Origins and Maladaptive Forms of Perfectionism

- Origins
- Self-Oriented Perfectionism
- Other-Oriented Perfectionism
- Socially Prescribed Perfectionism
- Positive versus Negative Perfectionism
- Assessment

Common Maladaptive Behaviors of Perfectionists

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

Guidelines for Taming the Inner Critic

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

Behavioral Strategies

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

ABOUT THE INSTRUCTOR

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

An outstanding speaker, Dr. Antony may be the “perfect” presenter for this program. He has given over 300 presentations and seminars to health professionals around the world including highly rated presentations on OCD and perfectionism. Audiences highly recommend his presentations for their abundance of practical information, case histories, and clinical wisdom.
Shyness and Social Anxiety: Evidence-Based Techniques for Overcoming Fear
A 6-Hour Home Study Program for Health Professionals

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

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

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

Diagnosis
- Social Anxiety Disorder (Social Phobia)
- Avoidant Personality Disorder
- Pathological Shyness

Origins, Associated Features and Coexisting Conditions
- Origins
- Variants
- Common Coexisting Disorders
- Response to Stress

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

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

ABOUT THE INSTRUCTOR

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

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.
Understanding and Treating Generalized Anxiety and Related Anxiety Disorders
A 6-Hour Home Study Program for Health Professionals

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

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

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

Understanding Generalized Anxiety and Coexisting Conditions

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

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 and Chair of Psychology at Ryerson University in Toronto. He is the author of over 250 research papers and 30 books concerning generalized anxiety and related disorders including Social Anxiety Disorder, The Slinness 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.

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

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Understanding and Treating Obsessive-Compulsive Spectrum Disorders

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

Neurobiological Origins and Biological Treatments
- Pediatric Onset
- Habit Brain
- Prefrontal Cortex
- Anterior Cingulateotomy
- 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 Adjuvant Treatments
- Applying CBT
- Applying Positive Psychology
- Alternative/Complementary Therapies
- Combining Medications and Psychological Treatments

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

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources.
This unique program describes the training programs that have been developed by the Institute for Brain Potential to help understand and prevent mental and physical conditions and to improve health and wellbeing.

Participants completing the program should be able to identify evidence-based approaches to:

1. Overcoming traumatic and posttraumatic stress-related disorders including adverse childhood and adult experiences.
2. Understanding and managing generalized anxiety disorder, social anxiety disorder, and perfectionism.
3. Enhancing emotional resilience
4. Improving health-related habits
5. Understanding and applying mind-body approaches to improve the mind-body connection as it affects the immune system and inflammation.
6. Understanding and improving interperson relationships including reasoning with unreasonable people and high-conflict interactions.
7. Describing how food affects mental health
8. Understanding and improving memory and cognition and preventing dementia.
9. Adopting lifestyle modifications for improving physical activity, diet, meditation and sleep.
10. Applying positive psychology.

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

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

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

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

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

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

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

A 6-Hour Home Study Program for Health Professionals

The Long-Term Effects of Neglect and Abuse

- Neglect
- Abuse
- Early Attachment and Adult Pathology
  - Secure Attachment
  - Anxious Attachment
  - Avoidant Attachment
  - Disorganized Attachment
- Inheriting Trauma
  - Cortisol
  - Serotonin
- Psychological Stress

Early Adversity Can Impair the Immune System

- Inflammation
- Autoimmune Disorders
- Weight Gain
- GI Health

Self-Care, Lifestyle and Mental Health

- Resilience
- Conscientious Eating
- Conscientious Physical Activity
- Sleep

Psychological Paths to Improved Brain Function

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

ABOUT THE INSTRUCTOR

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The author of fourteen evidence-based texts, Dr. Arden is working on a fifteenth text that forms the basis of this program. Dr. Arden has presented programs throughout the United States as well as invited lectures in Canada, Italy, Spain, China, Korea, New Zealand and Australia. Audiences appreciate his innovative teaching style and ability to communicate advances in the brain sciences with wisdom, clarity and warmth.
This program provides advances in understanding brain-based approaches to managing most common psychological and cognitive disorders seen in medical, dental, and behavioral health practices.

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

Participants completing this program should be able to identify applications of neuroscience to facilitate meaningful change for the following:

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

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**Autostress Disorders: Stress Disorders that Attack the Self**

- How Maladaptive Stress Affects the Brain and Body
  - Brain
  - Cardiovascular
  - Immune
  - GI
  - Reproductive System
  - Musculoskeletal
- Cortisol
- Overcoming Threat

**Generalized Anxiety**

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

**Posttraumatic Stress Disorder**

- Understanding Core Symptoms
- Three Phases of Recovery
- Review of Treatments

**Obsessive-Compulsive Disorder**

- Brain Mechanisms
- The OCD Circuit — The Habit Born Gone Away
- Effective Treatments

**Major and Minor Depressive Disorders**

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

**Promoting Brain Health**

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

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**ABOUT THE INSTRUCTOR**

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

This highly practical program is based on a detailed review of current research. Dr. Arden presents seminars around the world focusing on brain-based psychological therapies and the art of communicating practical applications of neuroscience.

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Initial Release Date: 07/27/2018     Expiration Date: 07/27/2021     Content Level: Intermediate
This program describes effective mind-body approaches to overcome stress, anxiety, sadness, anger and pain, and highlights methods of elevating positive emotions. The presentation also provides an understanding of key brain systems underlying each topic.

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

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

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

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

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

Pain Reduction: Practicing Mind-Body Techniques
- Pain
- Pain Reduction Techniques

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

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

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

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

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

Pain Reduction: Practicing Mind-Body Techniques:
- Pain
- Pain Reduction Techniques

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

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

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

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

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

Pain Reduction: Practicing Mind-Body Techniques:
- Pain
- Pain Reduction Techniques

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

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About the Instructor:

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

This highly practical program is based on a detailed review of current research. Dr. Arden presents seminars around the world focusing on brain-based therapy. His inspiring lectures are delivered with clarity, warmth, and clinical wisdom. Audiences appreciate his innovative teaching including the use of film clips and opportunities to experience stress-resilient mental states.
Pathways to Successful Aging
A 6-Hour Home Study Program for Health Professionals

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

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

About the Instructor

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

Dr. Arden presents workshops on brain-based therapy internationally and in the United States. Dr. Arden presents seminars around the world focusing on brain-based therapy. His inspiring lectures are delivered with clarity, warmth, and clinical wisdom. Audiences appreciate his innovative teaching including the use of film clips and opportunities.

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

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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 neurodevelopmental disorders.

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

Understanding ADHD as a Disorder of Executive Function

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

Characteristics of People With ADHD

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

Pharmacotherapies

- Psychostimulants
- Selected Nonstimulant Medications
- Benefits of Early Intervention

Nutritional Therapies

- Dietary Therapies of Weak Effectiveness
- Unproven or Disproven Treatments

Psychological and Educational Treatments for Youth With ADHD

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

Treating Oppositional Defiant Disorder (ODD)

- Diagnosis
- Treatment

ABOUT THE INSTRUCTOR

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

Dr. Benninger lectures nationally and internationally on the role of understanding, diagnosing and treating ADHD to health professionals and educators. He has appeared on CNN and TV France. Health professionals and educators highly praise his ability to present practical information with clinical wisdom and compassion.
How We Heal Ourselves And Others: Communicating In Ways That Create Meaningful Change

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP10986, and Florida Board of Nursing. This program provides 6 contact hours.

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

PHYSICAL THERAPISTS: Institute for Brain Potential is approved by the American Physical Therapy Association to sponsor continuing education for physical therapists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

MFT CE Sponsor Program, Sponsor #168.000183, and by the Illinois Department of Professional Regulation. Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, 86850. The assignment of AOTA CEUs does not imply endorsement by AOTA of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Occupational Therapy Process (Outcomes) and Professional Issues (Supervision). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of 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 PТAs, CEPT10009B. This program provides 6 contact hours of CE credit.

MSSAGE 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), #PE6515. This program provides 6 CE hours.

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, the Association for Addiction Professionals, Approvals Vendor ID: #10249. This program provides 6 CE 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. The knowledge-based activity is designed for 6 contact hours (0.6 CEUs). UANs: 0492-0000-17-032-HF and 0492-0000-17-032-HF. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID: 312413. Subject Code: 557. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #10257. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

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

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #0320. This program provides 6 CE hours.

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

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

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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/31Qoz6

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

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

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

Participants completing this program should be able to:
1. Describe differences in coronary artery disease in men and women,
2. List modifiable traditional risk factors,
3. List modifiable psychological risk factors, and
4. Discuss the role of a cardioprotective lifestyle and psychological habits in preventing, managing or reversing coronary artery disease.

Differences in Coronary Artery Disease: Men and Women

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

Modifiable Biological Risk Factors

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

Cardioprotective Habits

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

ABOUT THE INSTRUCTOR

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

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

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

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

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

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

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

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

How Relationships Impact Pain
• The Importance of Relationships
• Relationship Stress
• Sourcing Meaning Through Relationship

Additional Strategies
Sleep, Trauma, Surgery and Flare-Ups
• Improving Sleep
• Trauma as a Critical Therapeutic Target for 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 Medicine at Stanford University, and is faculty in the Stanford Systems Neuroscience and Pain Lab. She is a pain psychologist and researcher. Dr. Darnall is a past President of the Pain Society of Oregon and Co-Chair of the Pain Psychology Task Force at the American Academy of Pain Medicine.

