**The Stress Connection**

**A 3-Hour Home Study Program for Health Professionals**

*(Based on chapters 1–5 of the book “Food for Thought: Changing How We Feel by Changing What We Eat”)*

**Chapter 1: How Conscientious Eating Can Reduce Stress and Inflammation**

- Information Overload
- Knowledge Is Power
- Eating Is Emotional
- The Link Between Diet, Stress, and Disease Is Inflammation
- Food Is the Problem and Food Is the Solution: Conscientious Eating
- The Gut Is the Gateway Between Food and Health
- Breaking the Vicious Cycle
- Key Points

**Chapter 2: The Stress Switch: From Adversity to Challenge**

- What Is Stress?
- Homeostasis, Allostasis, and the Relationship of Stress to Challenge
- Viewing Stressors as Challenges
- The Brain “Orchestrates” Responses to Challenges
- The Physiological Challenge/Response
- Flipping the Switch From the Challenge Response to Homeostasis
- Stress Is When the Switch From Challenge to Resolution Doesn’t Get Flipped
- Understanding Cortisol: The Hormonal Link Between Stress, Inflammation and Metabolism
- What Happens When Cortisol Is Dysregulated?
- Early Life History Affects Stress: Adverse Childhood Experiences (ACE) Increase Inflammation, Problems Managing Stress, and Risk for Obesity And Metabolic Syndrome
- The Special Challenge of Social Relationships and Social Standing
- The Price of Loneliness
- Key Points

**Chapter 3: Understanding Emotional Eating**

- What Do We Mean to Eat?
- Homeostatic Signals Can Influence When We Eat and When We Stop: “Gut Factors”
- Motivation, Reward, and Food: Hedonic Eating
- Emotional Eating Contributes to Obesity and Inflammation
- Strategies to Manage Stress-Induced Eating
- Key Points

**Chapter 4: Pathways to Developing Resilience to Overcome Emotional Eating**

- What Do We Mean by Resilience?
- Resilient People Cope Actively With Challenges
- Resilient People Keep Positive, Optimistic Attitudes
- Emotion Regulation: How We Think About Challenges Determines How Well We Manage Them
- Mindful Awareness Can Improve Resilience
- We Manage Them
- Key Points

**Chapter 5: Interception: Food, Emotions, and the Body’s Inner Language**

- Interception: The “Material” Me
- Interception: Turning Up or Down the Volume of the “Neurosymphony” of the Brain
- Interception and Emotion
- Emotional Meanings of Food
- Interception and the “Self”
- “Being Versus Doing”: The Default Mode Network and the “Self-Body”
- Interception, Stress, and Inflammation: Mind-Body Link
- Key Points

**OCCUPATIONAL THERAPISTS AND ASSISTANTS:** This course is approved by the Florida Board of Occupational Therapy for 3 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is accredited 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, #41832. Institute for Brain Potential is an approved provider of continuing education for licensed psychologists and social workers (ASW) approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 3.0 continuing education clock hours. Social Work Practice Level: Intermediate.

**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing education for pharmacists. Institute for Brain Potential is accredited as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation. MFT CE Sponsor Program, Sponsor #188000358, and by the NY State Board of Examiners of Marriage & Family Therapists, Provider #860. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-1090. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #3041. 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 #MH-1314. 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 marriage and family therapists #MFT-0058. The Ohio CSWMT Board has approved ASW-approved continuing education programs for social workers. This program provides 3 contact hours.

**STUDENT ABUSE PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 5 CEUs. NAADAC Provider #112949. Institute for Brain Potential is responsible for all aspects of its programming.

**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 3 contact hours (0.3 CEUs). UANs: 0492-0003-22-003-HF6-P and 0492-0003-22-003-HF6-T. This program has been approved by the Florida Board of Pharmacy as 3 hours of continuing pharmacy education credit.

**DENTAL PROFESSIONALS:** This program provides 3 CE hours. Institute for Brain Potential, provider #4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is accredited as a provider of CE by the Kansas Health Occupations Credentialing. This program provides 3 CE hours.

**NURSES:** Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center. The American Nurses Credentialing Center on Accreditation IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP1998, and FL Board of Nursing. This program provides 3 contact hours.

**COUNSELORS, PSYCHOLoGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 3 CE credits. Institute for Brain Potential, ACE Approval Number: 1660, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers.

**FL Board of Nursing:** This program provides 3 contact hours. Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation. MFT CE Sponsor Program, Sponsor #188000358, and by the NY State Board of Examiners of Marriage & Family Therapists, Provider #860. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-1090. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #3041. 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 marriage and family therapists #MFT-0058. The Ohio CSWMT Board has approved ASW-approved continuing education programs for social workers. This program provides 3 contact hours.

**WHAT IS STRESS?**

1. **Understanding Cortisol**: The Hormonal Link Between Stress, Inflammation and Metabolism
2. **Early Life History Affects Stress**: Adverse Childhood Experiences (ACE) Increase Inflammation, Problems Managing Stress, and Risk for Obesity and Metabolic Syndrome
3. **The Special Challenge of Social Relationships and Social Standing**: The Price of Loneliness

**THE PRICE OF LONELINESS**

1. Resilient People Maintain Connections With Others
2. Resilient People Work to Keep Situations and Events in Perspective
3. Resilient People Maintain Connections With Other People

**ABOUT THE AUTHOR**

Lisa E. Goehler, Ph.D. is a neuroscientist and expert in the science and treatment of psychological stress, chronic inflammation, and gut-related disorders. Her work explains how healthful diet and anti-inflammatory lifestyle habits can not only reduce risk of chronic metabolic disorders and cancer, but also improve mood, pain, sleep, and cognition. She has received numerous grants, authored over fifty publications, and contributed to peer review for scientific journals and funding agencies, including the National Institute for Health. After nearly forty years in scientific research and teaching in academic settings, she is now focusing on educational outreach, her garden, and her violin.

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Participants completing this program should be able to:
1. Discuss the interactions between shame, self-blame, inflammation, and weight gain.
2. Distinguish between healthy and harmful forms of inflammation.
3. State how inflammation can alter the way we think, feel, and eat.
4. Discuss how lifestyle can reduce age-related inflammation.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing, Provider #CEP13986, and FL Board of Nursing. This program provides 3 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 3 CE hours.

Institute for Brain Potential, ACE Approval Number: 1100, is approved to offer social work continuing education by the Administrators of Social Work of Social Work Education Board. Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 3 contact hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by IL Dept. of Professional Regulation MFT CE Sponsor Program, Sponsor #1660003383, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #5830. Institute for Brain Potential is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PS4-0000. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0008. The Ohio CSWMT Board (Board #0000) accepts ASWB ACE provider approval period: 01/01/22 – 12/31/23. This program provides 3 hours of continuing education programs for social workers. This program provides 3 contact hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited as a provider of pharmacy continuing education by the Accreditation Council for Pharmacy Education as a provider of continuing education. This knowledge-based activity is designated for 3 contact hours (0.3 CEUs). UACN #0000-22-229-H6(SP) and #0000-22-229-H6(T). This program has been pre-approved by the Florida Board of Pharmacy for 3 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 3 CE hours. Institute for Brain Potential, provider RP-4201, is authorized to confer dental continuing education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential
Nationally Approved ACE Program Provider
Provider #FAGD/MAGD credit.
Approval does not imply acceptance by any regulatory authority or AGD-endorsed. 02/01/23 – 02/22/26
Provider ED #32143
AGD Subject Code: 557

OCCUPATIONAL THERAPISTS AND ASSISTANTS: This course is approved by the Florida Board of Occupational Therapy for 3 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, #C06100201. Institute for Brain Potential is recognized by the NY State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 3 contact hours of CE credit. MAGEE THERAPISTS: Institute for Brain Potential is approved as a provider of continuing education by the Illinois Department of Professional Regulation, #204500045, 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 approved as a provider of continuing education by the California Speech-Language Pathology and Audiology Board (SLPA), #PT422234, and by Kansas Health Occupations Credentialing. This program provides 3 CE hours.

