inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.
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.

Understanding Anger-Related Disorders

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

Key Steps to Anger Regulation

- Stop
- Think
- Observe and Objectify
- Plan

When and How to Interact With an Angry Person

- When to Avoid Engagement
- When to Delay Interactions
- Reducing Risk and Seeking Help

Habits of People Who Successfully Manage Anger

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

ABOUT THE INSTRUCTOR

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

Dr. Nay’s approach is a comprehensive, hands-on training to help health professionals and individuals identify and address anger issues. Using real-world examples and interactive exercises, he guides participants through practical strategies for managing anger-related disorders. Attendees 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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## The Psychology and Narratives of Cancer Survivors
### A 6-Hour Home Study Program for Health Professionals

In this program, learn how cancer survivors and people with other life-threatening disorders, caregivers, families, and friends can find meaning, develop resilience, and help create the conditions for posttraumatic growth. This program includes the narratives that influence cancer survivors, as well as the stories clients construct to understand and cope with their chronic conditions. These perspectives are critical for understanding the whole client and facilitating the healing process for clients and health professionals alike.

Participants completing this program should be able to:

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 to distinguishing between bereavement and depression and research-based findings on grasping the normal grieving process and symptoms of depression.
4. Pathways to dealing with anxiety and managing uncertainty associated with illness recurrence.

### About the Instructor

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

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

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A 6-Hour Home Study Program for Health Professionals

In this program, you will learn about the exciting science of awe, and its benefits for health professionals working in medical, dental and behavioral settings and their clients.

This practical program includes strategies to overcome stress, strengthen interpersonal relationships, increase life satisfaction, improve physical health, and enhance overall well-being.

Participants completing this new course should be able to:
1. Explain the importance of awe as a fundamental human emotion.
2. Explain the benefits of awe for psychological well-being.
3. Describe the impact of awe on physical health, including its effect on inflammation and the immune system.
4. Explain the positive effect of awe on social relationships.
5. Describe the ways that experiences of awe change the body and brain.
6. Discuss strategies for increasing awe in daily life to enhance well-being.

Introduction

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

- What is Awe
- A Brief History of Awe
- Cross Cultural Research

Why Do We Experience Awe?

“The first act of awe, when humans were struck with the beauty or wonder of nature, was the first spiritual experience.”

- An Evolutionary Perspective
- The Purposes of Awe

Psychological Effects of Awe

“Somewhere, something incredible is waiting to be known.”

- How Awe Increases Positive Emotions
- How Awe Impacts the Stress Experience
- Awe Shifts our Time Perspective

The Impact of Awe on our Bodies and Brains

“We are now in the mountains and they are in us, kindling enthusiasm, making every nerve quiver, filling every pore and cell of us.”

- Awe Produces an Anti-inflammatory Response
- Our Brain on Awe
- Stress Resilience

The Darker Side of Awe – When Awe is Awful

“Although the world is full of suffering, it is full also of the overcoming of it.”

- The Impact of Negative Awe Experiences
- Negative Awe and Altruism

Becoming More Awestruck

“The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself.”

- Pathways to Awe
- The Awe-Inspired Life
- Creating Lasting Change

About the Instructor

Jonah Paquette, Psy.D., is Director of Clinical Training in the Department of Psychiatry at Kaiser Permanente, Vallejo, California. Dr. Paquette, an expert in applying positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. Dr. Paquette is the author of two research-based books entitled, “Red Happiness: Proven Paths for Contentment, Peace and Well-being” and “The Happiness Toolbox.” His forthcoming book, entitled “Awestruck,” will be released in 2020.

An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States and internationally on topics including positive psychology, well-being, and happiness. This course is designed to impart not only the beauty of nature but also the nature of beauty and how to add inspiration and awe in our everyday lives.

Health professionals highly recommend Dr. Paquette’s presentations for his ability to practical strategies in ways that can lead to meaningful change.

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Applying Cognitive Behavioral Techniques to Create Sustainable Change
A 6-Hour Home Study Program for Health Professionals

How Distorted Thinking Creates Suffering
“The happiness of your life depends on the quality of your thoughts.”

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

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

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

Developing Healthier Thoughts: The Promise of CBT
“Change your thoughts, and you change your world.”

- Changing How We Feel By Changing How We Think
- Untwisting 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.
In this program, learn how to apply principles of positive psychology for health professionals working in medical, dental and behavioral settings and their clients.

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

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5424. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

The Mindful Present Enhances How We Imagine the Future
- The Impact of Being Present
- Practicing the Mindfulness Habit

Developing Realistic Optimism
- The Impact of Optimism
- The Optimistic Brain
- The Optimism Habit

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

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

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

An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States on topics including positive psychology, wellness, and happiness. Participants highly recommend Dr. Paquette’s presentations for his ability to communicate practical strategies in ways that can lead to meaningful change.
Acquire an in-depth understanding of how conscientious eating can help reduce inflammation, curtail stress-related eating, lessen anxiety, elevate mood, improve sleep, and protect the aging brain.