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

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

A 6-Hour Home Study Program for Health Professionals

Memory, Emotion and Tragic Forgetting

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

Understanding Stress

- Neurotoxic Stress
- Adrenal Stress Hormones
- Depression
- PTSD

Controversies in Nutrition: What is Healthful and Harmful?

- Myths, Government Intervention and Bad Science
- Fats, Grains and Sugars
- Healthful and Harmful Diets
- Nutraceuticals and Supplements
- Longevity

Cholesterol: Friend or Foe of Heart and Brain Health

- Myths on Cholesterol and Clogged Arteries
- Are Statins “Wonder Drugs?”
- How Common are Adverse Effects of Statins?
- Cholesterol, Cancer and Dementia

ABOUT THE INSTRUCTOR

David Diamond, Ph.D., is Professor of Psychology, Pharmacology and Physiology at the University of South Florida and Director of the USF Collaborative Neuroscience Program. Dr. Diamond is an expert in the study of memory, stress, heart disease, diet and brain function.

An outstanding instructor, Dr. Diamond has received accolades for teaching excellence at USF and is an invited speaker at scientific conferences around the world. Dr. Diamond has taught programs for continuing education to health professionals for close to a decade and is one of the highest rated speakers teaching on behalf of IBP. Audiences highly recommend his programs for their wealth of valuable information, insightful reviews of current controversies, and ability to impart key concepts with clarity and enthusiasm.
Chronic stress suppresses the immune system, undermines the vascular system, and impairs the brain. This program focuses on 21st century discoveries to enable health professionals and educators to better understand, prevent, and manage stress-related disorders.

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

Understanding Stress-Related Disorders

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

Using Your Brain to Increase Stress Resilience

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

ABOUT THE INSTRUCTOR

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

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

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

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

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP18906, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 102949. This program that does not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2019. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 ethics continuing education-clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSSWMT Board, Provider #82000801, by Illinois Department of Professional Regulation License #196001383, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #580. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0008. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Program Provider, Program #012049. Institute for Brain Potential is approved by CPAP, Florida Department of Health, Provider #CEP-2717, 4-hour CEU, for substance abuse professionals. This program is approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

ACCREDITATION: 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: 0402-0000-17-282-H58-F and 0402-0000-17-292-H58-F. The pharmacist’s evaluation is required. This activity is eligible for 6 hours of credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this type provide a means of Keeping dental education programs of this type provide a means of keeping dental education current. Each PACE program acknowledges the contributions of the AGD in offering the latest in continuing education programs.

The Academy of General Dentistry (AGD) is a professional organization of general dentists with the purpose of improving and maintaining the quality and delivery of comprehensive dental care. Its programs of education, research, and practice are designed to enhance the mental, ethical, and professional development of its members.

Institute for Brain Potential, provider #4216, is an approved provider of continuing education by the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #6R80. The assigned CEUs for this program are 0.6. AOTA CEs do not apply toward any of the requirements for recertification of specific program content, products, or clinical procedures by AOTA. This program provides 6 CEUs for occupational therapists. CEs are noted for their insight, wisdom, and use of humor to impart key concepts.

Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Osteopathic Medicine. This program provides an osteopathic education program for osteopathic physicians. This program provides 6 contact hours.

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

In Florida, coursework in the area of Ethics and Law for Health Professionals has been approved by the Board of8 Dentistry for eight contact hours.

Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0402-0000-17-282-H58-F and 0402-0000-17-292-H58-F. The pharmacist’s evaluation is required. This activity is eligible for 6 hours of credit.

ACCREDITATION: 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: 0402-0000-17-282-H58-F and 0402-0000-17-292-H58-F. The pharmacist’s evaluation is required. This activity is eligible for 6 hours of credit.

In Florida, coursework in the area of Ethics and Law for Health Professionals has been approved by the Board of8 Dentistry for eight contact hours.

Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #PSP24. This program provides 6 CE hours.

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

Initial Release Date: 12/05/2017     Expiration Date: 12/05/2020     Content Level: Intermediate

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ETHICS AND LAW FOR HEALTH PROFESSIONALS
A 6-HOUR HOME STUDY PROGRAM FOR HEALTH PROFESSIONALS

• Obligations of Health Practitioners
• Special Obligations of the Health Practitioner
• Treatments Involving Multiple Clients
• Special Issues
• Online Considerations
• Ethical Challenges in Working With Human Diversity
• Confidentiality, Privacy and Record Keeping
• Access to Records and Personal Health Information
• Psychological Assessment
• Nonsexual Multiple-Role Relationships
• Attraction, Romance, and Sexual Intimacies with Clients and Subordinates
• Sexually Intimate Behavior with Clients
• Relationships With Colleagues, Supervisors, and Employees
• Self-Promotion in the Age of Electronic Media
• Money and Managed Care
• Challenging Work Settings
• Guidelines for Making Ethical Decisions and Taking Action

ABOUT THE INSTRUCTOR

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

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

Initial Release Date: 12/05/2017     Expiration Date: 12/05/2020     Content Level: Intermediate

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This program outlines key legal information that pertains to maintaining clinical records, privacy regulations, and confidentiality. This program is designed for recently-trained health professional as well as experienced practitioners.

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13086, and Florida Board of Nursing, This program provides 6 contact hours.

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

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

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, by Illinois Department of Professional Regulation-MFT CE Sponsor Program, Sponsor #16000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #883. Institute for Brain Potential (IBP), SW.CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0199. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0096. 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: 0492-0000-17-058-H03-P and 0492-0000-17-058-H03-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID #312413. Subject Code: 507. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #9638. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Professional Issues (Legal, Legislative, Regulatory, & Reimbursement Issues). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #2116.000200. This program provides 6 contact hours of CE credit.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathalogy and Audiology Board (CSLPAB), # PESP001. This program provides 6 CE hours.

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

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

ABOUT THE INSTRUCTOR

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

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

Initial Release Date: 11/01/2017     Expiration Date: 11/01/2020     Content Level: Intermediate
Conscientious Eating: Mental Health, Inflammation and the Aging Brain

A 6-Hour Home Study Program for Health Professionals

Conscientious Eating and Inflammation

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

Stress, Mental Health and the Brain

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

Protecting the Aging Brain

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

Developing Conscientious Eating Habits

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

About the Instructor

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

An outstanding speaker, audiences highly commend her presentations for their wealth of practical information and her ability to impart key discoveries with clarity, clinical wisdom and warmth.
Mind-Body Interactions and the Stress-Inflammation Connection
A 6-Hour Home Study Program for Health Professionals

The Stress 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., is Lecturer in Nursing, Neuroimmunology and Behavior at the Center for the Study of Complementary Therapies at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions as they affect the response to psychological stress, the immune system, and the development of an anti-inflammatory lifestyle. Dr. Goehler has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders can result from GI inflammation. Her research also describes nutritional pathways to reducing the risks of chronic low-grade inflammation.
Who Gets Sick and Who Stays Well: Microbes, the Immune System and Brain

A 6-Hour Home Study Program for Health Professionals

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

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

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

Understanding the Microbiome

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

Neurocognitive Disorders

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

Stress, Anxiety and Mood

• Neurotransmitters
• Stress and Inflammation
• Generalized Anxiety
• Depression

Restoring Microbial Health

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

ABOUT THE INSTRUCTOR

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

An outstanding speaker, Dr. Goehler presents practical discoveries to her students and health professionals with enthusiasm, clarity and warmth.
Emotion Disturbance in Bipolar Disorder in Youth and Beyond: When Feeling Too Good Can Be Bad

A 6-Hour Home Study Program for Health Professionals

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

The program provides key insights and methods to explore and explain how healthy people can regulate their moods more effectively. Participants completing the program should be able to:

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

June Gruber, Ph.D. is an Assistant Professor at the 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.

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP3906, and Florida Board of Nursing, This program provides 6 contact hours.

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

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

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Accreditation Review Panel (ARC). 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 this content. This program provides 6 CE 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). UANc: 0492-0000-18-038-F04 and 0492-0000-18-038-H04. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing pharmacy education. 

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, the National Association for Addiction Care and Rehabilitation, as an Approved Professional Education Provider, Provider #100129. Institute for Brain Potential is approved by the Florida Board of Pharmacy, Provider #CEP3906, and Florida Board of Nursing, This program provides 6 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs), UANc: 0492-0000-18-038-F04 and 0492-0000-18-038-H04. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing pharmacy education.

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

Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Florida Board of Dentistry. Institute for Brain Potential is approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #10500. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs for 6 contact hours, Content Focus: Domain of OT (Performance Patterns). This program 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, #S16003932, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #1063. This program provides 6 CEU hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.0000-45, 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). #P330247. This program provides 6 CE hours.

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

Initial Release Date: 06/30/2018 Expiration Date: 06/30/2021 Content Level: Intermediate

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

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

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

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

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

Dr. Gruber presents key discoveries and practical findings with clarity, insight, and clinical wisdom. This new program includes science-based instruction, interactive videos, and group discussions. Samples of Dr. Gruber’s lectures can be viewed online including the TedX Talk presentation concerning “The Dark Side of Happiness” at https://www.youtube.com/watch?v=f8BMgtsjygo and she has a free online course in Human Emotion available through YouTube and iTunes U. For more information about her work read here: http://www.gruberpeplab.com

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Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

A remarkable speaker, health professionals highly recommend his seminars for his special ability to present practical discoveries with clarity, warmth and humor.