NURSE HOME ADMINISTRATORS: Institute for Brain Potential is approved as a provider of CE by the Kansas Health Occupations Credentialing. This program provides 3 CE hours.

Chapter 6: The Stigma Enigma: Stress, Inflammation and Weight Gain
• The Brain in Persons With Obesity
• Why Are Psychosocial Stresses Such a Risk for Obesity?
• Abuse as Quintessential “Social Self” Stressor
• Being Poor Predisposes to Overweight and Obesity
• The Special Challenge of Minority Status
• Shame and Fat Stigma
• Stress, Visceral Fat, and Inflammation Set up the Vicious Cycle
• How Does Inflammatory Fat Contribute to How We Feel?
• Why Is Inflammation “Painless”?"• Improving Improving Interoceptive Awareness and Stress Effects on Eating
• Further Issues That Still Need to Be Addressed
• Key Points

Chapter 7: Inflammation: What Is It, and When Do We Need to Worry About It?
• What Is Inflammation?
• Overview
• Cast of Characters That Orchestrate Inflammation
• Pathogen-Associated Molecular Patterns (PAMPs)
• Commensal Microbe-Associated Molecular Patterns (MAMPs)
• Pattern Recognition Receptors (PRR)
• Cancer-Associated Antigens (CAA)
• Mitochondrial: Powerhouses of the Cell
• Reactive Oxygen and Nitrogen Species (ROS & RNS): Both Killers and Messengers
• Cortyocines: Important Hormone-Like Messengers of the Immune System
• What Happens During Inflammation?
• The Well-Regulated Militia: Balance Between Pro-Inflammatory and Anti-inflammatory Mechanisms
• Proinflammatory Cytokines: Regulators of Inflammation
• Cortisol Links Challenge Responses With Metabolism and Inflammation
• Key Points

Chapter 8: How Inflammation Alters the Way We Think, Feel, and Eat
• How the Immune System Signals the Brain
• Neural Interceptive Immune-to-Brain Pathways
• Cytokines Can Also Circulate in Blood: Humoral Immune-to-Brain Signaling
• The Immune System in the Brain
• Cytokines Can Make You Stupid: Neuroinflammation and Cognition
• Inflammation and “How We Feel”
• Diet Can Contribute to the Sickness Syndrome
• Bidirectional Effects of Immune-to-Brain Communication: Attitudes Affect Inflammation
• Negative Attitudes, Social Stress, and Loneliness Are Pro-Inflammatory
• Key Points

Chapter 9: Inflammation Across the Lifespan
• Genes and Inflammation
• The Immune System, Food, and Inflammation in Early Life
• Adverse Childhood Experiences Program Inflammation in Adulthood
• Does Childhood Obesity Lead To Increased Risk of Disease in Adulthood?
• Inflammation as We Age: Inflamming
• Inflammation, Aging, and Neurodegenerative Diseases
• Lifestyle Affects Inflammation as We Age
• Key Points

ABOUT THE AUTHOR
Lisa E. Goehler, Ph.D. is a neuroscientist and expert in the science and treatment of psychological stress, chronic inflammation, and gut-related disorders. Her work explains how healthful diet and anti-inflammatory lifestyle habits can not only reduce risk of chronic metabolic disorders and cancer, but also improve mood, pain, sleep, and cognition. She has received numerous grants, authored over fifty publications, and contributed to peer review for scientific journals and funding agencies, including the National Institute for Health. After nearly forty years in scientific research and teaching in academic settings, she is now focusing on educational outreach, her garden, and her violin.

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Participants completing this program should be able to:

1. List types of antioxidants and their common sources.
2. Explain how antioxidants can protect against oxidative stress.
3. Distinguish between harmful and healthful fats.
4. Identify sugars and white foods that increase inflammation and craving.

Chapter 10: Understanding Oxidation and Antioxidants

- The Janus Face of Oxidation: Metabolism vs. Oxidative Stress
- Reactive Oxygen Species (ROS) and Reactive Nitrogen Species (RNS) Are Effective Weapons for the Immune System
- Example: Lipid Oxidation
- How We Prepare Foods and Store Oils Can Influence Lipid Oxidation
- Key Points

Chapter 11: Protection From Oxidative Stress: Antioxidants

- Antioxidants Work in Systems
- Protecting Against Oxidative Stress: NRF2 and the Antioxidant Response
- Metallothioneins and Zinc
- Dietary Antioxidants: Vitamins and Polyphenols
- Diet Versus Supplements: What Is the Best Way to Influence Oxidative Stress?
- Bioavailability: What Gets Absorbed?
- Anti-Inflammatory Dietary Ingredients
- Key Points

Chapter 12: Fats That Harm, Fats That Heal

- What Are Fats?
- Structure Determines Functions
- Fats Have Important Functions in the Body
- What Makes a Fat Bad?
- Which Foods Might Contain Oxidized Fats?
- Are Saturated Fats Really Bad?
- Essential Fatty Acids: Omega 3 and Omega 6
- What About High Fat Diets?
- Key Points

Chapter 13: Sugar, White Foods, Inflammation and the Caving Brain

- What Is Sugar?
- Insulin and Insulin Resistance
- How Sugar Drives Inflammation:
  1. Hyperglycemia and Advanced Glycation End-Products
  2. Hyperglycemia, Mitochondria, and Metabolism
  3. Hyperglycemia Can Drive Inflammation and Insulin Resistance
  4. Fructose Overdose
- Why Is Sugar So Hard to Kick?
- What About “A Sweet Tooth”?
- Non-Nutritional Sweetener Issues: Why We Need to Get Past Needing a Sweet
- Taste in Everything
- The Special Problem of Sweetened Beverages
- Key Points

ABOUT THE AUTHOR
Lisa E. Goehler, Ph.D. is a neuroscientist and expert in the science and treatment of psychological stress, chronic inflammation, and gut-related disorders. Her work explores how healthful diet and anti-inflammatory lifestyle habits can not only reduce risk of chronic metabolic disorders and cancer, but also improve mood, pain, sleep, and cognition. She has received numerous grants, authored over fifty publications, and contributed to peer review for scientific journals and funding agencies, including the National Institute for Health. After nearly forty years in scientific research and teaching in academic settings, she is now focusing on educational outreach, her garden, and her violin.
Chapter 14: Stress, Inflammation, the Western Diet and the Vulnerable Brain

- Western Diet Effects on Diabetes and Metabolic Syndrome
- Insulin Resistance and Inflammation
- The Bidirectional Interactions Between Diabetes and Stress
- Depression Is a Common Companion of Diabetes
- Brain Insulin Resistance: "Type 3 Diabetes" and the Brain-Per-Diabetes Interaction
- Diet Strategies to Manage or Prevent Hyperglycemia and Inflammation
- Implications of the Western Diet and Lifestyle for Type 2 Diabetes and Metabolic Syndrome
- Addressing Stress and Distress
- Key Points