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

Conscientious Eating and Inflammation

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

Stress, Mental Health and the Brain

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

Protecting the Aging Brain

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

Developing Conscientious Eating Habits

- Psychobiology of Mental Control
- Appetite Regulation
- Optimizing Anti-Inflammatory Foods
- Mindful Eating
- Prioritizing Sleep

ABOUT THE INSTRUCTOR

Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT, is a Board Certified Pharmacist, a member of the College of Psychiatric and Neurologic Pharmacists and has an extensive background in the behavioral health sciences. He provides specialized information to health professionals that go beyond the topics listed in the brochure to include lifestyle factors that have an impact on conscientious eating.
The Pharmacy in Your Kitchen: An Overview of Medical and Medicinal Foods
A 6-Hour Home Study Program for Health Professionals

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

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

Participants completing this program should be able to identify the effectiveness of selected medical foods and medicinal foods for treating chronic or recurrent disorders of:
1. Attention and cognition,
2. Major depressive disorder and dysthymic disorder,
3. Osteoarthritis, backache, headache or neuropathic pain,
4. Low grade, chronic inflammation,
5. Cardiometabolic factors underlying type 2 diabetes, coronary artery disease and stroke, and
6. Initiating or maintaining sleep.

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

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

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

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

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

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

ABOUT THE INSTRUCTOR
Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT, is a Board Certified Psychiatric Pharmacist, a member of the College of Psychiatric and Neurologic Pharmacists, and Board Certified in the behavioral health sciences. He provides specialized information to health professionals concerning medical and medicinal foods that go beyond the topics listed in the brochure.

An outstanding and informative speaker, Dr. Pezzote has appeared on CBS News, Montel, El, and radio programs. Dr. Pezzote has taught continuing education programs to hundreds of health professionals. Participants highly recommend his practical and entertaining programs, unique personalized approach, and special ability to communicate practical discoveries with clarity and warmth.

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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 describe how chronic and recurrent pain:
1. Can be assessed.
2. Psychological, nutritional and physical modalities.
3. Pharmacological treatments including NSAIDs, opioids, antidepressants and anticonvulsants.
4. Treatment of tension, migraine and medication-induced headaches.
5. Treatment of fibromyalgia.

Understanding Pain
- Chronic
- Fast and Slow Pain
- Chemical Messengers
- Spine and Brain
  - Sharp versus Dull Pain
  - Localized versus Diffuse Pain
- Chronic Versus Acute Pain
- Brain Centers
- Assessment

Non-Pharmacological Treatments
- Applying Psychological Techniques
  - Progressive Muscle Relaxation
  - Imagery
  - Biofeedback
- Hypnosis
- Cognitive Behavioral Therapy
- Mindfulness
- Applying Nutritional Modalities
  - Reducing Inflammation
  - Osteoarthritis
  - Migraine
  - Indications for Physical Modalities
  - Physical Therapy
  - Chiropractic
  - Acupuncture
  - Yoga

Pharmacological Treatments
- Acetaminophen
- Non-Steroidal Anti-Inflammatory Drugs
- Prescribed Opioids
  - Understanding Addiction
  - Addiction to Heroin and other Opioids
  - Treating Drug Overdose
- Antidepressants
- Tricyclics
- SNRIs
- Anticonvulsants
- Gabapentin and Pregabalin
- Topiramate

Headache
- Tension (muscle contraction)
  - Subtypes
  - Key Symptoms
  - Triggers
- Migraine
  - Subtypes
  - Key Symptoms and Triggers
  - Preventing and Inhibiting Migraine
  - Avoiding Food-Related and Environmental Triggers
- Medication-Induced Headaches
  - Key Symptoms
  - Assessment
  - Self-Monitoring
  - Comparing Physical Modalities
- Pharmacological Treatments

Fibromyalgia/Chronic Fatigue Syndrome
- Diagnosis
- Etiology
- Non-Drug
- Treatments

Spinal Pain
- Acute and Chronic Back and Neck Pain
  - Non-Drug Management Strategies
  - Pharmacologic Therapy
  - Multidisciplinary Programs

About the Instructor
Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills include helping people cope with chronic pain.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom. Participants will receive a detailed outline prepared by Dr. Schneider for all of the lecture topics plus key references and evidence-based resources.
Principles of Managing Pain: Non-Drug Interventions

A 6-Hour Home Study Program for Health Professionals

Chronic pain produces physical and psychological stress, low-grade inflammation, and disorders of mood, anxiety, and sleep. The program is designed to enable you to acquire a toolkit of approaches to experience pain relief.