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

A 6-Hour Home Study Program for Health Professionals

Overview of Immune System
- Antigens
- Macrophages
- Helper T-cells
- Natural Killer Cells
- B-cells
- Antibodies
- Interferons
- Cytokines

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

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

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

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

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

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Calming An Overactive Brain

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

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

Understanding the Overactive Brain

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

Brain-Based Therapies for Calming an Overactive Brain

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

ABOUT THE INSTRUCTOR

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

Dr. Koob has received five "Outstanding Faculty Teaching Awards" at UCSD. An excellent and inspiring speaker, Dr. Koob provides health professionals with guidelines to facilitate meaningful change.
How The Brain Forms New Habits: Why Willpower Is Not Enough
A 6-Hour Home Study Program for Health Professionals

Why are habits so difficult to change? Habits govern how we think and act. They influence who needs care and who stays well in medical, dental, psychological, and educational settings. This program describes how the brain forms new habits and how to facilitate meaningful change.

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

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

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

Overcoming Threat-Based Mental Habits
- Cataloguing Automatic Thoughts
- Graded Exposure to One’s Fears
- Cognitive-Behavioral Therapy (CBT)
- Positive Psychology
- Mindfulness

Initiating and Maintaining Healthful Habits
- Preschool
- Repetition of Skilled Movements
- Spatial Habits
- Habit Substitution
- Mastering the Five Brain Challenges

ABOUT THE INSTRUCTOR

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

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

A 6-Hour Home Study Program for Health Professionals

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP139686, and Florida Board of Nursing. This program provides 6 contact hours.

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

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

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #FBCST00901, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #160-00193, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #450. Institute for Brain Potential (IBP) is approved by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists, #MFT-0068. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102489. Institute for Brain Potential is approved by CCPAP-KS, Provider Number 48-09-128-1277. This program provides 6 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for contact hours (0.6 CEUs). UANs: 0992-0000-17-003-HR4-P and 0992-0000-17-003-HR4-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education program of this provider is accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID 32143. Subject Code: 597. Institute for Brain Potential, provider RP-4201, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #16580. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: 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 physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program provides 6 contact hours of CE credit.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #193275. This program provides 6 CE hours.

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

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

Guidelines for Conscientious Eating

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

Brain and Behavior

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

Pain and Inflammation

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

Respiratory Disorders

- Allergies
- Rhinitis and Sinusitis
- Influenza
- Asthma
- COPD

GI Tract

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

Cardio-Metabolic Disorders

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

About the Instructor

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

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

Inflammation fuels the development and progression of cardiovascular disease. However, diet plays a key role in preventing and managing cardiovascular disease.

This program is designed for health professionals working in medical, dental, and behavioral settings, allied health professions and educators. The information presented in this program is largely based on peer-reviewed research published in the last decade.

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

Key Hormones
- Chest Discomfort
- Cortisol
- Estrogen
- Thyroid

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

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

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

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

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

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

Dr. Kuhn has developed and presented educational programs for health professionals throughout the USA and is one of the nation’s most popular lecturers in continuing education. An outstanding, knowledgeable and humorous speaker, she presents key discoveries from medicine and complementary medicine in clear and practical terms.
There is growing evidence that a number of complementary medicines and nutrients are of benefit for specific medical conditions. However, there is also a great deal of misinformation.

This program distinguishes evidence-based research findings from popular claims. The information presented in this program is designed to be of direct relevance to nurses, dental professionals, pharmacists, behavioral health and allied health professionals.

Participants completing this program should be able to identify the safety and effectiveness of complementary medicines and nutrients for:

1. Inflammation and chronic pain
2. Hormone and non-hormone related cancers
3. Metabolic syndrome and coronary artery disease, and
4. Selected psychiatric and neurologic conditions.

Inflammation and Chronic Pain

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

Hormone and Non-Hormone-Related Cancers

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

Metabolic Syndrome and Coronary Artery Disease

- Blood Pressure
- Cholesterol
- Atherosclerosis
- Managing Type 2 Diabetes
- Cardiovascular Health
- Preventing Heart Failure

Neuropsychiatric Conditions

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

Complementary Products

- Herbal Products
- Trends
- Drug / Herb Interactions
- Resources

ABOUT THE INSTRUCTOR

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

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

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

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

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13906, and Florida Board of Nursing. This program provides 6 contact hours.

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

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

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

Intermediate Content Level:

- Physical Therapists and Physical Therapist Assistants:
- Occupational Therapists:
- Speech-Language Pathologists:

Institute for Brain Potential is approved by the California Speech-Language Pathology and Audiology Board (SLPAB), #1323. This program provides 6 CE hours.

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

Initial Release Date: 08/30/2016
Expiration Date: 08/30/2019
Content Level: Intermediate
**Experiencing and Practicing Positive States: Hope, Joy, Calm and Laughter**

A 6-Hour Home Study Program for Health Professionals

Positive states help optimize health and wellbeing.

Learn how hope, joy, calm and laughter reduce the adrenal response to stress, reduce apprehension and generalized anxiety, improve mood, reduce pain, and promote restorative sleep.

Participants completing this new six-hour program should be able to:

1. Describe how hope can reduce stress, pain, anxiety, and sadness by normalizing cortisol, the adrenal hormone associated with stress.
2. Explain how joy can be enhanced by practicing what happy people do differently.
3. Identify how to attain calming states through mental habits and mindfulness.
4. Demonstrate how humor and laughter can improve health and wellbeing.

Enhancing Hope

- **Stress Resilience**
- **Pain Relief**
- **Acquired Optimism**
- **Reducing Apprehension and Generalized Anxiety**
- **Reducing Self-Criticism**

Experiencing Joy

- **What Happy People Do Differently**
- **Positive Emotional Habits**

Experiencing Calm

- **Mindfulness**
- **Compassionate Mind Training**
- **Calming States that Reduce Inflammation**
- **Restorative Sleep**

Humor and Laughter

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

**ABOUT THE INSTRUCTOR**

Jamie 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. Students and health professionals commend her engaging teaching style and her ability to present practical information with clarity and warmth.
The Habits of Happy People
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

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

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

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP17936, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 0342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours. Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits.

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: 0492-0000-17-411-H04-P and 0492-0000-17-411-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved ACE Program Provider by the Academy of General Dentistry (AGD). The formal content of continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership and membership maintenance credit. Approval does not imply endorsement of specific course content, products, or clinical procedures by AGD. This program provides 6 CEUs.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #9518. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). This course is approved by the Florida Board of Occupational Therapy for 6 hours of contact credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #1216.00020. This program provides 6 CE hours.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #145.00045, 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), #1P32/024. This program provides 6 CE hours.

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

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

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Overcoming Disabling Thoughts: Special Focus: Applying Positive Psychology

A 6-Hour Home Study Program for Health Professionals

Identifying Disabling Thoughts

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

Developing Resilience to Disabling Thoughts

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

Applying Positive Psychology

- Identifying Character Strengths
- Identifying Sources of Well-Being
- Setting Goals for Life and Happiness
- The Three Blessings
- Kindness
- The Passion to Know
- Flow
- Savoring
- Gratitude
- The Self-Gift of Forgiveness
- Humor
- Spirit

ABOUT THE INSTRUCTOR

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

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

Characteristics of Hopeful People

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

The Hopeful Brain

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

Cultivating Hope

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

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.

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

Dr. Kurtz has won numerous awards for teaching excellence. She is recipient of the University of Virginia Psychology Department’s Distinguished Teaching Fellowship, the Graduate Teaching Award, and the Rebecca Boone Teaching Award. Dr. Kurtz uses her skills as an actress to enhance the learner’s experience. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.
Evidence-Based Nutritional Strategies for the Aging Brain
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

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

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**About the Instructor**

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

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

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**Initial Release Date:** 08/30/2016  
**Expiration Date:** 08/30/2019  
**Content Level:** Intermediate
Food for Thought: How Nutrients Affect Mental Health and the Brain
A 6-Hour Home Study Program for Health Professionals

Nutrients significantly affect stress, attention, anxiety, mood, impulse control, and sleep.

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

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

<table>
<thead>
<tr>
<th>Nutrients that Influence Key Neurotransmitters</th>
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<tbody>
<tr>
<td>• Dietary Sources of Neurotransmitters</td>
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<tr>
<td>• Serotonin</td>
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<td>• Dopamine (D2)</td>
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<td>• Opioids</td>
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<td>• Norepinephrine</td>
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<td>• Glutamate</td>
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<td>• GABA</td>
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Inflammation and Mood

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

Blood Sugar, Brain, and Behavior

• The Hungry Brain
• Pre-Diabetes and Type 2 Diabetes
• Appetite Suppressants

Optimizing Sleep and Awareness

• Attention
• Anxiety
• Preventing Cognitive Impairment
• Sleep and Shift-Work

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

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

A 6-Hour Home Study Program for Health Professionals

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

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

Participants completing this non-technical program should be able to:

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

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

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

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

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

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

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

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**ABOUT THE INSTRUCTOR**

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

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**Optimum Healthcare Provider**

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

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

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

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential is approved as a provider of continuing education for psychologists, Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSSMFT Board, Provider #BCST00081, by Illinois Department of CE Sponsor Program, Sponsor H5363/0138, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #5571. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0006. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, Provider Number 102254. Institute for Brain Potential is approved by the CAADAC, Provider Number 48-129-1257. This program provides 6 CEs.

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: 0492-0000-17-043-H86-P and 0492-0000-17-043-H86-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is an American Dental Association (ADA) Recognized Provider of continuing education. This program provides 6 hours of credit.

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

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, 0245.000045, 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), #643960. This program provides 6 contact hours.