Chapter 15: The Gut Barrier Connection

- What Is in the Gut?
- The "Brain in the Gut"
- What Happens in the Gut Does Not Stay in the Gut:
  - Part 1: The Gut Immune System
  - Part 2: The Gut Is the Largest Endocrine Organ in the Body
  - Part 3: Neural Pathways for Gut-Related Signals
- Brain Influences on Gut Functions
- Key Points

Chapter 16: Healthy Gut, Leaky Gut: Toxins, Microbes and Stress

- What Is the "Gut Barrier?"
- Organization of the Gut Barrier
- The Importance of Butyrate
- Permeability Is = "Leaky Gut"
- Gut Barrier Inflammation: Toxins, Microbes, and Stress
- Key Points

Chapter 17: Probiotics and Microbial Balance

- Our Gut Microbes Are Functionally Part of "Us"
- Imbalanced Microbes: Loss of Microbial Diversity Leads to Dysbiosis
- “Old Friends” Regulate Inflammation and Help Maintain Tolerance to Foods
- Bidirectional Relationship of Microbes and Stress
- "Old Friends” Help the Gut Barrier
- Microbes and Maternity
- Fermented Foods: Ancient Probiotics
- Microbes Depend on Our Diet: All Food Is “Pre-Biotic”
- Further Considerations
- Key Points

Chapter 18: Gut Problems: Why Some Foods Are the Problem and Other Foods Are the Solution

- Why Are Gut Problems So Common? Dysbiosis and the Western Diet
- Stress, Emotion, and the Gut
- Food Allergies
- Non-IgE-Mediated Allergies and Sensitivities
- Disorders of Brain Gut Interaction
- Gastro‐Esophageal Reflux Disease (GERD)
- Inflammatory Bowel Disease (IBD)
- Non-Gut-Related Disorders: Parkinson’s Disease, Multiple Sclerosis, Schizophrenia, and Autism
- Food is the Problem, and Food Is the Solution
- Exclusion Diets
- Key Points

ABOUT THE AUTHOR
Lisa E. Goehler, Ph.D. is a neuroscientist and expert in the science and treatment of psychological stress, chronic inflammation, and gut-related disorders. Her work explains how healthful diet and anti-inflammatory lifestyle habits can not only reduce risk of chronic metabolic disorders and cancer, but also improve mood, pain, sleep, and cognition. She has received numerous grants, authored over fifty publications, and contributed to peer review for scientific journals and funding agencies, including the National Institute for Health. After nearly forty years in scientific research and teaching in academic settings, she is now focusing on educational outreach, her garden, and her violin.
**Chapter 19: Psychological Effects of Inflammation: Mood, Anxiety and Pain**

- Features of Depression Can Be Adaptive
- Depression, Inflammation, and Neuroplasticity
- Food and Mood
- Diet, Inflammation, and Anxiety
- Mechanisms of Pain
- Chronic Pain Is Challenging to Treat
- Mood, Pain, and the Gut
- Psychobiotics
- Key Points

**Chapter 20: How Sleep Influences the Immune System and Diet**

- What Is Sleep?
- Why We Need to Sleep
- Sleep, Rhythmicity, and Metabolism
- Why Are Metabolic Functions Rhythmic?
- “Sleep Hygiene” Is More Than Crumbs in Bed: Lifestyle Habits and Activity Affect Sleep
- Sleep and the Immune System: Partners in Homeostasis
- Bidirectional Interactions of Stress and Sleep
- The Insomnia Trap: “Hurry up and Go to Sleep”
- Sleep Changes as We Age
- Diet Effects on Sleep
- Key Points

**Chapter 21: Healthy Gut, Healthy Brain: Practical Guidelines**

- The Brain Is Directly Vulnerable to Inflammation: Neuroinflammation
- The High Activity Level of the Brain Requires Extra Energy and Puts It at Risk for Oxidative Stress: Protection by Micronutrients
- The Brain Needs Building Blocks for Proteins, Neurotransmitters/Signaling Molecules, and Membranes
- Which Is Best: Single Supplement and “Superfoods” or Diet Patterns?
- Diet Patterns Designed for Brain Health: Mind and Ketogenic Diets
- “Healthy Gut, Healthy Brain”

**Chapter 22: Changing How We Feel by Changing What We Eat**

- The Multivitamin Approach to Low-Stress Healthy Eating
- What About Wine?
- Some Tricks for Instituting a Multivitamin Diet
- Organizing Features of the Multivitamin Approach
- Recipes
- Salads: Getting the Crunch and Flavor In
- Soups and Stews: A Chance to Be Creative
- Flatbreads
- Casseroles: An Age-Old Way to Combine Many Ingredients Into an Easy to Prepare Dish
- Breakfast and Dessert: Switching Them Around

**ABOUT THE AUTHOR**

Lisa E. Goehler, Ph.D. is a neuroscientist and expert in the science and treatment of psychological stress, chronic inflammation, and gut-related disorders. Her work explains how healthful diet and anti-inflammatory lifestyle habits can not only reduce risk of chronic metabolic disorders and cancer, but also improve mood, pain, sleep, and cognition. She has received numerous grants, authored over fifty publications, and contributed to peer review for scientific journals and funding agencies, including the National Institute for Health. After nearly forty years in scientific research and teaching in academic settings, she is now focusing on educational outreach, her garden, and her violin.
Training Your Brain To Adopt Healthful Habits: Mastering the Five Brain Challenges

An 18-Hour Home Study Program for Health Professionals | 280-Page Book

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 18 contact hours.

PSYCHOLOGISTS: 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 18 CE credit. 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 psychologists. BF-0090. IBP is approved as a provider of continuing education by FL Board of Psychology. This course provides 18 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential, ACE Approval Number: 11060, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. 11/12/20 – 11/12/23. Social workers completing this course receive 18 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling by FL Dept. of Professional Regulation MFT CE Sponsor Program. Sponsor #168000335, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #303. 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 #0174. 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-T-060. The Ohio CSWMFT Board accepts ASWB-approved continuing education programs for social workers. This program provides 18 contact hours.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 18 CEs. NAADAC Provider #80949. Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based, home study activity is acceptable for credit through the American Pharmacists Association ACE Program. MA: License #0023830. This program is approved for 18 contact hours (0.5 CEUs). UANc: 092-0000-22-066-H04-P and 092-0000-22-086-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 18 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 18 CE hours. Institute for Brain Potential, provider RF-62H, is authorized to confer continuing dental education for licensed dentists, Dental Hygienists and Dental Assistants by the Florida Board of Dentistry. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential is accredited by the American Dental Association Commission on Accreditation to sponsor continuing dental education with a program accepted for 18 hours of CEs. Provider #0132143. This program is accepted for 18 hours.

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is approved as a provider of continuing education by the Kansas Health Occupations Credentialing. This program provides 18 CE hours.

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. #16030. Institute for Brain Potential is recognized by the NY State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 18 contact hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 18 hours of Category B credit through the ANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and well-being. Participants will receive a certificate of completion for 18 hours.

Why is it so hard to maintain healthful habits? This program explains successful processes to initiate and maintain change from a neuroscience perspective. Specifically, the program examines five key brain challenges that underlie many of the most effective cognitive, behavioral and pharmacological strategies for changing health behaviors and maintaining healthful practices. The neuroscience is presented simply and focused on the practical. Each brain challenge is followed by exercises to target brain processes, encouraging health professionals or patients to change these processes. The text serves as a guide to learn how and why active participation is needed to produce meaningful change.