Participants completing this 6-hour program should be able to identify:
1. The differential diagnosis of key pain-related disorders.
2. Associated conditions including depression, PTSD, chronic inflammation, anxiety, depression, and insomnia.
3. Indications for use of evidence-based herbal medications and biological supplements.
4. Indications for physical interventions including physical therapy, exercises, massage, Tai Chi and Yoga.
5. Indications for psychological interventions including ways to evoke the relaxation response, cognitive approaches, and mindfulness.

Common Forms of Pain
- Tension-Type Headaches
- Migraine Headache
- Acute Back Pain
- Chronic Back Pain Sciatica
- Osteoarthritis
- Rheumatoid Arthritis
- Neuropathic Pain
- Pain in Dentistry
- Fibromyalgia

Key Associated Conditions
- Low-Glade Chronic Inflammation
- Sleep-Related Disorders
- Mood Disorders
- Posttraumatic Stress Disorders

Herbal Medications and Biological Supplements
- White Willow Bark
- Migraine Prevention
- Cayenne Pepper
- Devil’s Claw
- Cannabis
- Glucosamine Sulfate
- SAM-e

Physical Modalities
- Physical Therapy
- Exercise
- Massage Therapy
- Acupuncture
- Tai Chi
- Yoga

Psychological Approaches
- Evoking the Relaxation Response
- Deep Breathing
- Reducing Muscle Tension
- Reducing Stress
- Cognitive-Behavioral Interventions
  - Identifying key stress-related triggers
  - Untwisting negative thoughts that worsen pain
  - Cognitive approaches to elevating mood
  - Preventing catastrophic reactions to flareups
- Imagery
- Biofeedback
- Improving Sleep
- Experiencing Mindfulness-Based Pain Reduction

ABOUT THE INSTRUCTOR

Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at the medical schools at Brown, Duke and Harvard Universities. His research and clinical skills include helping people cope with chronic pain and adjustment to chronic disease.

Throughout the program, Dr. Schneider will enable participants to experience pain relief through evidence-based interventions. An outstanding speaker, Dr. Schneider has presented over 750 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.

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
- Macrovacular
- Other Complications
- Diabetic Emergencies

Behavioral Health Issues and Diabete

- 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, Forgiveness, and the Healing Process
A 6-Hour Home Study Program for Health Professionals

Understanding Anger
- The Way of the Wound
- Anger and the Brain
- Anger and the Body
- Health Risks to Patients With Chronic Anger and to Caregivers Who Work With Angry Clients
- Thoughts that Sustain Anger

Understanding Anger-Related Disorders
- Uninhibited Anger
- Disinhibited Anger
- Chronic Low Grade Anger
- From Mad to Sad—Anger Turned Inward
- Bipolar Disorders
- Dissociated Anger
- Self-Esteem
- Unstable Attachments
- Impaired Empathy
- Coping with Loss

Advances in Managing Anger
- Self-Awareness Skills
- Interpersonal Skills
- Behavioral Skills
- Nutritional Skills
- Cognitive Skills
- Acceptance-Based Skills

Forgiveness and the Healing Process
- Health Benefits of Forgiving
- Applying Behavioral Psychology
- Applying Interpersonal Psychology
- Applying Health Psychology
- Applying Cognitive-Behavioral Therapy
- Applying Dialectical Behavioral Therapy
- Applying Positive Psychology
- From Trauma to Transformation

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

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosy people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

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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.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and FL 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 list NBCC credit are not accepted for continuing education credit. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: T166, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation MFT CE Sponsor Program, Sponsor #168000183, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #3930. Institute for Brain Potential (IBP), SW CE is recognized by the New York State Education Department’s State Board for Social Work, as an approved provider of continuing education for licensed mental health counselors. #MHC-0381. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSHWMT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 08/25/2000-70408-H4P and 08/25/2000-19-048-B40-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RF-4261, is authorized to confer credit for Dentists, Dental Hygienists and Dental assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

FACIAL ACADEMY OF GENERAL DENTISTRY PROGRAM APPROVAL ACADEMY OF DENTISTRY OF AMERICA APPROVED PROVIDERace of Dentistry Program Approval

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6091t. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical outcomes by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills), Occupational Therapy Process (Intervention), and Professional Issues (Supervision). This course is designed by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education credit by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216100201. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #145-000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # FPD247. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.

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

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Changing How We Feel By Changing How We Think
A 6-Hour Home Study Program for Health Professionals

The thought-mood connection underlies acute psychological stress, anxiety, mood disorders, challenging interpersonal relationships and also the experience of peace and positive emotions.

This course is designed to help health professionals and their clients feel better by overcoming maladaptive emotions, generating positive emotions and mindful states of awareness.

