

INTERACTIVE WEBCAST WEDNESDAY, MAY 1, 2019

TWO 3-HOUR INTERACTIVE WEBCAST SESSIONS

Session 1: Wednesday, May 1, 2019, 9 AM EDT/6 AM PDT

Session 2: Wednesday, May 1, 2019, 12 PM EDT/9 AM PDT

You will need a computer with internet access and speakers to participate in the webcast.

ON-DEMAND WEBCAST

Monday, May 6, 2019 – Thursday, June 6, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Monday, May 6, 2019 through Thursday, June 6, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until January 24, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 24, 2021

HEALTH-RELATED BENEFITS OF HUMOR AND LAUGHTER

✓one:

- Interactive Webcast with CE Credit: May 1, 2019, 9 AM EDT/6 AM PDT
- Interactive Webcast with CE Credit: May 1, 2019, 12 PM EDT/9 AM PDT
- On-Demand Webcast with CE Credit: May 6, 2019 – June 6, 2019

Purchase of Recordings with Home Study CE Credit: through January 24, 2021

- 2 Audio CDs
- 2 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 2 Audio CDs, \$25
- 2 Audio-Visual DVDs, \$37.50

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$40 Individual Rate
- \$35 Group Rate (3 or more persons registering together)
- \$45 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

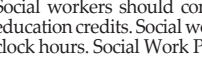
Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



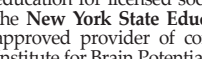
ASWB approved continuing education



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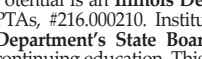
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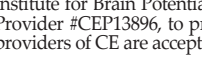
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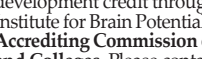
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NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 3 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 3 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 3 hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 3 clock hours.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 3 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP) 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 #SW-0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. This program provides 3 contact hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an **American Occupational Therapy Association (AOTA)** Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 3 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Activity Demands). This course is approved by the **FL Board of Occupational Therapy** for 3 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. This program is 3 CEHs.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-18-021-L04-P and 0492-0000-18-021-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-18-022-H04-P and 0492-0000-18-022-H04-T. Initial Release Date: 01/24/2018. Planned Expiration Date: 01/24/2021. This program provides 3 hours (.3 CEU). This program has been pre-approved by the **Florida Board of Pharmacy** for 3 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the **Academy of General Dentistry (AGD)**. The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 3 hours of CE credit. Subject Code: 557. Initial Release Date: 01/24/ 2018. Planned Expiration Date: 01/24/2021. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**. This program is 3 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 PTAs, #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 is pending approval by the TX chapter of the **American Physical Therapy Association (TPTA)**. This program provides 3 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 3 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 3 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the live webcast of the program. This program provides 3 CE hours.

ACUPUNCTURISTS: This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 3 hours of Category I distance education credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 3 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 4040, 4090, and 6010. CDR-approved credit is available for only the live webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 3 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. 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**.

EDUCATORS: Participants completing this program will receive 3 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

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 3 hours.



HEALTH-RELATED BENEFITS OF HUMOR AND LAUGHTER

A 3-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Wednesday, May 1, 2019. Session 1 starts at 9 AM Eastern Daylight Time/6 AM Pacific Daylight Time. Session 2 starts at 12 PM Eastern Daylight Time/9 AM Pacific Daylight Time. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Monday, May 6, 2019 until Thursday, June 6, 2019. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: January 24, 2021. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

Transfers and Cancellations: Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

24/7 Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

HEALTH-RELATED BENEFITS OF HUMOR AND LAUGHTER

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on May 1, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting May 6 until June 6. The program will be divided into two segments of approximately 80 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 2 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

In this 3-hour evidence-based program presented by Brian King, Ph.D., a neuroscientist/comedian, learn why a sense of humor and laughter are good for the brain and body, increase stress resilience, how they reduce pain, improve immune function, elevate mood, and reduce generalized anxiety.

Participants completing this program should be able to describe:

- 1. How humor and laughter can be good for the brain and body.*
- 2. The benefits of the appropriate use of humor and laughter in medical settings.*
- 3. The benefits of humor for improving psychological health.*
- 4. The application of humor to promote healthful habits.*

Why Humor is Good for the Brain and Body

Start the day off with a smile and get it over with

- **Why We Laugh:** why being able to laugh and to make others laugh is a sign of brain health.
- **Stress-Related Hormones:** humor reduces hormones associated with acute stress (norepinephrine and epinephrine), chronic stress (cortisol) and improves trust (oxytocin)
- **Immune Health:** laughter increases activity of natural killer cells and improves surveillance of pathogens.
- **Humor and Brain Health:** inability to laugh at humorous words (left hemisphere) or images (right hemisphere) are signs of humor deficit disorders; ability to laugh at oneself is a sign of mental health.

Humor and Laughter in Medical Settings

Laughter is the best medicine

- **Acute Pain:** the patient's experience of threat prior to a medical or dental procedure can be reduced by appropriate use of humor; laughter and elevation of endorphins.
- **Chronic Pain:** the Norman Cousin Program; how humor breaks the link between pain, insomnia, depression, and immune suppression.
- **Heart-Warming Humor:** ability to laugh is associated with lower blood pressure, fewer arrhythmias, and reduced risk of angina and disease of the coronary arteries.
- **Cancer:** how laughter and humor can increase resilience and to adverse effects of cancer treatment, and promote recovery.

Using Humor in Your Practice by Practicing Humor

Laughter is the closest distance between two people.

- **Reducing Generalized Anxiety:** how to use humor to stop the cycle of "what if" thinking that perpetuates anxiety.
- **Depression:** how adding humor to psychological therapies facilitate recovery.
- **Interpersonal Therapy:** how humor shifts perspective, diffuses tension, reduces confrontations, and improves communication
- **Cognitive-Behavioral Therapy:** helping patients frame maladaptive thoughts so they can view them as unrealistic and humorous.

- **Positive Psychology:** how to use humor to enhance the practice of positive psychology.
- **Acceptance and Commitment:** using humor to improve stress resilience and to accept flaws in self and others that are unlikely to change.
- **Enhancing Mindfulness:** when we laugh, we are in a positive
- **Difficult Conversations and Situations:** guidelines for using humor to improve the health and wellbeing of clients and health professionals.

Using Humor to Promote Healthful Habits

Good humor is an acceptance of reality

- **Enhancing Willingness to Change:** how to use humor to improve the way people develop positive associations and emotional expectations.
- **The Humor-Habit:** how being able to reframe daily hassles in a humorous ways reduces everyday stress and the willingness to initiate and maintain health-promoting practices.
- **Reducing Apprehension:** calming emotions before they are "up and running."
- **Changing How We Feel By Changing How We Think:** using revising habitual narratives that perpetuate shame, hurt, isolation, incompetence, inferiority, sadness, worry and perfectionism.
- **Calming An Overactive Brain:** how to find and share humor to help relieve daily hassles as a happiness-enhancing habit.

ABOUT THE INSTRUCTOR



Brian King, Ph.D. (Bowling Green State University), an expert in Applied Biopsychology has been a professional comedian and is an entertaining and informative speaker.

*An expert in the study of humor and laughter, Dr. King is the author of the evidence-based book, *The Laughing Cure* (2016). This memorable program provides practical strategies to improve health and wellbeing through the use of film clips, cartoon and comedic dialogue.*

In addition to Q & A sessions in class, Dr. King will answer your questions during the second half of the lunch break and by email after the program concludes.