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

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

A 6-Hour Home Study Program for Health Professionals

Content Focus: Occupational Therapy Process (Outcomes). This course is approved by the American Occupational Therapy Association (AOTA). 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.

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

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion, and wisdom.
Pumped: Building a Better Brain Through Exercise and Movement
A 6-Hour Home Study Program for Health Professionals

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

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

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

About the Instructor

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

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

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

Born to Move

- How Our Brains Evolved Through Movement
- Key Mental and Brain Risks Linked to Inactivity and Sedentary Work
- Obesity and Type 2 Diabetes
- Exercise and Green Therapy

The Molecules of Movement

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

Cardio or Weights?

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

Establishing the Exercise Habit

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

Just Do It!

- Overview of Exercise Programs
- Injury Prevention
- Program Design
- Developing a Personalized Program

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

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

Participants completing this program should be able to identify:
1. How stress-related sleep disorders affect inflammation, appetite, pain, mood, anxiety, and risk of chronic disorders affecting the body and brain.
2. Indications and risks of prescribed benzodiazepine and non-benzodiazepine hypnics, orexin antagonists.
3. Indications and risks of alternative and complementary medicines, medical foods, and supplements.
4. Mental habits that facilitate sleep to reduce pain, muscle tension, threat, or stress.
5. Environmental habits to facilitate sleep including sleep hygiene.

SPEECH-LANGUAGE PATHOLOGISTS
This Illinois Department of Professional Regulation: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, Provider #CEP3806, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6592. 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 education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #RCST03801, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #160.00382, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #880. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed social workers, #0341. This program provides 6 contact hours.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP3806, and Florida Board of Nursing. This program provides 6 contact hours.

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

Institute for Brain Potential is approved by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling as an Approved Provider, Provider #020249. Institute for Brain Potential is approved by the 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 CEUs). UANs: 092-0000-19-016-H06-P and 092-0000-19-016-H06-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0 CEUs). UANs: 092-0000-19-016-H06-P and 092-0000-19-016-H06-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply endorsement of specific course content, products, or clinical procedures by AGD. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply endorsement of specific course content, products, or clinical procedures by AGD. This program provides 6 CE hours.

Institute for Brain Potential is designated as an Approved PACE Program Provider by the American Occupational Therapy Association’s (AOTA) Commission for Occupational Therapy Education. Approval of this program 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.

Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #8656. 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.

Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours.

Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours.

Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #8656. 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.

PHYSICAL THERAPIST: 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, #216.00020. This program provides 6 contact hours.

MASSAGE THERAPIST: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000405, 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 (SLPBAB), #033247. This program provides 6 CE hours.

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

Sleep, Stress, and Disorders of the Brain and Body
- Why We Sleep?
- Why We Dream?
- Understanding Restorative Sleep
- Sleep Duration?
- Chronic Stress
- Inflammation
- Appetite
- Chronic Pain
- Metabolic Syndrome
- Cancer
- Aging Clock

Hypnotics, Related Drugs and Nutrients
- Benzodiazepines
- Z Drugs
- Suvorexant
- Ramelteon
- Melatonin
- Sedating Antidepressants
- Neuropathic Pain
- Medical Foods
- Tapering Sleep Medications
- Health Considerations

Habits of People Who Overcome Insomnia
- Mental Habits That Facilitate Sleep
  - Chronic Pain
  - Muscle Tension
  - Threat
  - Fight-or-Flight
- Environmental, Physical and Nutritional Habits
  - Prioritizing Sufficient Sleep
  - Pre-Sleep Rituals
  - Entraining Circadian Rhythms
  - Reducing Sensory Stimulation
  - Reducing Time In Bed
- Physical Activity and Sleep Time
  - Naps
  - Help for Shift Workers
  - Alcohol and Caffeine
  - Snacks that Help Relax

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

An outstanding, insightful and inspiring presenter, Dr. Lara speaks frequently at health-related conferences throughout North America. Health professionals commend his masterful presentations for communicating key discoveries and practical strategies with clarity, compassion and wisdom.
Meditation
A 6-Hour Home Study Program for Health Professionals

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

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

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5330. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB). This program provides 6 CEU or 6 contact hours.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Illinois Department of Professional Regulation, by Michigan Board of Advertising, by Maryland Board of Pharmacy, by Nevada Board of Examiners of Marriage & Family Therapists, by New York State Department of Health, by Oregon State Board of Pharmacy, by Pennsylvania State Board of Social Workers Professional Examiners, by Texas State Board of Pharmacy, by Utah State Board of Pharmacy, by Virginia Board of Pharmacy, by the Washington State Optometric Commission, by the Wyoming Board of Optometry, by the Wisconsin Optometric Association.

The program has been approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the American Dental Association. The formal orientation required for a PACE provider is approved by the ADA for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID: 93652. Subtopic Code: 597. Institute for Brain Potential, provider ID: 306-15, is approved by the California Board of Dentistry for 6 hours of continuing education credit.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 092-0000-16-044-H44-P and 092-0000-16-044-H48-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal orientation required for a PACE provider is approved by the ADA for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID: 93652. Subtopic Code: 597. Institute for Brain Potential, provider ID: 306-15, is approved by the Florida Board of Dentistry for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal orientation required for a PACE provider is approved by the ADA for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID: 93652. Subtopic Code: 597. Institute for Brain Potential, provider ID: 306-15, is approved by the Florida Board of Dentistry for 6 hours of continuing education credit.

The Relaxation Response
• Thinking without Judging
• Thinking in the Here and Now
• Thinking Without Suffering
• Tibetan Self-Aware Positive Emotions
• Zen: Thinking About Not Thinking

Meditative Traditions of the East

• Thinking Without Judging
• Thinking in the Here and Now
• Thinking Without Suffering
• Tibetan Self-Aware Positive Emotions
• Zen: Thinking About Not Thinking

Meditative Adaptations of the West

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

Developing a Personalized Meditation Program

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

ABOUT THE INSTRUCTOR

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

Dr. Marikis has developed and presented training programs for health professionals throughout the United States for over 20 years. An outstanding speaker, Dr. Marikis has appeared on many radio programs and has been known as the “radio psychologist.” Participants appreciate the use of innovative teaching methods including the use of film and the opportunity to practice and experience different meditative practices.
How People Change their Minds to Adopt Healthful Habits

A 6-Hour Home Study Program for Health Professionals

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

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

Participants completing this program should be able to describe:
1. Motivational Interviewing, Readiness to Change, and Self-Efficacy methods to change minds and the brain.
2. Methods to translate intentions into action, compel action using health messages, and create meaningful change using social influence.
3. Intrinsic Motivation and Relapse Prevention models for promoting behavioral change.
4. Self-regulation to acquire positive habits and the habit brain.
5. Brain-based tools for retraining the habit brain.

### Applying Social Psychological Methods to Change Minds and the Brain

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

### Self-Regulation and the Habit Brain

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

### Tools for Retraining the Habit Brain

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

### ABOUT THE INSTRUCTOR

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

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

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

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

1. Identify how the brain acquires maladaptive and resilient emotional habits.
2. Name several health benefits of emotionally resilient habits.
3. Describe habits of emotionally resilient people including confronting fears, reward substitution, and preventing emotional uproar.
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**
  - 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 Upset**
- **Reframing Anxieties**
- **Overcoming Anxiety**
- **Overcoming Anger**
- **Overcoming Sadness**
- **Reducing Cravings**
- **Generating Positive Emotions**
- **Practicing Social-Emotional Habits That Facilitate Emotional Resilience**
- **Practicing Positive Psychology Through Self-Aware Emotions**
- **Listening Mindfully**
- **Speaking Mindfully**
- **Acceptance When Change Is Unlikely**
- **Energizing Habits**
- **Improving Sleep**

### About the Instructor

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

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

Initial Release Date: 12/11/2018  Expiration Date: 12/11/2021  Content Level: Intermediate
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 Cognitive Impairment**
- Stress and Cortisol
- Depression
- PTSD
- Age-Related Cognitive Impairment

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

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

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

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

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

A 6-Hour Home Study Program for Health Professionals

#### Executive Functions and Prefrontal Cortex
- Stress
- Prefrontal Development
- Teaching Executive Functions
- Mental Maps Underlying Executive Functions

#### Key Disorders of Executive Functions
- ADHD
- Moral Reasoning
- Mood
- Anxiety
- Stress Regulation
- Working Memory
- Dementing Disorders

#### Pharmacology and Executive Functions
- Stimulants
- Antidepressants
- Mood stabilizers
- Bipolar Disorders
- Anti-Craving Drugs

#### Executive Functions and Weight Regulation
- How Rewarding is it to Eat Right Now?
- How Much Self-Control Do I Have Right Now?
- How Motivated Am I?
- How Well Do I Plan?