Participants completing this six-hour program should be able to identify evidence-based practices to help calm:
1. Acute Stress
2. Worry and Anxiety
3. Sadness, Persistent Depression and Mood Swings
4. Challenging Relationships and Conversations,
5. Conditions improved by generating Positive Emotions and Mindfulness-Based states of awareness.

Acute Stress
- Stress-related automatic thoughts
- Mindsets
- Calming Acute Psychological Stress
  - Words that reduce acute anxiety
  - Deep breathing techniques
  - Releasing automatic stress-evoking thoughts
- Acting before emotions are “up and running”

Worry and Anxiety
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Posttraumatic Stress Disorder
- Obsessive Compulsive Disorder
- Experiencing Relief from Anxiety
  - Automatic thoughts and core beliefs
- Untwisting automatic thoughts
- Overcoming cognitive distortions
- Cognitive restructuring
- Curtailing “what if” thinking
- Managing thoughts that keep us awake

Sadness, Persistent Depression and Mood Swings
- Work-Related Fatigue
- Persistent (Low Grade) Depression
- Major Depressive Disorder
- Bipolar Disorder
- Pathways to Feeling Better
- Experiencing cognitive reappraisal
- Spending time more joyfully
- Mindful acceptance of unwanted emotions
- Distancing
- Overcoming rumination
- Experiencing Hopeful cognitive thoughts

Challenging Relations, Situations, and Conversations
- Borderline Personality Disorder
- Antisocial Personality Disorder
- Narcissistic Personality Disorder
- OCD-Related Disorder
- Anger-Spectrum Disorder
- Addictive Disorder
- Managing Challenging Relationships
  - Setting clear boundaries
  - Shifting the focus to problem solving
  - Mindful Listening
  - Conflict-Resolution

Positive Emotions and Mindful States
- Happiness Deprivation Disorder
- Satisfaction Depreciation Disorder
- Meaning Deficiency Disorder
- Generative Positive Emotions and Calm
- Cognitive habits of happy people
- Cultivating strengths
- Unexpected sources of gratitude
- Connecting values with actions
- Developing a life plan
- Mindful awareness without judgment
- Mindfulness-Based pain relief
- Mindfulness-Based anxiety relief
- Mindfulness-Based reduced regret

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 nosuous 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

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

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Reasoning with Unreasonable People: Focus on Disorders of Emotion Regulation

A 6-Hour Home Study Program for Health Professionals

In this program, health professionals will learn how people reason with selected disorders of mood, anxiety, OCD, anger, and personality. Practical strategies will be presented to facilitate meaningful change in patients and health professionals working in medical, dental, and behavioral health settings.

Participants completing this program should be able to:
1. List several paths to achieving effective emotional communication.
2. Outline an effective strategy to reason with a person who has a disorder of mood, anxiety, OCD, anger, or personality.
3. Describe a strategy for reasoning or having a difficult conversation with a person who is experiencing pain, illness or vulnerability.
4. Describe a calming strategy including the practice of mindfulness for health professionals who are experiencing strong emotions.

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

Mood Disorders
- Depressive Disorders
- Bipolar Disorders

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.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illustrate nosy people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

© 2020 IBP
Treating Borderline Personality Disorders: Understanding Intense, Impulsive, and Volatile Relationships

A 6-Hour Home Study Program for Health Professionals

Clinical Criteria of Personality Pathology

- Adaptive Inflexibility
- Vicious Cycles
- Instability
- Lack of Insight
- Pathological Problem-Solving

Characteristics of the Borderline Personality

- Impulsivity
- Unstable and Intense Relationships
- Identity Disturbance
- Intolerance of Being Alone
- Self-Harm
- Chronic Sense of Emptiness/Boredom
- Inappropriate and Intense Anger
- Paranoid Ideation
- Common Coexisting Conditions

Developmental Factors

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

Resources

- Interpersonal Skills
- Psychodynamic Therapy
- Schema-Based Therapy
- Dialectical-Behavior Therapy
- Mindfulness
- Increasing Interpersonal Effectiveness
- Improving Emotional Regulation
- Acceptance

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosyous people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

© 2020 IBP
Understanding Character Flaws and Personality Disorders: Guidelines for Navigating Challenging Relationships

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

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

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

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

Dr. Shannon has developed and presented training programs for health professionals throughout North America. In this innovative presentation, film excerpts will illuminate character flaws. Audiences commend his insightful and practical programs and his enjoy warm sense of humor.
In this program, learn characteristics of the most common personality disorders and practical tips for working with or treating “difficult” individuals in medical, dental, and mental health settings.