The program focuses on mastering five key brain challenges:

1. Learning to highly value behaviors that promote wellness while devaluing behaviors that lead to poor health.
2. Enriching one’s life to tame the need for immediate gratification.
3. Enhancing resiliency to threats and chronic stressors.
4. Training one’s addiction circuits that respond to drugs as well as “comfort foods” to make healthful behaviors habitual.
5. Making flexible decisions to empower the prefrontal cortex to make healthful choices.

Participants completing the program should be able to:

1. Identify how the brain weighs options when making health-related decisions.
2. Discuss how opportunities for reward get overvalued.
3. List social factors that can overvalue habits and sabotage our health.
4. Describe how the brain’s reward system is sabotaged by addictive substances.
5. State how we can correct value estimates, including reframing and challenging expectations.
6. Discuss how impulse control is affected by neuronal processes.
7. Outline several ways that illustrate how life enrichment improves impulse control.
8. Define and give examples of reward deficiency syndrome.
9. Describe how chronic stress increases the need for immediate gratification.
10. List several effects of adverse early childhood experience on adult stress.
11. List several ways to develop greater stress resilience.
12. Compare and contrast habits that can be automatic from those that are acquired.
13. Provide three examples of how we learn new behaviors.
14. List several ways for how new habits can turn into old habits.
15. Explain why willpower is not enough.
16. Describe how problem-solving skills can develop and can disappear.
17. List several ways to improve problem-solving and cognitive skills.
18. Summarize key principles using the example of weight loss.
Challenge 1: How to Value What Makes Us Healthy

How Your Brain Weighs Health-Related Decisions
- Calculating the value of an opportunity
- Dopamine neurons and reward expectations
- Immediate gratification and the limbic system
- Delayed gratification and the prefrontal cortex

How Opportunities For Reward Get Overvalued
- Social reinforcement and peer pressure
- Power of suggestion: placebo and nocebo effects
- Impaired expectancy and alcohol-related decisions
- Marketing your own expectations and rewards

Social Factors in Overvaluing Habits and Sabotaging Health
- How habits are contagious
- Why we love to sabotage attempts at self-improvement
- When helping is hurtful: rescuing, doting, enabling
- How verbal reinforcement alters our experience

Hijacking the Brain’s Reward System
- The attraction of addictive substances
- Spiraling out of control: overvaluing drug reward
- Speed and intensity of drug absorption: addiction or not?

How to Assess the True Value of a Reward
- How to correct value estimates
- Reframing: adopting a new perspective
- Tackling irrational fears: treating phobic disorders
- Comparing self against others: social comparison biases
- Revealing internal contractions between how we think and act

Challenge 2: Taming the Need for Immediate Gratification

Reducing Maladaptive Habits By Improving Impulse Control
- Neural control of our impulses
- The neurons that desire immediate gratification
- Inhibiting the neurons that seek immediate gratification

Life-Enriching Activities
- Enhancing communication skills
- Breaking problems down to manageable steps
- Doing what you love and loving what you do

Reward-Deficiency Syndrome
- Dopamine deficiency: addiction, depression and obesity
- Raised to be mild or wild?
- Social hierarchy and need for immediate gratification
- Dopamine deficiency and consuming passions
- Risks of immediate gratification
- How to change your environment to resist temptations

Challenge 3: Increasing Resilient to Threats and Chronic Stress

How Stress Increases Need for Immediate Gratification
- Why and how we respond to stress
- Understanding stress triggers
- Chronic stress, immediate gratification and serotonin
- Reducing chronic stress by achieving greater sense of control
- Understanding posttraumatic stress: horror frozen in memory
- Achieving greater control over stressors in your life.

Effects of Early Childhood Stress
- What prepares us for stress: the stress hormone cortisol
- The enduring effects of maternal anxiety and separation
- Separation anxiety: overcoming past stressors

How We Can Develop Greater Stress Resilience
- Facing, scheduling and self-care: the sleep connection
- Detrimental effects of overwork and sleep deprivation
- Pre-planning and problem-solving
- Relaxation: a neurobiological perspective

Challenge 4: Retraining Your Addiction Circuits to Make Healthful Behaviors Habitual

Healthful Behaviors as Habit-Forming
- How habits become automatic
- What behaviors can become automatic?
- What happens to brain processing as habits form?

How We Learn New Behaviors
- Imitation, mirror neurons and importance of modeling
- Importance of observation
- Increasing your confidence to do a behavior: practice
- Modeling, encouragement and anxiety reduction

Turning a New Behavior Into an Old Habit
- Practice, practice, practice: how much, how often
- Obtaining social support
- Monitoring and feedback
- Creating immediate contingencies for health behavior

Challenge 5: Making Flexible Decisions to Empower Your Brain to Make Healthful Decisions

Delaying Automatic Unhealthy Habits
- Why willpower is not enough
- The limits of willpower in overcoming habits
- Alternatives to willpower

How Problem-Solving Skills Develop and Disappear
- Developmental stages and cognitive decline
- Risk aversion and risky decision-making
- Use it or lose it: effects of novelty and activity: protecting the aging brain
- Enhancing neuronal regrowth (neurogenesis)

Improving Problem-Solving and Cognitive Skills
- What prevents problem-solving?
- Tricks for helping your prefrontal cortex

Surmounting the Challenges: The Example of Weight Loss

A review and application of the five brain challenges

PRIMARY AUTHOR
Jodie Trafton, Ph.D., a neuroscientist and mental health services researcher, designs and evaluates treatment systems for addiction, chronic pain and anxiety disorders for the 140 medical centers within the Veterans Health Administration as Director of the VA’s Program Evaluation and Resource Center. She is Editor in Chief of the three-volume series, Best Practices in the Behavioral Management of Chronic Disease, the most comprehensive reviews of programs for changing health-related behaviors and habits.

An outstanding instructor, Dr. Trafton teaches a highly rated series of classes at Stanford University for graduate students and medical residents on topics including addictions and strategies for managing pain, impulse control and habits. Health professionals recommend her ability to present practical discoveries with clarity, enthusiasm and warmth.
Child and Adolescent Clinical Psychopharmacology Made Simple

Provides succinct and clear information for nurses, behavioral health professionals, pharmacists, and allied health professions on the diagnosis and pharmacologic treatment of children and adolescents with depression, bipolar disorder, anxiety disorders, psychotic disorders, attention-deficit/hyperactivity disorder, autism spectrum disorders, and miscellaneous disorders. Useful patient and caregiver information sheets are provided including dosing and side-effect profiles.

Issues in Psychopharmacological Treatment of Children and Adolescents

- Diagnosing and treating children and adolescents
- Informed consent and addressing parental concerns
- Medications and the media
- Drug research and outcome studies
- Medication metabolism in young clients
- Approved drugs and off label use
- Attitudes and realities

Depressive Disorders

- Diagnostic issues
- Symptoms of major depression in children
- Indications of bipolar disorder
- Efficacy of antidepressants
- Comparing SSRIs, SNRIs, SRIs, NDRIs and Atypicals
- Common side effects of each type
- Antidepressants and suicidality
- Treatment of depressive subtypes
- Medication discontinuation and relapse prevention

Bipolar Disorders

- Diagnostic issues
- Signs and symptoms of early-onset mania
- Differentiating bipolar disorder from ADHD
- Bipolar disorder combined with ADHD
- Bipolar disorder combined with anxiety disorders
- Neurobiology of bipolar disorder
- Psychopharmacology: mood stabilizers and anticonvulsants
- Guidelines for pharmacological treatment
- Mania, depression and manic switching
- Doses and side effects
- Relapse prevention
- Interactions with drugs commonly used in pediatrics

Participants completing this program should be able to:

1. List effective treatment for depressive disorders.
2. Name effective treatments for bipolar disorders.
4. Identify treatments for psychotic disorders.
5. Describe effects of psychostimulants in treatment attention-deficit/hyperactivity disorder.
7. List miscellaneous disorders subject to childhood psycho-pharmacology.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP131896, and the Florida Board of Nursing. This program provides 12 contact hours.