#### Mental Control of Pain
- Pain Regulation
- Reinforcement
- Mental Control

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

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**About the Instructor**

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

Dr. Moss has received multiple awards for excellence in teaching. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illumines 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
• Reframing Anger-Related Thoughts
• Strategies for Resourceful Responding
• Acceptance and Commitment
• Ability to Control Reactivity to Stress

Habits of People Who Successfully Manage Anger
• Impulse Control
• Agreeing on Terms of Engagement
• Communicating Grievances to a Third Party

About the Instructor

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

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

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

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5024, 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 the program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider F125168001, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #1660003380, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential is approved as a provider of continuing education for licensed mental health counselors, #MHC-0134. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #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-0008. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #10249. Institute for Brain Potential is approved by CCAPP Provider Number 4509-126-127. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0911-0000-18-005-H04-T and 0911-0000-18-005-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are approved by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/21. Provider ID: 332143. Subject Code: 597. Institute for Brain Potential, provider RD-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #1950. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

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

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

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

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

Dr. Nickel has presented continuing education programs for many years that focus on end-of-life issues. Audiences commend his programs for the use of narrative perspectives, research discoveries, and concrete suggestions for facilitating the healing journey. In sum, this program is not only designed for health professionals who may live or work with clients that have life-threatening conditions but for people who want to live life more fully.
Applying Cognitive Behavioral Techniques to Create Sustainable Change
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

- Changing How We Feel By Changing How We Think
- Untwisting 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 professions. Dr. Paquette is the author of a research-based book entitled, “Real Happiness: Proven Paths for Contentment, Peace and Well-being.”

An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States on topics including positive psychology, wellness, and happiness. Participants highly recommend Dr. Paquette for his ability to present practical strategies in ways that can lead to meaningful change.
In this program, learn how to apply principles of positive psychology for health professionals working in medical, dental, and behavioral settings and their clients.

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

Participants completing this program should be able to describe:

1. How the happiness habit can be acquired and how it can enhance work-related effectiveness.
2. The impact of the gratitude habit on health and well-being.
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, well-being, and relationships.
5. Why a healthy mindset including the importance of resilience and resourcefulness usually contributes to a healthy body.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP19369, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6024. 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 credits.

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

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

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACER Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education for licensed marriage and family therapists, #MFT-0008. This program provides 6 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102248. Institute for Brain Potential is approved by CCEP, Provider Number 49-09-128-1277. This program provides 6 CEUs.

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

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0680. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

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

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), #2733. This program provides 6 CE hours.

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

Initial Release Date: 11/3/2016 Expiration Date: 11/3/2019 Content Level: Intermediate

The Happiness Edge: Applying Positive Psychology in the Workplace

A 6-Hour Home Study Program for Health Professionals

Introduction: How Positive Psychology Can Increase Work-Related Happiness

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

Fostering Appreciation

• The Impact of Gratitude
• The Gratitude Habit

The Kindness Edge

• The Power of Kindness and Compassion
• Overcoming the Pathology of Perfectionism
• Developing the Kindness Habit

The Mindful Present Enhances How We Imagine the Future

• The Importance of Being Present
• Practicing the Mindfulness Habit

Developing Realistic Optimism

• The Impact of Optimism
• The Optimistic Brain
• The Optimism Habit

Fostering Interpersonal Connections

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

Prioritizing Health and Wellness

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

About the Instructor

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

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

A 6-Hour Home Study Program for Health Professionals

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

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

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

**Stress and Stress-Related Eating**

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

**The Mood-Metabolism Connection**

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

**Protecting the Aging Brain**

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

**Stress-Related Eating**

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

**About the Instructor**

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

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

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

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

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

Mood Disorders
- Depression
- Bipolar Disorder

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

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

ABOUT THE INSTRUCTOR

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

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by CCEP-IL Provider Number 48-09-128-1237. This program provides 6 CE hours.}

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

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

Participants completing this program should be able to:
1. Describe several characteristics of the joyful brain.
2. Describe internalized emotional habits of happy people.
3. Describe externalized emotional habits of happy people.
4. Apply positive psychology to strengthen positive emotions.

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

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

Emotional Habits of Happy People

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

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

Applying Positive Psychology to Strengthen Positive Emotions
- Calming Practices
- Awareness Practices
- Practicing Gratitude
- Identifying Our Best Self
- Expressive Writing
- The Forgiving Self
- The Trusting Self
- The Hopeful Self
- Humor
- Acceptance-Based Exercises
- Fulfillment
- Emotional Communication

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

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

John D. Preston, Psy.D., ABPP
Article by Dr. John D. Preston

NURSES: Institute for Brain Potential (IBP) is an approved provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP38966, and Florida Board of Nursing, this program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6542. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSWMFT Board, Provider #SCS360001, by Illinois Department of Professional Regulation MET CE Sponsor Program, Sponsor #IL16001850, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit.

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

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

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, as an Approved Education Provider, Provider ID No.05398. Institute for Brain Potential is approved by the California Association of Alcohol and Drug Programs (CAADP), Provider #55629. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0477-0014-18-524-HF-T. This program has been pre-approved by the California Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved Pace Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education credits of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID 18164. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider ID: 9650. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills). This course is approved by the 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, #21600. This program provides 6 hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the California State Board of Massage Therapy. This program provides 6 CE hours. Provider #21600. This program provides 6 CE hours. Provider #21600.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), Provider ID #1014. This program provides 6 CE hours.

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

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

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The Ever-Changing Brain

A 6-Hour Home Study Program for Health Professionals

Developmental Issues
- Brain Maturation
- Attachment
- Memory
- Developmental Disabilities

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

Injury and the Recovery Process
- Four Pathways to Recovery
- Recovery of Movement
- Sensory Adaptation
- Recovery of Language
- Cognitive Rehabilitation

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

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

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

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.
The Habits of Stress-Resilient People
A 6-Hour Home Study Program for Health Professionals

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

Habits that Control Cravings
• Fearful Brain, Anxious Brain
• Curbing Fear-Based Habits
• Curbing Anxiety-Based Habits

Habits that Reduce Fear and Anxiety
• Overcoming Fears or Generalized Anxiety
• Managing Stress-Related Cravings
• Overcoming Cravings and Generalized Anxiety

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

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

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is accredited by the NAADAC, Incorporated. It is approved by the Florida Board of Social Work, MFT, and Substance Abuse counselors for continuing education as a CE sponsor #0096. This program provides 6 CE 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: 09-0020-16-005-H94-P and 09-0000-16-055-H06-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved Provider of Continuing Education for Dentists, Dental Hygienists, and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

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

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

Health professionals in medical, dental, and behavioral settings completing this practical program should be able to identify one or more habits that:

1. Protect the brain and body from toxic effects of stress and cortisol,
2. Manage stress-related cravings,
3. Overcome fears or generalized anxiety,
4. Produce positive moods, and
5. Experience calm, mindfulness, meaning, and happiness.

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

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.
Mental Health Issues In Aging: Navigating the Challenges of Old Age

A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

ANXIETY DISORDERS
- Generalized Anxiety
- Phobic Disorder
- PTSD in the Elderly
- Psychopharmacology
- Anxiety-Reducing Habits As We Age
- Cognitive Strategies For Unrealistic Worry
- Realistic Worry
- Humor

AGE-RELATED SLEEP DISORDERS
- Sleep Deprivation
- Understanding Restorative Sleep
- Obstructive Sleep Apnea
- Restless Leg Syndrome
- Sleep Disorders and the Heart
- Common Conditions that Disrupt Sleep
- Drugs Likely to Disrupt Sleep in the Elderly
- Complementary and Alternative Medications
- Selected Hypnotics
- Sleep Protective Habits

COGNITIVE DISORDERS
- Cognitive Disorders
- Age-Associated Memory Impairment
- Mild Cognitive Impairment (MCI)
- Dementia
- Common Dementias
- Alzheimer’s Disease
- Vascular Dementia (VAD)
- Chronic Inflammation
- Clinical Tests
- Cognitive Reserve
- Pharmacotherapy
- The Habits of People Least Likely To Develop AD or VAD

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at University of California, Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Taking Charge of Bipolar Disorder, Loving Someone with Bipolar Disorder, Child and Adolescent Psychopharmacology, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy.

Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community. An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.
Understanding Adult Psychopharmacology
A 6-Hour Home Study Program for Health Professionals

Psychiatry: A Changing Landscape
- Prescribing Practices
- Outcome Data
- Non-Physician Health Professionals
- Ethical and Legal Concerns
- What Drug Companies Don’t Want You to Know

Stress-Induced Brain Damage and Neuroprotection
- Toxic Effects of Chronic Stress
- Neuroprotective Medications
- Neuroprotective Proteins

Major Depression
- Hormones
- Neurotransmitters
- Antidepressants
- Rapid Acting Antidepressants
- Managing Common Side Effects
- Depression in Children

Bipolar Disorder
- Overdiagnosis
- Childhood-Onset Bipolar Disorder
- Treatment of Adolescents and Adults

Anxiety Disorders
- Treatment Combinations
- Clinical Syndromes and Specific Treatment Guidelines

Obsessive-Compulsive Disorder and PTSD
- Diagnostic Update in the DSM-5
- Obsessive-Compulsive Disorder
- Posttraumatic Stress Reactions including PTSD

Attention-Deficit Hyperactivity Disorders
- Diagnostic Criteria
- Psychostimulants
- Antidepressants
- Alpha-2 Agonists
- Sluggish Cognitive Tempo

Insomnia
- Long-Term Effects of Sleep Deprivation
- Sedative-Hypnotics
- Suvorexant
- Melatonin
- Maximizing Quality Sleep

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is author or coauthor of numerous texts including of Clinical Psycho-pharmacology Ridiculously Simple (2016), Handbook of Clinical Psycho-pharmacology for Therapists (2017), Child and Adolescent Clinical Psychopharmacology Made Ridiculously Simple (2010). Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.
Understanding and Managing Depressive Disorders
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

The Many Faces of Depression
- Unipolar Depression
- Depression in Youth
- Dysthmic Disorder
- Depression With Bipolar Disorders
- Substance Use Disorder
- Seasonal Affective Disorders
- Elderly

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

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

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

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

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

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

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Counseling Survivors of Traumatic Events, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy.

Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.
Understanding and Treating Death Anxiety
A 6-Hour Home Study Program for Health Professionals

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

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

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

Preparations
“Understand this extraordinary thing called death – not when you are physically dying, but while you are living, while you are laughing, while you are climbing a tree, while you are sailing a boat or swimming.”
— Krishnamurti
• An Instructional Design for Dying
• Medico-Legal Decisions
• Endgame Strategy
• Ensuring Advanced Directives are Followed
• Preparation for Dying
• Being Present With Dying Patients

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

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

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP19969, and Florida Board of Nursing. This program provides 6 contact hours.

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

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education (ACE) as a provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education hours. Social Work Practice Level: Intermediate.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved CE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/21. Provider ID 32413. Subject Code: 557. Institute for Brain Potential, provider RP-4243, is accredited by the Commission on Accreditation of Dental Education Programs (COD). This program provides 6 CE hours.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved CE Program Provider by the American Dental Education Association (NCBDE). This program provides 6 CE hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6180. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation, Client Factors, and Context and Environment). This course is co-sponsored by the MHS Institute and the AOTA.

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 approved provider with the Florida Board of Occupational Therapy. This program provides 6 hours of CE credit.

MUSIC THERAPISTS: Institute for Brain Potential is an approved provider of continuing education by the American Music Therapy Association (AMTA). 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 (OSLA) #2592. This program provides 6 CE hours.

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

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

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Understanding and Treating Posttraumatic Stress Disorders

A 6-Hour Home Study Program for Health Professionals

This program presents the spectrum of PTSD including differential diagnosis, brain-related changes, and pharmacological and psychological treatments in children, adults, patients, health professionals, veterans, and the elderly.

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

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

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

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

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

ABOUT THE INSTRUCTOR

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

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

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

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Understanding Bipolar Spectrum Disorders
A 6-Hour Home Study Program for Health Professionals

Bipolar spectrum disorders are frequently misunderstood, misdiagnosed, improperly treated and carry a high lifetime risk of coexisting disorders, morbidity, and early mortality, including suicide.

This program describes the DSM-5 criteria for diagnosis in youths and adults, common neurobiological findings, and evidence-based pharmacological and psychological interventions.

Participants completing this program should be able to identify:
1. Diagnostic criteria, misdiagnosis, and common coexisting conditions of Bipolar I, II and Cyclothymia and related disorders in youths and adults.
2. The role of genetic, hormonal, and neurobiological findings.
3. Indications and contra-indications of drugs commonly used to treat bipolar spectrum disorders.
4. Integrative treatments including psychological therapies.

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

### Biology and Neurobiology
- Genes
- Hormonal Changes
- Brain Circuits
- Imaging of Bipolar Disorders
- Ongoing Research

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

### Integrative Treatments
- Lifestyle Management
- Evidence-Based Psychotherapies
- Family-Specific Interventions
- Preventing Relapse

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

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

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PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and Ptas, #216.00220. This program provides 6 CE hours. Program Approval Number: 0492-0000-19-018-H04-P and 0492-0000-19-018-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-19-018-H04-P and 0492-0000-19-018-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #8650. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus Domain of OT (Performance Skills). This course is approved by the Florida Board of Occupational Therapy for 6 hours of CE credit.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved as provider of continuing education by the California Speech-Language Pathology and Audiology Board (SLPAB). This program provides 6 CE hours. Program Approval Number: 18-00001070.

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: 01/01/2019    Expiration Date: 01/01/2022    Content Level: Intermediate
Wellness and the Brain: The Psychobiology of Positive States
A 6-Hour Home Study Program for Health Professionals

The Joyful Brain
- Threat and Trust
- Limbic Reward Centers
- The Social Brain
- Creative Brain

Developing Trust
- The Threatened Brain
- The Trusting Brain
- Attachment Styles

Overcoming Cravings
- The Craving Brain
- The Satisfied Brain
- From Dopamine to the Dalai Lama

From Distraction to Focused Awareness
- The Distracted Brain
- Focused Awareness
- Timeless States

Enhancing Emotional and Social Intelligence
- Self-Destructive Emotions
- The Intelligent Emotions
- Applying Emotional Intelligence
- The Brain in Love

Creativity
- Engaging the Creative Brain
- Creativity and Wellbeing
- Life Purpose and Restorative Experiences
- Humor
- Brainspan

ABOUT THE INSTRUCTOR
John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been associated with the University as a Clinical Professor since 1997. He is an American Board Certified Neuropsychologist, and is the author of numerous texts on the brain and behavior including Counseling Survivors of Traumatic Events, Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy. Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm, and warmth.
Pain Free: Focus on Headache, Fibromyalgia, and Back and Neck Pain

A 6-Hour Home Study Program for Health Professionals

This program is designed to provide full spectrum pain relief by combining pharmacological and non-drug approaches.

Participants completing this program should be able to:
1. Describe how chronic and recurrent pain can be assessed.
2. Incorporate psychological, nutritional and physical modalities.
3. Describe pharmacological treatments including NSAIDs, opioids, antidepressants and anticonvulsants.
4. Treatment of tension, migraine and medication-induced headaches.
5. Treatment of fibromyalgia.

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

Non-Pharmacological Treatments
- Applying Psychological Techniques
  - 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 Pharmacology

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

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

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

Initial Release Date: 12/11/2018   Expiration Date: 12/11/2021   Content Level: Intermediate

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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
- Macrovascular
- Other Complications
- Diabetic Emergencies

Behavioral Health Issues and Diabetes

- Depression and Anxiety
- Diabetes Distress
- Eating Disorders

Treatments for Diabetes

- Medications
- Bariatric Surgery
- Diet
- Lifestyle Interventions
- Behavioral Health Interventions

ABOUT THE INSTRUCTOR

Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills including helping people with chronic medical conditions including pain, diabetes, and related conditions.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom.

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

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

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

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

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

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

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

© 2019 IBP
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 Relations, Situations and Conversations,
5. Conditions improved by generating Positive Emotions and Mindfulness-Based states of awareness.

NURSES: Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. It is approved as a provider of continuing education by the California Board of Registered Nursing, Provider CEPI38966, and Florida Board of Nursing. This program provides 6 contact hours.

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

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

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2022. Social workers should contact their regulatory board to determine course approval for continuing education credit. Social workers participating in this course will receive 6 clock hours of continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, Provider #FBCS00801, by Illinois Board of Education, Sponsor #016.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 clock hours (0.6 CEUs). UANs: 092-0000-18-02-H34-P and 092-0000-18-02-H18-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal cooperation between dental education and providers of this program are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply endorsement by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/21. Provider ID #312431. Subject Code: 597. Institute for Brain Potential, provider RP-421, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6858. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Outcomes). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

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

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000454, 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). #143257. This program provides 6 CE hours.

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

CHANGE HOW WE FEEL BY CHANGING HOW WE THINK
A 6-Hour Home Study Program for Health Professionals

Positive Emotions and Mindful States
• Happiness Depration Disorder
• Satisfaction Depration Disorder
• Meaning Deficiency Disorder
• Generating 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

Worry and Anxiety
• Generalized Anxiety Disorder
• Social Anxiety Disorder
• Posttraumatic Stress Disorder
• Obsessive Compulsive Disorder
• Experiencing Relief from Anxiety
• Automatic thoughts and core beliefs
• Unwinding automatic stress-evoking thoughts
• Acting before emotions are “up and running”

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 cognitions

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

Initial Release Date: 03/28/2018     Expiration Date: 03/28/2021     Content Level: Intermediate

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

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

Initial Release Date: 03/28/2018     Expiration Date: 03/28/2021     Content Level: Intermediate

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Understanding High-Conflict Individuals

- Origins of Noxious Behaviors
- Developmental Trauma
- Noxious Stress and the Adult Brain
- Social Reasoning and the Prefrontal Cortex

Personality Disorders

- Borderline Disorder
- Antisocial Personality
- Narcissism

Mood Disorders

- Minor Depression
- Major Depression
- Bipolar Disorder

Anxiety Disorders

- Generalized versus Phobic Anxiety
- PTSD
- OCD
- Pathological Perfectionism

Anger Disorders

- Covert Anger
- Episodic-Aggressive Anger

The Art of the Possible When Dealing With “Impossible” People

- Behavioral Skills
- Interpersonal Skills
- Cognitive-Behavioral Skills
- Dialectical-Behavioral Skills
- Applying Positive Psychology

ABOUT THE INSTRUCTOR

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

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.
Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation

A 6-Hour Home Study Program for Health Professionals

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

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

Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate nosious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

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

Mood Disorders
- Depressive Disorders
- Bipolar Disorders

Selected Personality Disorders
- Key Features
- Antisocial (Sociopathic)
- Borderline
- Narcissistic

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

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

Initial Release Date: 01/05/2017  Expiration Date: 01/05/2020  Content Level: Intermediate  © 2019 IBP
T Treating Borderline Personality Disorders: Understanding Intense, Impulsive, and Volatile Relationships

A 6-Hour Home Study Program for Health Professionals

People with borderline personality disorder exhibit fear of abandonment, volitional relationships, impulsivity, mood swings, and intense anger. These intensely emotional yet chaotic individuals can confuse and bewilder health professionals, educators, and families. This program is designed to enhance your understanding of the origins, symptoms, and treatments of borderline personality disorder for professionals working in medical, dental, and behavioral settings.

Participants completing this program should be able to:
1. Describe five clinical criteria for diagnosing personality pathology.
2. List key features of the borderline personality disorder.
3. Describe genetic and developmental factors underlying borderline personality disorder.
4. Compare and contrast different treatments.