Participants completing this program should be able to:
1. List key brain regions influencing social reasoning and conduct.
2. Identify features of and effective treatments for paranoid, schizoid and schizotypal, antisocial, borderline and narcissistic, and obsessive-compulsive personality disorders.
3. Describe personality disorders that may underlie hypochondriasis, body dysmorphic disorder, eating disorders, active and passive aggression, and substance use disorders.
4. Review principles that facilitate the transformation of personality.

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

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-19-071-H04-P and 0492-0000-19-071-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

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

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the American Physical Therapy Association’s Commission on Accreditation in Physical Therapy Education, Provider #910626, and by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Physical Therapy as an approved provider of continuing education for licensed physical therapists.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # FPD247. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.

Initial Release Date: 08/01/2019     Expiration Date: 08/01/2022     Content Level: Intermediate

© 2020 IBP
Psychobiology of Fatigue: The Stress Connection
A 6-Hour Home Study Program for Health Professionals

Understanding the Psychobiology of Fatigue

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

Understanding Selected Fatigue Syndromes

- Major Depression
- Chronic Fatigue Syndrome
- Psychophysiological Insomnia
- Profession-Related Fatigue

Evidence-Based Approaches for Reducing Fatigue

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

About the Instructor

Bill Sieber, Ph.D., Clinical Professor in the Departments of Psychiatry and in Family Medicine at the University of California, San Diego, directs their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety, mood, and fatigue. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help calm their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.

Initial Release Date: 11/10/2020  Expiration Date: 11/10/2023  Content Level: Intermediate

© 2020 IBP
A revolution in the brain and behavioral sciences is revealing how we can be happier by applying principles of positive psychology.

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

Professionals working in medical, dental, behavioral, and educational settings completing this program should be able to:

1. List several attributes of positive psychology,
2. Outline steps to promote mindfulness,
3. Describe some limits of positive psychology,
4. Identify several pathways toward creating positive states and traits, and
5. Discuss physical and mental health benefits of practicing positive psychology.

The Mind-Body Connection

- Understanding Positive Psychology
- Attributes of Positive Psychology
- Understanding Happiness
- Beyond Self-Fulfilling Prophecies
- Optimization Versus Satisfaction
- Wanting Versus Liking

The Neuroscience of Mindfulness

- The Joy of Being Non-Judgmental in the Present Moment
- Key Brain Centers
- Taming the Self-Critical Brain
- The Neurochemistry of Gratitude

The Limits of Positive Psychology

- Optimistic Bias
- Mood Disorders
- Pathological Search For Happiness

Creating Positive States and Traits

- States and Traits
- States and Traits that Optimize Quality of Life
- Attributional Style
- Turning Mindfulness to Our Advantage
- Creating Mindful States
- Self-Aware Emotions That Generate Happiness

Physical and Mental Health Benefits of Positive Psychology

- Optimism and Recovery
- Posttraumatic Growth
- Increasing Psychological Resilience
- Applying Positive Psychology

ABOUT THE INSTRUCTOR

Bill Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego, coordinates their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety and mood. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help produce positive emotions in their clients. An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.

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Advances in Preventing Cognitive Decline: Getting Old, Thinking Young
A 6-Hour Home Study Program for Health Professionals

Understanding Age-Related Cognitive Impairments
- Short-Term Memory
- Long-Term Memory
- Cognitive Impairment
- 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 UCI 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.

© 2020 IBP
Introduction to the Cost-Effectiveness of Behavioral Health Interventions

A 6-Hour Home Study Program for Health Professionals

Whether you work in a behavioral, medical, dental, or educational setting, one of the most important decisions is to make sure that you are providing, administering or paying for effective and cost-effective treatments. In the last decade, there has been a significant increase in the number of cost-effectiveness studies of behavioral health interventions. It is now possible to offer you our first program on this topic.

Upon completion of this important program, you should be able to:

1. Identify key elements that contribute to creating, implementing and evaluating a cost-effective behavioral health intervention.
2. Summarize key research findings that can improve the cost-effectiveness of care of a selected psychological disorder including ADHD, anxiety, depression, deliberate self-harm, PTSD or schizophrenic disorder.
3. Summarize key research findings that can improve the cost-effectiveness of care of a medical condition (e.g., type-2 diabetes, dementia, disorder, or end-of-life care).
4. List several general principles for enhancing the cost-effectiveness of treatment programs.

Part I: Understanding Cost-Effectiveness Research:

Key Questions:

- Clinical Effectiveness and Cost-Effectiveness
- Who Gains and Who Pays?
- Measuring Benefits
- Willingness to Pay
- Cost Effectiveness Analyses
- Translating Cost-Effectiveness Studies
- How Much of A Difference Makes a Difference?