PSYCHOLOGISTS: 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 12 CE credit. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Psychology as an approved provider of continuing education for licensed psychologists PSY0-090. IBP is approved as a provider of continuing education by FL Board of Psychology. This course provides 12 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/22. Social workers completing this course receive 12 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by IL Dept. of Professional Regulation, MFT CE Sponsor Program, Sponsor F168,000183, and by TX State Board of Examiners of Marriage & Family Therapists, Provider #1100, 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 #1104. 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-0086, The Ohio CSW/MFT Board accepts ASWB-approved continuing education programs for social workers. This program provides 12 contact hours.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 12 CEUs. NAADAC Provider #011249, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 12 contact hours (12 CEUs). UANcs #0920-0000-22-044-T-F and #0920-0000-22-044-T-E. This program has been pre-approved by the Florida Board of Pharmacy for 12 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 12 CE hours. Institute for Brain Potential, provider #4260, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential Nationally Approved PACE Program Provider for FAGAC/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. Provider ID 310243. AGD Subject Code: 557

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 OTs, 026-002021. Institute for Brain Potential is recognized by the NY State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 12 contact hours.

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is approved as a provider of continuing education by the Kansas Health Occupations Credentialing. This program provides 12 CE hours.

RESPIRATORY CARE PROFESSIONALS: BCCPs in New York receive 12 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This program is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP131896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

COLLEGE EDUCATED PUBLIC: This program is professional regulatory education for RCAs who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 12 hours.
Autism Spectrum Disorders

- Diagnostic issues of pervasive developmental disorders
- Rett's disorder
- Childhood disintegrative disorder
- Pervasive development disorders
- Pathophysiology
- Psychopharmacology: serotonin medications, antipsychotics, beta-blockers, mood stabilizers, stimulants, opioid antagonists, oxytocin, miscellaneous agents

Miscellaneous Disorders: Diagnosis and Pharmacology

- Tic disorders and Tourette Syndrome
- Conduct disorder
- Anorexia nervosa
- Substance abuse: alcohol, stimulants, opiates, hallucinogens

Psychotic Disorders

- Childhood schizophrenia: positive and negative symptoms and disorganization symptoms
- Psychotic mood disorders
- Psychosis associated with medical conditions
- Neurobiology
- Psychopharmacology
- Side effects of antipsychotic medications: extrapyramidal, anticholinergic, antiadrenergic, tardive dyskinesia, metabolic
- Guidelines for the pharmacological treatment of psychotic disorders
- Relapse prevention

Attention-Deficit/Hyperactivity Disorder

- Differential diagnosis
- Neurobiology of ADHD
- Pharmacology of stimulants: immediate versus sustained release, generic, brand and typical dose information
- Guidelines for pharmacological treatment of ADHD including side effects and solutions
- Consequences of misdiagnosis of ADHD as an anxiety disorder, agitated disorder, pre-schizophrenia, bipolar disorder, or situational stress
- Alpha-2 adrenergic agonists used to treat ADHD
- Antidepressants used to treat ADHD
- Combined behavioral treatment and psychopharmacology

Anxiety Disorders

- Obsessive-compulsive disorder
- Panic disorders
- Social phobia
- Specific phobia
- Generalized anxiety
- Posttraumatic stress disorder
- Separation anxiety disorder
- Inhibited temperament
- Neurobiology of other anxiety disorders
- Pharmacology of obsessive-compulsive disorders
- Psychopharmacology of other childhood anxiety disorders

Psychotic Disorders

- Childhood schizophrenia: positive and negative symptoms and disorganization symptoms
- Psychotic mood disorders
- Psychosis associated with medical conditions
- Neurobiology
- Psychopharmacology
- Side effects of antipsychotic medications: extrapyramidal, anticholinergic, antiadrenergic, tardive dyskinesia, metabolic
- Guidelines for the pharmacological treatment of psychotic disorders
- Relapse prevention

Attention-Deficit/Hyperactivity Disorder

- Differential diagnosis
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- Alpha-2 adrenergic agonists used to treat ADHD
- Antidepressants used to treat ADHD
- Combined behavioral treatment and psychopharmacology

Appendix: Patient and Caregiver Information

Psychiatric Medications

PRIMARY AUTHOR

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 Counseling Survivors of Traumatic Events, 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.
Clinical Psychopharmacology Made Ridiculously Simple provides succinct and clear information for nurses, behavioral health professionals, pharmacists, and allied health professions on the diagnosis and pharmacologic treatment of adults with depression, bipolar disorder, anxiety disorders, psychotic disorders, and miscellaneous disorders including obsessive-compulsive disorder, attention-deficit hyperactivity disorder, aggression, eating disorders, and PTSD. The text contains useful summary information on dosing and side-effect profiles, and information on non-responders and “break through” symptoms. Case studies for each major disorder are provided.

Chapter 1: General Principles

Chapter 2: Depression

• Major clinical features
• Differential diagnosis
• Common disorders and drugs that may cause depression
• Symptoms common to all depressions
• Vegetative symptoms
• Choosing medication: sedation and cholinergic effects
• Prescribing treatment: typical start-up regimes
• Decision tree for diagnosis and treatment: first episode
• Decision tree for diagnosis and treatment: subsequent episodes
• Special problems and medications of choice
• Side effect management: SSRIs
• Key points to communicate to clients
• If first line medications do not lead to remission
• Dysthymia
• Selection actions of antidepressants on neurotransmitters
• Major depression with atypical symptoms
  o Seasonal affective disorder
  o Premenstrual dysphoric disorder
  o Psychotic depressions
  o Precautions: tricylic antidepressants
  o Precautions: watch for bipolar disorder
  o MAO inhibitors
• Notes on complementary and alternative products

Chapter 3: Bipolar Illness

• Diagnosis
  o Common disorders and drugs that may cause mania
  o Bipolar I versus Bipolar II
  o Typical bipolar versus rapid cycling bipolar disorders
  o Dysphoric mania or mixed mania
• Medications to treat bipolar disorders
  o When to prescribe
Chapter 4: Anxiety Disorders

• Major clinical features and differential diagnosis
  o Generalized anxiety disorder
  o Stress-related anxiety
  o Panic disorder
  o Social phobias

• Antianxiety medications
  o When to prescribe antianxiety medications:
    • Generalized anxiety disorder
    • Stress-related anxiety
    • Panic disorder
    • Social phobias
  o Choosing a medication
    • Generalized anxiety disorder
    • Stress-related anxiety
    • Panic disorder
    • Social phobias
    • Common errors to avoid
  o Key points to communicate to patients

Chapter 5: Psychotic Disorders

• Major clinical features and differential diagnosis
  o Schizophrenia: positive and negative symptoms
  o Psychotic mood disorders
  o Psychosis associated with neurological conditions
  o Common diseases and disorders that may cause psychosis

• Antipsychotic medications
  o How to prescribe antipsychotic medications
  o Choosing a medication
  o Four forms of extrapyramidal side effects
  o Prescribing treatment and what to expect
  o Key points to communicate to patients

Chapter 6: Miscellaneous Disorders

• Obsessive-Compulsive Disorder
  o Major clinical features

Chapter 7: Non-Response and “Breakthrough Symptoms”