Clinical Criteria of Personality Pathology

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

Characteristics of the Borderline Personality

- Impulsivity
- Unstable and Intense Relationships
- Identity Disturbance
- Intolerance of Being Alone
- Self-Harm
- Chronic Sense of Emptiness/Boredom
- Inappropriate and Intense Anger
- Paranoid Ideation
- Common Coexisting Conditions
- Nature versus Nurture
- Childhood Trauma
- Psychodynamic
- Cognitive-Behavioral
- Genetic
- Biological

Developmental Factors

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

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

A 6-Hour Home Study Program for Health Professionals

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.

Initial Release Date: 03/09/2018  Expiration Date: 03/09/2021  Content Level: Intermediate

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Understanding Personality Disorders
A 6-Hour Home Study Program for Health Professionals

In this program, learn characteristics of the most common personality disorders and practical tips for working with or treating "difficult" individuals in medical, dental, and mental health settings.

Participants completing this program should be able to:
1. List key brain regions influencing social reasoning and conduct.
2. Identify features of and effective treatments for paranoid, schizoid 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.

Biological Dimensions of Personality
- Brain
- Serotonin
- Dopamine, Norepinephrine and Opioid Transmitters
- Pharmacology

Personality Disorders
- Diagnosis
- Paranoid Disorder
- Schizoid and Schizotypal Disorders
- Antisocial (Sociopathic) Behavior
- Borderline Disorder
- Narcissistic Disorder
- Obsessive-Compulsive Personality Disorder

Concurrent Disorders
- Hypochondriasis
- Body Dysmorphic Disorder
- Eating Disorders
- Active and Passive Aggression
- Substance Abuse

Pathways to Transforming Personality
- Social Awareness
- Overcoming Disabling Thoughts
- Acquired Optimism
- Gratitude, Empathy and Forgiveness
- Developing Positive Self-Care Skills

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

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

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

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Listening to the Body: Understanding the Language of Stress-Related Symptoms

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

**Understanding Stress-Related Symptoms**
- The Stress Experience
- Stress Triggers
- Adrenal Hormones
- Mind-Body Connection
- The Relaxation Response

**Immune System Symptoms**
- Who Gets Sick and Who Stays Well
- Allergic Reactions
- Autoimmune Disorders
- Chronic Inflammation
- Immune-Related Fatigue

**Fight-or-Flight Symptoms**
- Hypertension
- Migraine Headache
- Cardiac Symptoms
- Stress-Related Eating

**Musculoskeletal Symptoms**
- Headache
- Upper Back/Shoulders
- Lower Back
- Sleep

**Mind-Over-Mood Strategies**
- Stress Detection
- Rumination
- Restating Maladaptive Thoughts
- Resolving Conflict
- Somatic Approaches
- Acceptance-Based Therapies
- Meditation
- Mind Over Pain

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Dr. Sieber is a reviewer for nearly a dozen peer-reviewed medical journals, has been a consultant to the biotech and pharmaceutical industry, has presented to tens of thousands of health care providers on topics of fatigue, stress, burnout, and health promotion, and has provided and supervised the delivery of services for over 20 years in a variety of medical settings.

An outstanding and dedicated instructor, Dr. Sieber has developed national and international training programs and has presented seminars to health professionals for over 20 years. Audiences commend his presentations for their clinical wisdom, effective solutions, clarity, and warmth.

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**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC, Provider #102949. Institute for Brain Potential is approved by CAAPL, Provider Number 4609-126-127. This program provides 6 CEHs.

**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 (06 CEUs). UAN: 0601-0000-19-002-H04. This program has been awarded 6 hours of continuing education credit by the Florida Board of Pharmacy.

**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an approved ACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education credits earned by the provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/20/18 through 12/20/24. Provider ID: 321413. Subject Code: 597. Institute for Brain Potential, provider #0451, is licensed to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider of the Florida Board of Dentistry. This program provides 6 hours of CE credit.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #8610. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.00038. This program provides 6 contact hours of CE credit.

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

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

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University’s graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities 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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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-Axiety-Pain and Sleep

Understanding Selected Fatigue Syndromes

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

Evidence-Based Approaches for Reducing Fatigue

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

About the Instructor

Bill Sieber, Ph.D., Clinical Professor in the Departments of Psychiatry and in Family Medicine at the University of California, San Diego, directs their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety, mood and fatigue. He blends evidence-based research with practical strategies to directly enhance the well-being of health professionals and to help calm their clients. An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.
Understanding and Practicing Positive Psychology
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

Physical and Mental Health
Benefits of Positive Psychology
- Optimism and Recovery
- Posttraumatic Growth
- Increasing Psychological Resilience
- Applying Positive Psychology

ABOUT THE INSTRUCTOR
Bill Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California at 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.

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Initial Release Date: 07/27/2018     Expiration Date: 07/27/2021     Content Level: Intermediate
Like it or not, we are aging, but it is better than the alternative. This program translates advances in neuroscience into practical terms to help protect the aging brain from cognitive decline and dementia.

Alzheimer’s disease and vascular dementia are the two most common causes of dementia, affecting over 85% of cases. Remarkably, they share common modifiable risk factors and prevention strategies.

Participants completing this program should be able to:
1. Distinguish between healthy aging of the brain, mild cognitive impairment and dementia.
2. Identify risk factors for Alzheimer’s disease and evidence-based interventions designed to prevent onset or progression.
3. Identify risk factors for cognitive decline related to silent or clinically identified vascular dementia and evidence-based interventions designed to prevent onset or progression.
4. Describe evidence-based strategies to develop a personalized plan for protecting the brain from cognitive decline and enhancing neuroplasticity.

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

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

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

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

**ABOUT THE INSTRUCTOR**
Craig E. L. Stark, Ph.D., is Director of the Center for the Neurobiology of Learning and Memory at UC Irvine and is a Professor in the Department of Neurobiology and Behavior. Dr. Stark is an expert in how the brain forms new memories and imaging studies of the human brain as it learns, remembers and forgets. His research specializes in studying normal memory, how memory changes with age, amnesia or Alzheimer’s disease, all the while tying these to changes in brain structure and function.

An outstanding and informative speaker, Dr. Stark presents a wealth of practical information with clarity and warmth. He has presented his discoveries on multiple occasions on National Public Radio. Health professionals commend Dr. Stark for his ability to translate key discoveries to enhance understanding of how memory works, breaks down, and what might be done to improve it.

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**PROGRAM APPROVALS:**
- **NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider CEPI3986, and Florida Board of Nursing. This program provides 6 contact hours.
- **COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6042. 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.
- **DENTAL PROFESSIONALS:** Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.
- **SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC, Approved Education Provider Program, Provider #022449. 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.
- **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 credit hours (6 CEs). UANs: 092-0000-19-003-H94-P and 092-0000-19-003-H96-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.
- **DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the American Dental Association. This program provides 6 clock hours of CE credit.
- **PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for Pts and PTAs, #CEP13896. This program provides 6 contact hours of CE credit.
- **EDUCATORS:** Participants completing this program will receive 7.5 clock hours of continuing education credit. This knowledge-based activity is designated for 7.5 credit hours (0.75 CEUs). UANs: 092-0000-19-003-H94-P and 092-0000-19-003-H96-T. This program has been pre-approved by the Florida Board of Education for 6 hours of continuing education credit.
- **ACADEMY OF GENERAL DENTISTRY:** Florida Board of Dentistry. This program provides 6 hours of CE credit.
- **PACER:** Florida Board of Dentistry. This program provides 6 hours of CE credit.
- **NATURAL MEDICINE COUNCIL:** Florida Board of Social Work, MFT and Clinical Social Work. This program provides 6 CEs.
- **COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by the National Association for Social Workers, Provider #6813121, for up to 6 Continuing Ed Credits. This program provides 6 CEHs.
- **JEFFREY KRAMER:** Jeffrey Kramer, Ph.D., is an Associate Professor of Psychology at the University of California, Irvine (UCI). He is also a Research Associate at the Center for the Neurobiology of Learning and Memory. Dr. Kramer specializes in the study of how the brain forms new memories and how these processes are disrupted in aging and disease. Dr. Kramer has presented his discoveries on multiple occasions on National Public Radio. Health professionals commend Dr. Kramer for his ability to translate key discoveries to enhance understanding of how memory works, breaks down, and what might be done to improve it.
The Opioid Epidemic:
What Licensed Health Professionals Need To Know
A 6-Hour Home Study Program for Health Professionals

The opioid epidemic in the United States has reached unprecedented proportions. The regions in the United States with the highest proportion of overdose-related deaths are depicted in red and orange in the graphic.

Over 100 million Americans are in chronic pain, and these individuals are at particular risk of developing opioid dependence and addiction. In addition, vulnerabilities to addiction include trauma, mood disorders, PTSD, and disorders of impulse control.

Participants completing this important program should be able to identify:
1. Key risk factors for developing opioid addiction.
2. How the chronic use of opioids can increase sensitivity to pain and alter the habit brain.
3. How to treat opioid withdrawal, prevent overdose, and other adverse events.
4. Best practices in preventing opioid-related deaths including prescription safeguards.
5. Best practices for treating people with analgesic-related opioid use disorders through pharmacological and psychological interventions.