Part II: Effective and Cost-Effective Interventions

- Anxiety-Related Disorders
- Depressive Disorders
- Bipolar Disorders
- ADHD
- Disruptive Behavior Disorders In Youth
- Risk of Deliberate Self-Harm
- Schizophrenic Disorders
- Alcohol Use Disorders
- Tobacco Use
- Eating Disorders
- Lifestyle Interventions for Healthy Weight
- Chronic Pain
- PTSD
- Chronic Somatic Symptoms
- Type 2 Diabetes
- Sleep Disorders
- Dementia
- End-Of-Life Care

Part III: Best Practices for Increasing the Cost-Effectiveness of Behavioral Health Programs

- Effective Approaches To Improving Cost-Effectiveness of Care
- Treatment Strategies with Broad Evidence for Cost-Effectiveness
- Comparing Types of Treatment
- Next Steps

ABOUT THE INSTRUCTOR

Jodie A. Trafton, Ph.D., is an expert in evaluating and recommending cost-effective behavioral health programming. She directs national evaluation and behavioral health implementation initiatives for the health care systems within the Veterans Health Administration and is Affiliated Clinical Professor in Psychiatry and Behavioral Sciences at Stanford University School of Medicine. Dr. Trafton is Editor-in-Chief of the four volume series, Best Practices in the Behavioral Management of Chronic Disease. Dr. Trafton is also first author of Training Your Brain to Adopt Healthful Habits (2016) and an author of The Cost Effectiveness of Behavioral Health Interventions (2017).

An outstanding speaker, Dr. Trafton teaches accredited classes at Stanford University on behavioral health disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm, and warmth.
Everyday Habits for Long-Term Health
A 6-Hour Home Study Program for Health Professionals

Habits strongly influence how we think, feel, and act. If health-related habits could be meaningfully improved, the overall impact would be greater than all pharmaceutical, medical and surgical interventions combined.

Learn advances in the field of behavioral health designed to manage cravings, improve health-protective habits, and develop healthy cognitive habits and mindsets.

Participants completing this 6-hour program should be able to:
1. Describe the connection between stress, impulse control, and dopamine-based cravings.
2. List evidence-based steps to create short-term and long-term goals related to a daily habit such as maintaining physical fitness.
3. Identify how to acquire personalized cognitive habits to reduce anxiety, improve mood, and enhance sleep.
4. Outline how to change mindsets associated with combinations of habits.

Three Types of Habits
- Addictive Habits
- Health-Protective Habits
- Cognitive Habits

Stress, Pain, and Cravings and the Dopamine Addiction Circuit
- Understanding Opioid Addiction and Chronic Pain
- How Stress Drives Immediate Gratification
- Curbing Impulse Control
- Why Mindset Matters for Pain Relief
- Chronic Pain Management
- Best Practices
- Daily Mindful States

Attention-Based Habits and the Dorsal Prefrontal Loop
- Setting Short-Term Goals
- Setting Long-Term Goals
- Habits of Successful Exercisers
  - Calming Physical Activities
  - Mindful-Enhancing Physical Activities
- Coping With Failure

Anxiety, Mood, and Sleep and the Dorsal Prefrontal Loop
- Reducing Anxiety
- Understanding Major Depression
- Acquired Optimism
- Developing Sustainable Stress-Resilient Habits for Life
- Choosing to be Happy
- Self-Calming Habits to Improve Sleep

How to Change Mindsets to Enhance Treatment Effectiveness
- Mindsets
- Beyond Supportive Conversations
- Mindsets About Treatment Efficacy
- Mindsets About Capacity to Change
- Mindset Replacement

About the Instructor
Jodie Trafton, Ph.D., a neuroscientist, is an affiliated 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 (2019) and has authored numerous scientific publications concerning addiction, pain, and related topics.

An outstanding speaker, Dr. Trafton teaches an acclaimed series of classes at Stanford University on addictive disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm and warmth.

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The Opioid Epidemic: What Licensed Health Professionals Need To Know

A 6-Hour Home Study Program for Health Professionals

Who Becomes Addicted

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

The Addicted Brain

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

Opioid Addiction and Chronic Pain

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

Preventing Overdose-Related Deaths

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

Opioid Treatment Programs

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

Jodie Trafton, Ph.D., a neuroscientist, is an affiliated 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 Healftul Habits: Mastering the Five Brain Challenges (2016) and has authored numerous scientific publications concerning addiction, pain and related topics.

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

A 6-Hour Home Study Program for Health Professionals

The program provides an updated understanding of disorders related to alcohol, cannabis, opioids, sedatives, hypnotics, anxioselectics, stimulants, and tobacco, and addictive aspects of eating disorders and obesity.

Participants completing this program should be able to identify ways to:
1. Recognize how addictive drugs and disorders alter reward systems of the brain,
2. Prevent substance use disorders in youth and adults,
3. Treat substance use disorders with psychological and pharmacological interventions,
4. Minimize risks of using potentially addictive drugs (e.g., opioids, sedatives, cannabis) for medicinal purposes in medical, dental, and behavioral health practices, and
5. Facilitate recovery from substance use disorders outside of formal treatment programs.