• Non-response checklist

• Unexplained pelapse checklist

Chapter 8: Case Examples

• Major depressions
  o Bipolar illnesses
  o Acute situational anxiety
  o Panic disorder
  o Acute schizophrenia

PRIMARY AUTHOR

John D. Preston, Psy.D., ABPP, is Professor Emeritus 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 Counseling Survivors of Traumatic Events, 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.
Stress and Adrenal Hormones
Inflammation and Oxidative Stress
Estrogen Balance and Reproductive Health
Fats: Unhealthy and Healthy
Carbohydrates: Simple and Complex
Micronutrients: Vitamins and Minerals

Red Foods
- Stress and Adrenal Hormones
- Immune System, Stress, and Appetite
- Foods that Regulate Adrenal Hormones
- Bone and Joint Disorders and Inflammation

Orange Foods
- Inflammation and Oxidative Stress
- Estrogen Balance and Reproductive Health

Yellow Foods
- Digestive Health, Fiber, and Luin-Rich Foods
- Energy-Depleting and Energy-Enhancing Foods
- Liver and Metabolism

Green Foods
- Cardiovascular Disorders and Dark Green Vegetables
- Circulation and Blood Lipids
- Appetite Regulation

Blue-Purple Foods
- Antioxidant and Neurotransmitter Synthesis
- Brain Health, Mood, Cognition, and Sleep

White Foods
- Alliums, e.g., Garlic and Onions
- Short- and Medium Chain Fats
- Oxidative Stress and the Kidney, and Brain
- Protecting the Aging Brain and Body

ABOUT THE AUTHOR
Deanna Minich, Ph.D. (Human Nutrition and Metabolism) is an internationally recognized expert, researcher, author, and speaker in the field of nutrition concerning phytoneutrients, detoxification and women’s health. She is the author of over twenty scientific publications and is the founder of integrated “full-spectrum” approach to nutrition. Dr. Minich has authored evidence-based texts including Whole Detox and The Rainbow Diet.

Dr. Minich has presented special courses of study for the last two decades for 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.
Chronic pain affects approximately one in three adults in the United States. This text is designed to provide guidelines that will enable patients to reduce their reliance on prescribed opioids. Chronic use of opioids generally provides diminishing pain relief while triggering many side effects that contribute to anxiety, depression, stress, inflammation, sleep disorders, and impaired regulation of adrenal hormones.

The text for the home study program, Less Pain, Fewer Pills by Beth Darnall, Ph.D. (Stanford University School of Medicine) is a clearly written and practical source of evidence-based guidelines for providers of nursing continuing education for licensed nurses (American Nurses Credentialing Center's Commission on Accreditation). IBP is accredited as a provider of continuing education by the California Board of Registered Nursing. Provider #CEP13896, and Florida Board of Nursing. This program provides 12 contact hours.

Participants completing this program should be able to identify:
1. Key factors leading to opioid overprescription.
2. Unintended adverse consequences of long-term use.
3. Cite unintended physical effects of chronic opioid use.
4. Outline Adverse Psychological consequences of long-term pain.
5. Discuss mind-body interventions that can calm pain-related stress.
6. Describe key methods of reducing catastrophic reactions to pain.
7. State lifestyle factors that help reduce the use of pain medications.
8. Describe to slowly taper an opioid prescription.
9. Outline daily plan to reduce suffering, improve wellbeing, and reduce opioid dependence.
10. Name key advantages of multidisciplinary pain management.

Institute for Brain Potential (IBP) has provided this program to help providers of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the Texas Board of Examiners of Dental Practice, Provider #216.000210. Institute for Brain Potential is an approved provider of continuing education for licensed psychologists (PSY-0090). IBP is approved as a provider of continuing education by FL Board of Psychology. This course provides 12 contact hours of CE credit.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the Illinois Department of Professional Regulation (MFT CE Sponsor Program, Sponsor #1866,00183), and by the California Board of Registered Nursing. IBP is approved as an approved provider of continuing education for licensed mental health counselors (MHC-0134). IBP is approved as the approved provider of continuing education for licensed psychologists (PSY-0090). IBP is approved as a provider of continuing education by FL Board of Psychology. This course provides 12 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential is approved as a provider of continuing education for credit for Licensed Professional Counselors, Licensed Mental Health Counselors, Marital and Family Therapists, and Marriage and Family Therapists by the California Board of Behavioral Sciences. Provider #CEP13896, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether individual course may be accepted for continuing education credit. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists. PSY-0090. IBP is approved as a provider of continuing education by FL Board of Psychology. This provides 12 contact hours.

PSYCHOLOGISTS: 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 provider credit. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists. PSY-0090. IBP is approved as a provider of continuing education by FL Board of Psychology. This course provides 12 contact hours of CE credit.

PHARMACY: Institute for Brain Potential, as a Multimodal Empowerment Management of Catastrophizing: Guiding the Relaxation Response

PHARMACISTS AND PHARMACY TECHNICIANS: This course has been approved by the Accreditation Council for Pharmacy Education as a knowledge-based activity. This activity is designated for 12 contact hours (1.2 CEUs). UANs: 0492-0000-22-085-H04-P and 0492-0000-22-085-H04-T. This knowledge-based activity is designated for 12 contact hours (1.2 CEUs). UANs: 0492-0000-22-085-H04-P and 0492-0000-22-085-H04-T.

This program has been pre-approved by the Florida Board of Pharmacy for 12 hours of continuing education credit.

DENTAL PROFESSIONALs: This program provides 12 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Florida Board of Dentistry.

Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing education for licensed pharmacists and pharmacy technicians. Institute for Brain Potential is approved by the California Board of Registered Nursing. Provider #CEP13896, and Florida Board of Nursing. This program provides 12 contact hours.

Institute for Brain Potential is approved as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing. Provider #CEP13896, and Florida Board of Nursing. This program provides 12 contact hours.

Veterans: This program is recommended for individuals who wish to add their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 12 hours.

Adverse Effects of Long-Term Use of Prescribed Opioids

• Overprescription: Prescribers and Lack of Pain Management Training; Identifying Pain-Management Experts
• Diagnostic Criteria: DSM-5 Guidelines
• Tolerance and Dependence: Insufficient or Absent Analgesia, Low Back Pain, Musculoskeletal Pain, Migraine, and Fibromyalgia

Hyperalgesia: Risk of Increased Sensitivity to Pain
• Altered Structure and Function of Limbic System and Cortex
• Hormone Changes: Cortisol, Testosterone, Estrogen, Infertility, GI Tract
• Balance and Coordination: Falls, Fractures, Auto Accidents
• Pain Psychology: Anxiety, Depression, Emotional Numbing, Inappropriate Use of Opioids to Treat Anxiety and Depression
• Sleep: Impaired Quality and Risk of Sleep Apnea
• Drug Interactions: Polypharmacy, and Overdose-Related Deaths
• Risks to Older Adults: Falls, Impaired Cognition, Delirium

Gaining Control Over Chronic Pain

Understanding Pain: Emotions and Cognitions; Cortisol and Inflammation; the Power of Belief and Pain Relief
• Calming the Central Nervous System: Keys to Reducing the Need for Opioids
• Calming the Autonomic Nervous System: Dimensions of the Relaxation Response
• Diaphragmatic Breathing: Guiding the Relaxation Response Through Daily Practice of Breath Awareness
• Sensory: Biofeedback, Bilateral Touch, Binaural Enhanced Pain Management
• Management of Catastrophizing: Prevention and Treatment of Breakthrough Pain
• Eye Movement Desensitization and Processing Therapy: Indications e.g., PTSD.
• Meditation: Attaining Control Over Pain-Related Thoughts and Emotions; Gamma Wave Synchrony
• Cognitive-Behavioral: Developing Action Plans, Resetting Expectations, Weighing Costs of Pain-Evoking Activities

Multimodal Empowerment Program: Daily Action Steps that Prioritize Pain Reduction
• Acceptance: Shifting Awareness of Ongoing Pain and Moving On.
• Tapering Opioid Use: How Gradual Reduction Reduces the Stress of Withdrawal, Tips for Successful Implementation, Unexpected Benefits

Benefits of Multidisciplinary Pain Management Centers Versus Medication-Centered Treatment: e.g., Stanford Comprehensive Interdisciplinary Pain Program

ABOUT THE AUTHOR
Beth Darnall, Ph.D., Clinical Professor at Stanford University in the Department of Anesthesiology, Perioperative and Pain Medicine, is an expert in teaching adults with pain-related disorders and developing effective methods of achieving pain relief by tapering use of prescribed opioids. She has authored leading texts and numerous articles concerning pain and the management of opioid-related disorders. Her work was featured in Scientific American (2019) and many evidence-based publications.

