

# The Epidemic of Loneliness: Its Adverse Effects on Health and How to Enhance Meaningful Connections

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



**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 6 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 6 CE 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 6 contact hours of CE credit.



**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 - 11/11/26. Social workers completing this course receive 6 clinical continuing education credits.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling and by IL Dept. of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183. Institute for Brain Potential (IBP), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts ASWB-approved continuing education programs for social workers. This program provides 6 contact hours.



**CHEMICAL DEPENDENCY PROFESSIONALS:** 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 6 contact hours.



**PHARMACISTS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-24-010-H04-P. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education 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.



**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

Institute for Brain Potential  
Nationally Approved PACE Program Provider  
for FAGD/MAGD credit.  
Approval does not imply acceptance by any  
regulatory authority or AGD endorsement.  
12/01/18 to 11/30/24  
Provider ID# 312413.  
AGD Subject Code: 550.

**OCCUPATIONAL THERAPISTS AND ASSISTANTS:** This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. 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 Texas chapter of the American Physical Therapy Association (APTA) for 6 contact hours of continuing education credit. 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 program meets the criteria for physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA. This program provides 6 contact hours of continuing education credit.

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

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is approved as a provider of continuing education by the CA Speech-Language Pathology and Audiology Board (SLPAB), #PPDP247, and by KS Health Occupations Credentialing. This program provides 6 CE hours.

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

**NURSING HOME ADMINISTRATORS:** IBP is approved as a provider of continuing education by the Kansas Health Occupations Credentialing. This program provides 6 CE hours.

**DIETITIANS:** Institute for Brain Potential is accredited as a CE provider by American Nurses Credentialing Center's Commission on Accreditation and Accreditation Council for Pharmacy Education. The Commission on Dietetic Registration (CDR) accepts enduring (home study) activities from CE providers accredited by these organizations. IBP is approved as a CE provider by the Florida Dietetics and Nutrition Practice Council and Kansas Department of Health and Environment, Provider# LTS D1270. This program provides 6 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 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 #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 IBP. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

**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 6 hours.

*Satisfying relationships, more than any other factor, are a key to a happy, healthy and fulfilling life.*

*In this new 6-hour program, acquire practical strategies for reducing loneliness and optimizing social connection. Chronic isolation and loneliness are major risk factors for physical and mental health.*

*Participants will acquire tools to understand factors that produce loneliness and effective, evidence-based methods to reduce loneliness and isolation.*

*Participants completing this program should be able to:*

- 1. Identify key physical and mental health risks associated with loneliness.*
- 2. Discuss how time alone can reduce loneliness.*
- 3. Describe practices to reduce self-criticism and social isolation.*
- 4. Explain ways of reaching out to draw people in.*

### Physical Health and Mental Health

- The Heart of Loneliness
- Social Pain
- Coping Styles
- Anxiety
- Depression
- Unresolved Grievances
- Somatic Responses to Social Stressors
- Work-Related Stressors
- Key Determinants of Loneliness

### How Time Alone Can Actually Reduce Loneliness

- Developing a Growth Mindset
- Enhancing Self-Compassion
- Experiencing Awe
- Present-Centered Inspiration and Balance

### Taming A Person's Inner Social Critic

- Defensive Pessimism About Social Situations
- Identifying Social Blind Spots
- Calming Somatic Stress
- Viewing Stressors as Challenges Instead of as Threats
- Overcoming Rejection Sensitivity in Close Relationships

### Reaching Out to Draw People In

- Reaching Out to People We Do Not Know
- Benefits of Expressing Gratitude
- Developing Positive Social Cognitions
- From Small Talk to Meaningful Connections
- The Surprising Strength of Sharing Vulnerabilities
- Controlling Distractions

### ABOUT THE INSTRUCTOR



*Jaime Kurtz, Ph.D. is a professor of psychology at James Madison University, where she teaches and conducts research on social psychology, personality, and happiness. She is the co-author of the forthcoming book Our New Social Life: Science-Backed Strategies for Creating Meaningful Connection.*

*Dr. Kurtz, an outstanding instructor, has presented programs for IBP including Overcoming Disabling Thoughts; The Habits of Happy People, and Experiencing and Practicing Positive States: Hope, Joy, Calm and Laughter.*

*Health professionals appreciate her ability to demonstrate practical skills that can be applied in everyday life to optimize wellbeing and enhance social connections. Dr. Kurtz communicates practical information with insight and wisdom.*