The Addedcted Brain
- bing 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 and profession-specific risk • prescribing practices in medical and dental use that reduce risk of misuse and dependence

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

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

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

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

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

ABOUT THE INSTRUCTOR

Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical 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 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.

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Memory: How It Works, How It Breaks Down, and How To Improve It
A 6-Hour Home Study Program for Health Professionals

Advances in the brain and behavioral sciences have provided a new understanding of how we can protect and improve memory by developing greater stress resilience, preventing mood disorders, improving restorative sleep, and acquiring sustainable memory-enhancing skills and habits.

Participants completing this program should be able to describe a strategy to:
1. Prevent stress-related memory impairment,
2. Prevent mood-related memory impairment,
3. Prevent sleep-related cognitive impairment,
4. Prevent cognitive decline due to neuroinflammation, and
5. Promote effective memory-related skills and habits.

Forms of Memory
- Emotional Memory
- Working Memory
- Short-Term Memory
- Long-Term Memory
- Habit-Based (Implicit) Memory

Preventing Stress-Related Memory Impairment
- Stress-Related Aging of the Brain
- Why We Remember What We Want To Forget
- Why We Forget What We Want To Remember
- Developing Stress-Resilience

Preventing Mood-Related Memory Impairment
- Depression and Lowered Mood
- Depression and Resilience
- 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., 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. 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

Development of Cognitive Abilities

- Learning and Memory
- Language
- Non-Verbal Abilities

Brain Circuits and Early Childhood Development

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

Developmental Disorders

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

Environmental Effects on Brain Development

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

Strategies for Increasing Developmental Resilience

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

ABOUT THE INSTRUCTOR

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

Dr. Yassa has received multiple awards including from the National Science Foundation, National Institute on Aging, National Institute on Mental Health, and private foundations.

An inspiring and inspired instructor, Dr. Yassa is one of the most highly rated instructors at Irvine. Dr. Yassa has won awards for research and teaching excellence and teaches programs in human neuropsychology, learning and memory, brain dysfunction and repair.

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Advanes in research have shed light on how the brain develops in the early years and how brain circuits mature and become wired in the adult brain. These findings provide a much better understanding of the basis of developmental disorders and psychopathology that begins in early life.

Participants completing this program should be able to identify:
1. Development of key cognitive abilities
2. Development and maturation of brain circuits, especially in emotional and reward systems,
3. Brain mechanisms underlying developmental disorders such as autism spectrum disorders, ADHD, Down syndrome, and schizophrenia,
4. The role of early life experience and how infants can inherit the trauma and stress experienced by their parents,
5. The role of early life stress and fragmentation of maternal care in development of later adult psychopathology including depression and PTSD, and
6. Strategies to better understand and help children and adolescents with vulnerabilities that increase risk of mental disorders.
Understanding Neurocognitive Disorders
A 6-Hour Home Study Program for Health Professionals

Participants completing this program should be able to identify:
1. Key differences between the left and right cerebral hemispheres.
2. Verbal and non-verbal impairments due to stroke.
4. Cognitive domains affected by the most common forms of dementia.
5. Strategies to protect the aging brain.

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

Dr. Yassa 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 is applauded by health professionals for his ability to communicate complex concepts in readily comprehensible terms and for his warmth and enthusiasm.
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.

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

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

ABOUT THE INSTRUCTOR

Fadel Zeidan, Ph.D., is Assistant Professor, Departments of Neurobiology and Anatomy, and Anesthesiology at the University of California, San Diego. Dr. Zeidan is a leading expert in the study of how mindfulness-based states can reduce pain, anxiety and improve health. He is a member of the prestigious Mind and Life Institute and his research is supported by grants including the National Institutes of Health.

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

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The Habits of People Least Likely to Develop Alzheimer’s Disease

Lifestyle has an important role in who remains cognitively intact, who develops mild cognitive impairment and who develops Alzheimer’s disease (AD).

This program is designed to help you understand Alzheimer’s disease, key risk factors, and brain-protective habits.

Participants completing this program should able to:
1. Describe how Alzheimer’s disease can be diagnosed.
2. List several modifiable factors that increase the risk of developing Alzheimer’s disease.
3. Discuss limitations of current pharmaceutical treatments.
4. Identify key habits of people who are unlikely to develop Alzheimer’s disease.