Dr. Darnall draws upon over 20 years of clinical and research experience working with pain disorders in adults. Her text, Less Pain, Fewer Pills (2016, 252 pages), is highly readable and provides an abundance of clinical wisdom. The home study program includes 100 intuitive multiple choice questions and provides 12 hours of continuing education credit.
There are sound reasons why people are not getting enough sleep.

Matthew Walker, Ph.D., Professor of Neuroscience at U.C. Berkeley, author of the text, “Why We Sleep: Unlocking the Power of Sleep and Dreams (2017, 360 pages)” that forms the basis of this program, is a leading international expert in the study of sleep and its brain significance for attaining and maintaining health and wellbeing.

The text explains how sleep occurs, the importance of the brain and body, a new understanding of the psychological importance of REM sleep, and actionable information to improve sleep.

Participants completing this 15-hour text-based home study program should be able to read each section of the book and:

Part 1. Understanding Sleep
1. Identify ways to improve sleep through everyday habits.
2. List several health benefits of slow-wave and REM sleep.
3. Explain how REM sleep improves emotion regulation.
4. Explain why aging adults need as much sleep as younger adults.

Part 2. Why We Need Sleep
5. Discuss several ways slow-wave and REM sleep improve memory.
6. Review new information, impaired cognition and risk of Alzheimer’s disease that are increased by sleep deprivation.
7. Discuss effects of sleep deprivation on stress-related adrenal hormones, metabolism, coronary artery disease, and the immune system.

Part 3. How and Why We Dream
8. Discuss new evidence that disputes old theories of why we dream.
9. List findings that indicate how REM sleep promotes emotion regulation and serves memory.
10. Discuss ways REM sleep may serve problem solving and can be harnessed through lucid dreaming.

Part 4: Managing Sleep-Related Disorders
11. Identify examples of disorders involving insufficient sleep, excessive sleep, and abnormal behavior during sleep.
12. List modifiable environmental factors that impair sleep.
13. Compare the effectiveness of sedative-hypnotics, physical activity, and cognitive behavioral therapy for chronic insomnia.
14. Describe social factors that impair sleep among school-aged youth and people in the workforce.
15. Outline a program that can improve sleep in a child or teenager, middle-aged adult with insomnia, or sleep-deprived aging adult.

Understanding Sleep
- Caffeine, Jet Lag, and Melatonin
- The Sleeping and Dreaming Brain
- Who Sleeps, How Do We Sleep and How Much?
- Changes in Sleep Across the Lifespan

Why We Need Sleep
- Memory and Problem Solving
- Sleep Deprivation and the Brain
- Sleep Deprivation and Immune System

How and Why We Dream
- The Dreaming Brain
- REM Sleep and Emotion Regulation
- REM Sleep and Problem Solving

Sleep-Related Disorders and Actionable Solutions
- Understanding Sleep Disorders
- Environmental Factors that Undermine Sleep
- Sedative-Hypnotics, Cognitive Therapy and Physical Activity
- Social Factors
- A New Vision for Sleep in the 21st Century

Understanding and Improving Sleep
An 15-Hour Home Study Program for Health Professionals | 360-Page Book

NURSES: Institute for Brain Potential (IBP) is approved as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13966, and the Florida Board of Nursing. This program provides 15 contact hours.

PSYCHOLOGISTS: 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 15 CE credit. Institutions for Brain Potential is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists PSY-000. IBP is approved by the California Board of Psychology as an approved provider of continuing education by the Board of Psychology. This course provides 15 contact hours of CE-credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential is approved by the American Counseling Association to provide continuing education for professional counselors. This program provides 15 CE credit. The program also provides 1 CE credit for all counselors who complete the program to meet their continuing education requirements. This course provides 15 CE credit. This program is approved for 15 CE credit by the California Board of Social Work Services.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is approved by the American Pharmacists Association, a provider of continuing pharmacy education, as a provider of continuing pharmacy education. This knowledge-based activity is designated for 15 contact hours (1.5 CEUs). UAN: 0492-0000-20-090-H04-T and 0492-0000-20-090-H04-T. This program has been approved by the Florida Board of Pharmacy for 15 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 15 CE hours. Institute for Brain Potential (IBP) is approved by the American Dental Association, a provider of continuing education for dental professionals, a program provider for the American Academy of Dental Hygiene, a program provider for Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

PHYSICAL THERAPISTS: This program has been pre-approved by the American Physical Therapy Association as an approved provider of continuing education for physical therapists. This program provides 15 CE contact hours.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, Provider #557, for 15 continuing education hours. The American Osteopathic Association designates this program for 15 AOA Category 1-A continuing education credits. Institute for Brain Potential is responsible for all aspects of its programing.

PHYSICAL THERAPISTS: Institute for Brain Potential is accredited by the American Physical Therapy Association for Education. This program provides 15 contact hours.

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is an approved provider of continuing education by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0641. Institute for Brain Potential (IBP) is reviewed and approved by the New York State Education Department’s State Board for Social Work for 15 contact hours. 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-034. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed social workers #0641. Institute for Brain Potential (IBP) is approved by the California Board of Social Work Services as an approved provider of continuing education for social workers #034. IBP is approved by the Florida Board of Social Work for 15 hours of continuing education credit.

This program provides 15 contact hours.

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is an approved provider of continuing education by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0641. Institute for Brain Potential (IBP) is reviewed and approved by the New York State Education Department’s State Board for Social Work for 15 contact hours.

REHABILITATION CARE PROFESSIONALS: RCPs in New York receive 15 hours of Category III credit through the AANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved by the California Board of Registered Nursing (CB RN). Provider #CEP13966, for providing continuing education. Programs offered by the CA RN approved providers of CE are accepted by the Board of Registered Nursing of California.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 15 hours.

ABOUT THE AUTHOR
Matthew Walker, Ph.D., is a professor of neuroscience and psychology at UC Berkeley, the director of the Center for Human Sleep Science, and a former professor of psychiatry at Harvard University. He has published more than a hundred scientific studies and has appeared on 60 Minutes, Nova, BBC News, and NPR’s Science Friday.

Why We Sleep: Unlocking the Power of Sleep and Dreams (2017, 360 pages) is a groundbreaking, evidence-based exploration of sleep, explaining how health professionals can harness its transformative power to improve health and protect against disease.
Although anxiety-related disorders can be disabling and life-long, advances in treatment have been successful. For example, cognitive-behavioral therapies for panic and fear of public places are successful in a majority of appropriate cases by using techniques such as inducing panic-like sensations in otherwise safe environments. Exposure and response-inhibition therapies are highly effective for obsessive-compulsive disorders.