Who Becomes Addicted

• Genetic Vulnerability
• Environmental Vulnerability
• Psychological Vulnerability
• Pain Vulnerability

The Addicted Brain

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

Opioid Addiction and Chronic Pain

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

Preventing Overdose-Related Deaths

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

Opioid Treatment Programs

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

ABOUT THE INSTRUCTOR

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

An outstanding speaker, Dr. Trafton teaches an acclaimed series of classes at Stanford University on addictive disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm and warmth.
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 tobacco, cannabis, opioids, sedatives, hypnotics, anxiolytics, stimulants, 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 Addicted Brain
- binging and intoxication • withdrawal and negative affect
- preoccupation and anticipation • rewiring the brain
- punishment-resistant behavior • risk factors

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

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

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

Sedative, Hypnotic, or Anxiolytic Use Disorders
- functional consequences • comorbidity and aging-related risks • 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 • faming the cycle of negative affect, craving, and excessive eating • keys to altering the habit brain

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

ABOUT THE INSTRUCTOR
Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Associate Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the 141 VA health care systems. Dr. Trafton is Editor in Chief of the three volume series, Best Practices in the Behavioral Management of Chronic Disease, and the first author of Training Your Brain To Adopt Healthful Habits and of a new 2015 text on Science-Based Health Education.

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

Preventing Mood-Related Memory Impairment
- Depression and Lowered Mood
- Depression and Memory
- Promoting Neurogenesis
- Depression-Resistant Mindset
- Protecting Executive Functions

Preventing Sleep-Related Cognitive Impairment
- Sleep Loss
- Restorative Sleep And Memory Consolidation
- How Much Sleep
- Relaxation Rituals
- Physical Habits that Facilitate Sleep

Dietary Prevention of Neuroinflammation and Memory Improvement
- Understanding Brain Inflammation
- Anti-Inflammatory Diets
- Curcumin
- Resveratrol
- Blueberries
- Caffeine

Attainable and Sustainable Memory-Enhancing Habits
- Skill Versus Habit
- Memory-Protective Habits
- Keeping Visible What We Need to Remember
- Left Hemisphere Learning
- Right Hemisphere Approaches
- Combining Left- and Right Hemisphere Approaches
- Lifelong Learning

ABOUT THE INSTRUCTOR

Mike Yassa, Ph.D., is Associate Professor in the Department of Neurobiology and Behavior and the Department of Neurology at the University of California, Irvine. He is a fellow at the Center for the Neurobiology of Learning and Memory and the UC Institute for Memory Impairments and Neurological Disorders.

Dr. Yassa is an expert in how the brain acquires and retrieves long-term memory and how these processes are altered by aging and neuropsychiatric disease including depression. Dr. Yassa has received multiple awards including from the National Science Foundation, National Institute on Aging, National Institute on Mental Health, and foundations in neuroscience.

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 neurobiology, learning memory, brain dysfunction and repair.
Understanding Brain Development: How Brain Circuits and Maturation Explain Behavior

A 6-Hour Home Study Program for Health Professionals

Development of Cognitive Abilities

- Learning and Memory
- Language
- Non-Verbal Abilities

Brain Circuits and Early Childhood Development

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

Developmental Disorders

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

Environmental Effects on Brain Development

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

Strategies for Increasing Developmental Resilience

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

ABOUT THE INSTRUCTOR

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

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

An inspiring and inspired instructor, Dr. Yassa is one of the most highly rated instructors at Irvine. Dr. Yassa has won multiple awards for research and teaching excellence. Dr. Yassa has appeared on BBC World News, ABC News, CNN Health, Fox News. NBC News and the PBS NewsHour. Dr. Yassa is highly recommended by health professionals for his ability to communicate key concepts and their practical applications with warmth and enthusiasm.

Initial Release Date: 03/23/2017  Expiration Date: 03/23/2020  Content Level: Intermediate

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Understanding Neurocognitive Disorders
A 6-Hour Home Study Program for Health Professionals

Mike Yassa, Ph.D., is Associate Professor in the Department of Neurobiology and Behavior and the Department of Neurology at the University of California, Irvine. He is a Fellow at the Center for the Neurobiology of Learning and Memory and the UC Institute for Memory Impairments and Neurological Disorders.

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

ABOUT THE INSTRUCTOR

Dr. Yassa is an expert in how the brain acquires and retrieves long-term memory and how these processes are altered by aging and neuropsychiatric disease including depression. Dr. Yassa has received multiple awards including from the National Science Foundation, National Institute on Aging, National Institute on Mental Health, and private foundations.

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Cognitive Abilities
- The Split-Brain Operation
- Temporal Lobes
- Parietal Lobes
- Frontal Lobes
- Memory and Amnesia

Stroke
- Types of Stroke
- Aphasia
- Non-Verbal Deficits

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

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

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

Mike Yassa, Ph.D., is Associate Professor in the Department of Neurobiology and Behavior and the Department of Neurology at the University of California, Irvine. He is a Fellow at the Center for the Neurobiology of Learning and Memory and the UC Institute for Memory Impairments and Neurological Disorders.

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Participant 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.

initial Release Date: 01/01/2019     Expiration Date: 01/01/2022   Content Level: Intermediate

© 2019 IBP

Advances in the neurosciences have shed light upon specialized functions of each cerebral hemisphere.

This information provides unprecedented understanding of how different abilities are organized in the brain and how they can be selectively impaired.

Participants completing this program should be able to identify:
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4. Cognitive domains affected by the most common forms of dementia.
5. Strategies to protect the aging brain.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, 7000 Wisconsin Ave., Suite 900, Bethesda, MD 20814, Provider #69826, and Maryland Board of Alcohol and other Drug Abuse Counseling Professionals, Provider #1244, and by the State of Florida, Provider #578587. This program provides 6 CEUs.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 1340-0000-19-0420-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved ACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID: 312413. Subject Code: 597. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #102949. Institute for Brain Potential is approved by the California State Board of Occupational Therapy, Provider Number 830. This program provides 6 CEUs.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTA's, #216.00020. This program provides 6 hours of CE credit.

MOTION THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the California Speech-Language Pathology and Audiology Board (SLPAB), #556570. This program provides 6 CEUs.

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

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

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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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- Types of Stroke
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- Neuroinflammation
- Preventing and Managing Head Trauma
- Stress-Related Neurodegeneration
- Compensation
- Role of Exercise and Lifestyle

Mike Yassa, Ph.D., is Associate Professor in the Department of Neurobiology and Behavior and the Department of Neurology at the University of California, Irvine. He is a Fellow at the Center for the Neurobiology of Learning and Memory and the UC Institute for Memory Impairments and Neurological Disorders.
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 relieve 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

About the Instructor

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

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

A 6-Hour Home Study Program for Health Professionals

Understanding Alzheimer’s Disease

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

Health Risks

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

Treatments

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

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

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

ABOUT THE INSTRUCTOR

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

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

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

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 be able to:

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

Dr. 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.

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Remembering, Forgetting and Protecting the Aging Brain
A 6-Hour Home Study Program for Health Professionals

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

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

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

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

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

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

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

About the Instructor
Stuart Zola, Ph.D. 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.

Initial Release Date: 01/01/2018 Expiration Date: 01/01/2020 Content Level: Intermediate
In this 3-hour evidence-based program presented by Brian King, Ph.D., a neuroscientist/comedian, learn why a sense of humor and laughter are good for the brain and body, increase stress resilience, how they reduce pain, improve immune function, elevate mood, and reduce generalized anxiety.

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

Why Humor is Good for the Brain and Body

- Start the day off with a smile and get it over with
- Why We Laugh
- Stress-Related Hormones
- Immune Health
- Humor and Brain Health

Humor and Laughter in Medical Settings

Laughter is the best medicine

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

Using Humor in Your Practice by Practicing Humor

Laughter is the closest distance between two people.

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

Using Humor to Promote Healthful Habits

Good humor is an acceptance of reality

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

ABOUT THE INSTRUCTOR

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

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

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

The Challenge of Dual Realities
Why Can’t You See Things My Way?

- Dual Reality
- Experience
- The Courtroom
- Emotional IQ
- Memory is Foundational
- Confidence
- We Don’t Know What We Don’t Know
- The Most Common Outcome of Communication

Minimizing the Challenge of Dual Realities
Solutions and Tools

- The “Most Important Graph In The World” (MIG)
- Key Ways To Improve Understanding
  - The Forgetting Curve
  - The Inverted U-Shaped Curve
  - The Aspiration versus Effort Diagram
- The Memory Graph
- Mind Mapping

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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.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP19896, and Florida Board of Nursing. This program provides 3 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 1042, for 3 CEUs. 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 3 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 3 CE credit.

Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 3 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, by Ohio CSW/MFT Board, Provider #17508001, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #160.00180, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #850. 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 social workers #0141. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MH-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists, #MFT-0008. This program provides 6 contact hours. This program provides 3 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC, the国家Addiction and Alcoholism Counselors Association, Provider Number 102489. Institute for Brain Potential is approved by CCAPP-L, Provider Number 4816-128-1277. This program provides 3 CEH.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 3 contact hours (0.3 CEUs). UANs: 0492-0000-16-020-H4-P and 0492-0000-16-020-H8-T. This program has been pre-approved by the Florida Board of Pharmacy for 3 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/21. Provider ID 31243. Subject Code: 957. 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. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry. This program provides 3 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, Provider #1368. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.3 AOTA CEUs or 3 contact hours.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education program 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, #216.002280. This program provides 3 contact hours of CE credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #045.000445, and by the Florida Board of Massage Therapy. This program provides 3 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 (SLPB), #439247. This program provides 3 CE hours.

EDUCATORS: Participants completing this program will receive 3.75 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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