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. Enhancing one’s life to tame the need for immediate gratification.
3. Training one’s addiction circuits that respond to drugs as well as “comfort foods” to make healthful behaviors habitual.
4. 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 behaviors 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.
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 contradictions 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

• Pacing, 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

A 12-Hour Home Study Program for Health Professionals | 184-Page Book

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.

Participants completing this program should be able to identify psychopharmacological treatment of children and adolescents with the following conditions:

1. Depression
2. Bipolar Disorders
3. Anxiety Disorders
4. Psychotic Disorders
5. Attention-Deficit/Hyperactivity Disorder
6. Autism Spectrum Disorders
7. Miscellaneous disorders

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

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. IBP is approved as a provider of continuing education by the CA Board of Registered Nursing Provider #CEP13896, and FL Board of Nursing. This program provides 12 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 12 CE credit.

ACE: 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 – 11/30/23. 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 FL Board of Psychology, by FL Dept. of Professional Regulation MFT CE Sponsor Program Provider #1660683, and by TX State Board of Examiners of Marriage & Family Therapists, Provider 8830. Institute for Brain Potential (IBP), SW CFE is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. FMHC-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. AMFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by ASWB for social workers. This program provides 12 contact hours.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 12 CEUs. NAADAC Provider #120949, Institute for Brain Potential is responsible for all aspects of its programing.

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 (1.2 CEUs). UANs: 0922-0000-20-006-F18-F and 0942-0000-20-006-H14-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 CEUs, Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is approved as a provider of CE by the Florida Board of Dentistry.

Institute for Brain Potential
Nationally Approved PACE Program Provider for FAGD/MAGD credit.

Approved does not imply acceptance by any regulatory authority or AGD endorsement.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTA’s, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 12 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, #265000345, and by the Florida Board of Massage Therapy. This program provides 12 CEUs. This program counts as ‘General’ hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPB) # PDP174. This program provides 12 CEUs.

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Anxiety Disorders
- Obsessive-compulsive disorder
- Panic disorders
- Social phobia
- Specific phobias
- 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
- 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

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

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 professionals 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.

Participants completing this program should be able to identify psychopharmacological treatment of adults with the following conditions:

1. Describe psychopharmacological treatment for major and persistent depressive disorders.
2. Discuss the adult treatment of bipolar disorders.
3. Compare and contrast the pharmacologic treatment of generalized anxiety.
4. Discuss the beneficial and adverse effects of drugs used to treat schizophrenic disorders.
5. Outline the indications for the use of psychostimulants in treating adult ADHD.
6. Discuss the role of psychopharmacology in treating eating disorders.
7. Indicate the use of psychopharmacologic treatments for PTSD.
8. Describe guidelines applicable to the use over-the-counter and dietary supplements.

**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
- Premenstrual dysphoric disorder
- Psychotic depressions
- Precautions: tricylic antidepressants
- Precautions: watch for bipolar disorder
- MAO inhibitors
- Notes on complementary and alternative products

**Chapter 3: Bipolar Illness**

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

- Major clinical features and differential diagnosis
  - Generalized anxiety disorder
  - Stress-related anxiety
  - Panic disorder
  - Social phobias
  - Medical illnesses and medication side effects
  - Anxiety as a part of primary mental disorder
- Antianxiety medications
  - When to prescribe antianxiety medications:
    - Generalized anxiety disorder
    - Stress-related anxiety
    - Panic disorder
    - Social phobias
- Choosing a medication
  - Generalized anxiety disorder
  - Stress-related anxiety
  - Stress-induced insomnia
  - Panic disorder
  - Social phobias
  - Common errors to avoid
- Key points to communicate to patients

Chapter 5: Psychotic Disorders

- Major clinical features and differential diagnosis
  - Schizophrenia: positive and negative symptoms
  - Psychotic mood disorders
  - Psychosis associated with neurological conditions
  - Common diseases and disorders that may cause psychosis
- Antipsychotic medications
  - How to prescribe antipsychotic medications
  - Choosing a medication
  - Four forms of extrapyramidal side effects
  - Prescribing treatment and what to expect
- Key points to communicate to patients

Chapter 6: Miscellaneous Disorders

- Obsessive-Compulsive Disorder
  - Major clinical features

Chapter 7: Non-Response and “Breakthrough Symptoms”

- Non-response checklist
- Unexplained pelapse checklist

Chapter 8: Case Examples

- Major depressions
- Bipolar illnesses
- Acute situational anxiety
- Panic disorder
- 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.
Nutrients, Phytochemicals, and Food Color: Role in Mental and Physical Health

A 8-Hour Home Study Program for Health Professionals

Stress and adrenal hormones, inflammation, appetite, metabolism, circulation, detoxification, and brain health are fundamentally affected by nutrients, phytochemicals and food color.

Participants completing this evidence-based 8-hour home-study program should be able to:

1. Define and provide examples of macronutrients, micronutrients and their role in conscientious eating.
2. Describe how foods classified as “red” can contribute to stress-related adrenal hormones and immune health.
3. Describe how foods classified as “orange” can help prevent oxidative stress and improve reproductive health.
4. Discuss how foods classified as “yellow” contribute to digestive and GI health.
5. Explain how foods classified as “green” contribute to cardiovascular health.
6. Indicate how foods classified as “aquamarine” affect thyroid and metabolism.
7. Discuss how foods classified as “blue-purple” contribute to brain health.
8. Describe how foods classified as “white” contribute to detoxification including the nervous system and liver.

NUTRITION EXPERT

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

Nutrients and Conscientious Eating

- Proteins: Essential and Non-Essential Amino Acids
- 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 Lutein-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

Aquamarine Foods

- Thyroid Gland and Autoimmune Disorders
- Allergic Disorders

Blue-Purple Foods

- Anthocyanidins 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 phytonutrients, detoxification and women’s health. She is the author of over twenty scientific publications and is the founder of an 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.

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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. Topics include the adverse effects of long-term use of prescribed opioids and mind-body guidelines for gaining control over chronic pain.

Health professionals completing this program should be able to identify:

Adverse Effects of Chronic Use of Prescribed Opioids Including:
1. Why opioids have been over-prescribed.
2. Adverse consequences of long-term opioid use.
3. Intended physical effects of chronic opioid use.

Gaining Control Over Chronic Pain Including:
5. Mind-body interventions that can calm pain-related stress.
7. Lifestyle factors that can help reduce the use of pain medications.
8. How to slowly taper an opioid prescription.
9. How to develop a daily plan to reduce suffering, improve wellbeing, and reduce opioid dependence.
10. Advantages of a multidisciplinary approach to pain management.

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
- Psychobiology: 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 treating 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 America (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.
Understanding Sleep

Matthew Walker, Ph.D., Professor of Neuroscience at UC 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 significance for attaining and maintaining health and wellbeing.

The text explains how sleep occurs, the importance of sleep for the brain and body, a new understanding of the psychobiological 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 how inattention, impaired cognition and risk of Alzheimer’s disease 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 dispels 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 serve 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

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.