This program is designed to help health professionals identify symptoms and evidence-based treatments for the most common anxiety-related disorders.

Participants completing this program should be able to:
1. Cite diagnostic criteria panic disorder, with and without agoraphobia
2. Differentiate social anxiety disorder from phobic disorder.
3. Identify best practices for treating obsessive compulsive disorder.
4. Discuss effective treatments for generalized anxiety disorder.

Introduction

Panic Disorder With and Without Agoraphobia (PDA)

- Description
- Cognitive Behavioral Treatments of PDA
- In Vivo Exposure
- Interoceptive Exposure
- Cognitive Restructuring
- Efficacy of Panic Control Treatment
- Summary and Future Directions

Social Anxiety Disorder

- Description
- Cognitive Behavioral Treatment for Social Anxiety Disorder
- Cognitive Behavioral Group Treatment
- CBT versus Pharmacotherapy for Social Phobia
- Summary and Future Directions

Specific Phobias

- Description
- Cognitive Behavioral Treatment for Specific Phobias
- Efficacy of Cognitive Behavioral Treatment for Specific Phobias
- Methods of In Vivo Exposure Delivery
- Summary and Future Directions

Obsessive-Compulsive Disorder

- Description
- Treatment of Obsessive Compulsive Disorder
- Behavioral Treatment for OCD
- Efficacy of Behavioral Treatment for OCD
- ERP versus Cognitive Treatment
- ERP versus Pharmacotherapy
- Summary and Future Directions

Generalized Anxiety Disorder

- Description
- Cognitive Behavioral Treatments for GAD
- Summary and Future Directions

Conclusions

References

ABOUT THE AUTHORS

David Barlow, Ph.D. and Todd Farchione, Ph.D.
Boston University, Boston, MA

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Control Level: Intermediate

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Major Depression

A 5-Hour Text-Based Home Study Program for Health Professionals

Depression outranks diabetes, stroke, dementia, and lung cancer in terms of disease burden and is the leading cause of disability in people between 15 and 44 years of age. Further, major depression is a major risk factor for cardiovascular disease, sleep-related disorders, and memory impairments as well as shrinkage of the hippocampus, a region of the brain responsible for forming recent memories.

However, advances in treatment are becoming increasingly effective. Antidepressants are of great benefit, especially for the most serious forms of major depression. Further, cognitive behavioral therapies alone or in combination with pharmacotherapy have proven to be highly beneficial in a significant number of patients.

The purpose of this program is to provide key demographic, physiological, pharmacological, and psychological variables underlying the causes, diagnosis, and treatment of major depression.

Participants completing this program should be able to:
1. List key behavioral, cognitive, and health-related consequences of major depression.
2. Describe the safety and effectiveness of pharmacological therapies for preventing and treating recurrences of depression.
3. Discuss the effectiveness of psychological interventions.
4. Identify the effectiveness of first line pharmacological interventions alone or in combination with psychological interventions.

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A Guide to the Text
Major Depressive Disorder: Definition, Chronicity and Severity
Risk and Vulnerability Assessment: Predicting the Likelihood of the First Episode of Major Depression
Preventing the Initial Episode of Major Depression and Reducing Incidence
Screening For Major Depression
The Efficacy And Effectiveness Of Antidepressant Medication
The Differential Efficacy and Effectiveness of Depression-Specific Psychotherapy Alone Compared to Antidepressant Medication Alone or the Combination
Preventing The Recurrence Of Major Depressive Disorder: Reducing Episode Severity and Maintaining Recovery

The Integration And Financing Of Mental And Behavioral Health And Primary Care Services In Organized Medical Settings
Strategies To Decrease The Prevalence Of Major Depression In Populations
Intervention Strategies Available To The Practicing Clinician
Unanswered Research Questions

References

ABOUT THE AUTHOR
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Behavioral Management of Chronic Pain
A 3-Hour Text-Based Home Study Program for Health Professionals

Introduction

The Biopsychosocial Approach to Chronic Pain Management

- The Initial Assessment Phase
- The Pain Management Phase
- Interdisciplinary Pain Management

Effects of Complementary and Alternative Medicine on Chronic Pain

Effects of Coping on Chronic Pain

Clinical- And Cost- Effectiveness of Treatments for Chronic Pain

Biopsychosocial Management Of Chronic Pain

Pain: An Update

Systematic Reviews

Clinical Research Studies

Summary And Conclusions

References

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Pain rehabilitation programs with behavioral approaches can be more effective and cost-effective than spinal cord stimulators, implantable drug delivery systems, and surgery alone. This program presents key features of clients who experience chronic pain, describes appropriate measurement of pain, and outlines the effectiveness of behavioral interventions.

Participants completing this program should be able to:
1. List key characteristics of clients experiencing chronic pain.
2. Review the effectiveness of behavioral therapies for managing chronic pain.

Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing education by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the Florida Board of Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 3 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 3 contact hours (0.3 CEUs). UANs: 0492-0000-22-046-H04-P and 0492-0000-22-046-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 3 hours of continuing education credit.

Dental professionals

This program provides 3 CE hours. Institute for Brain Potential, provider RF-4261, is authorized to confer continuing dental education for dentists, dental hygienists and dental assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD-endorsement.

Physiological 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. Institute for Brain Potential is recognized by the NY State Education Department's State Board of Physical Therapy as an approved provider of continuing education for licensed physical therapists, #P09-004. This program provides 3 contact hours.

Nursing home administrators

Institute for Brain Potential is approved as a provider of continuing education by the Kansas Health Occupations Credentialing. This program provides 3 CE hours.

Respiratory care professionals

IBPs in New York receive 3 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13893, to provide continuing education. Programs offered by the CA BRN-approved providers of CE are approved by the Respiratory Care Board of California. The Biopsychosocial Approach to Chronic Pain Management

Clinical- And Cost- Effectiveness of Treatments for Chronic Pain

Bio-psychosocial management of chronic pain

Pain: An Update

Systematic Reviews

Clinical Research Studies

Summary and Conclusions

References

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about the authors

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About 7% of the U.S. population uses illicit drugs at an estimated annual cost of over 140 billion dollars. Substance use contributes to over a third of new HIV infections, more than half of all incarcerations, and has a major impact on individuals, families, and communities throughout America.

Significant advances have been made in treating people who are dependent on alcohol, cocaine, opioids, and other forms of substance use disorders. This highly comprehensive review distills the most effective long-term interventions and summarizes them for each major form of substance use disorder.

Participants completing this program should be able to:

1. List characteristics of substance use disorders.
2. Summarize the effectiveness of pharmacological and psychological interventions for alcohol-related substance use disorders.
3. Evaluate effectiveness of pharmacological and psychological interventions for cocaine-related substance use disorders.
4. Classify the effectiveness of pharmacological and psychological interventions for opioid-related substance use disorders.

Introduction
• Scope of the Problem
• Abuse, Dependence and Addiction

Methods

Results
• Detoxification

Medication-Based Therapies
• Opioid Substitution Therapies
• Naltrexone Treatment for Opioid Addiction
• Naltrexone Treatment for Alcohol Addiction
• Disulfiram for Alcohol Addiction

Counseling-Based Interventions
• Brief Interventions
• Inpatient Treatment
• Cognitive Behavioral Therapy
• Contingency Management
• Self-Help and 12-Step Facilitation

Summary

Unanswered Questions

Practice Recommendations

References