Understanding Alzheimer’s Disease

- Understanding Dementia
- Extended Opportunity for Prevention
- When to Worry
- Neurons At Risk
- Early Detection

Health Risks

- Chronic Inflammation
- Metabolic Syndrome
- Insufficient Sleep
- Statins
- Major Depression
- Cerebrovascular Disease

Treatments

- The Problem with Current Drugs
- The Problem with Anti-inflammatory Drugs
- Drugs Under Investigation

The Habits of People Least Likely to Develop Alzheimer’s Disease

- The Right Dose of Physical Activity
- The Right Dose of Sleep
- The Right Ways to Protect the Brain from Metabolic Syndrome
- The Right Nutrients
- The Right Forms of Social Engagement
- The Right Kind of Care for Caregivers
- The Right Amount of Stress
- The Right Way to Develop Cognitive Reserve

ABOUT THE INSTRUCTOR

Stuart Zola, Ph.D., is a leading neuroscientist and an expert in the study of Alzheimer’s disease. He has been Co-director of the Emory Alzheimer’s Disease Research Center, Professor of Psychiatry and Behavioral Sciences at Emory University School of Medicine and is a Senior Research Career Scientist at the Atlanta VA Medical Center, one of the highest honors the VA bestows.

Dr. Zola has extensively studied memory disorders specific to Alzheimer’s disease. This research has led to the development of a brief neuropsychological test that can predict with high accuracy which patients with mild cognitive impairment will convert to Alzheimer’s disease.

An outstanding and humorous speaker, Dr. Zola has taught for our non-profit organization since the 1990s and is a highly regarded instructor. The American Association for the Advancement of Science named Dr. Zola a fellow for his “distinguished contributions in neuroscience, including the delineation of the brain’s memory system, and for communicating the importance and excitement of science to the lay public.” Dr. Zola has also been named to the Order of Merlin, within the International Brotherhood of Magicians, and he will use demonstrations of magic to illustrate points about the brain.
This 6-hour program presents advances in identifying who develops memory loss and advances in protecting the aging brain decades before the onset of cognitive decline.

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13896, and FL 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, ACE No. 5042. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: N16-116, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/31/23. Social workers completing this course receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by Board of Psychology, IL Dept. of Professional Regulation MFT CT, Sponsor Program, Sponsor #016800033, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #P350. Institute for Brain Potential (IBP), SW CE is recognized by the New York State Education Department’s State Board for Social Workers as an approved provider of continuing education for licensed mental health counselors. rNHEC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. EMHC-0134. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 08540100-00P-19-002-F4. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

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

Institute for Brain Potential, National Commission for the Certification of Dentists, ACE Approval Number: NPD-0011. This program provides 6 CE hours. This program is approved by the Florida Board of Dentistry for 6 hours of credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #06301. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #120.016020. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, 024.5.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ hours in Florida.

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

ACUPUNCTURISTS: This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a correspondence 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
Stuart Zola, Ph.D. is an internationally recognized expert in the neural foundation of memory, memory impairments and Alzheimer’s Disease. Dr. Zola Co-Directed the Alzheimer’s Disease Research Center at Emory University and is currently conducting research and practical applications to provide early detection of cognitive decline associated with Alzheimer’s Disease.

An outstanding and highly sought-after speaker, he artfully combines his knowledge of brain science with his natural sense of humor, social acumen and favorite hobby, sleight-of-hand magic.
In this 3-hour evidence-based program presented by Brian King, Ph.D., a neuroscientist/comedian, learn why a sense of humor and laughter are good for the brain and body, increase stress resilience, how they reduce pain, improve immune function, elevate mood, and reduce generalized anxiety.

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

Why Humor is Good for the Brain and Body
Start the day off with a smile and get it over with

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

Humor and Laughter in Medical Settings
Laughter is the best medicine

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

Using Humor in Your Practice by Practicing Humor
Laughter is the closest distance between two people.

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

Using Humor to Promote Healthy Habits
Good humor is an acceptance of reality

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

ABOUT THE INSTRUCTOR

Brian King, Ph.D. (Bowling Green State University), an expert in Applied Biopsychology 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 expert in the study of humor and laughter, Dr. King is the author of evidence-based book, the Laughter Cure (2017) This memorable program provides practical strategies to improve health and wellbeing through the use of film clips, cartoon and comedic dialogue. Audiences applaud his insightful and practical presentations and enjoy his sense of humor.
In this three-hour program, health professionals will learn how people who have experienced the same event nevertheless develop different interpretations and memory for what has transpired.

The program includes brain-based skills that enhance accurate communication and reduce memory distortion.

Participants completing this program should be able to:

1. Identify at least three reasons why people can experience the same event and remember it very differently.
2. Demonstrate three strategies for communicating information more memorably.

ABOUT THE INSTRUCTOR

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

An outstanding and highly sought-after speaker, he artfully combines his knowledge of brain science and his natural sense of humor, social acumen and favorite hobby, sleight-of-hand magic to show how people can entertain different points of view and how to overcome dual realities.