

# INTERACTIVE WEBCAST FRIDAY, OCTOBER 26, 2018

## INTERACTIVE WEBCAST

Friday, October 26, 2018, 9 AM – 4 PM PDT

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

## ON-DEMAND WEBCAST

Wednesday, October 31, 2018 – Saturday, December 1, 2018

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, October 31, 2018 through Saturday, December 1, 2018. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until August 30, 2019

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 30, 2019

# MIND OVER MISERY: Reasoning Our Way Through Pain, Stress, Anxiety, Depression and Insomnia

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Interactive Webcast with CE Credit: Friday, October 26, 2018

On-Demand Webcast with CE Credit: October 31, 2018 – December 1, 2018

Purchase of Recordings with Home Study CE Credit: through August 30, 2019

4 Audio CDs  4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50  4 Audio-Visual DVDs, \$75

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

- \$79 Individual Rate  
 \$74 Group Rate (3 or more persons registering together)  
\$89 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://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 \_\_\_\_\_



2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Ohio CSWMFT Board, Provider #RCST030801, 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), 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. This program provides 6 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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Activity Demands), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program is 6 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 Error: Program dates are outside of UAN validity. and Error: Program dates are outside of UAN validity.. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-16-046-H04-P and 0492-0000-16-046-H04-T. Initial Release Date: 08/30/2016. Planned Expiration Date: 08/30/2019. This program provides 6 hours (.6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.



**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 08/30/2016. Planned Expiration Date: 08/30/2019. 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 6 CE hours.

**PHYSICAL THERAPISTS:** This program is approved by as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program is pending approval by the TX chapter of the American Physical Therapy Association (IPTA). This program provides 6 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 6 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 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the webcast of the program. This program provides 6 CE hours.

**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 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 4090, 5320, and 6010. CDR-approved credit is available for only the webcast of the program.

**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 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 7.5 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 6 hours.



## MIND OVER MISERY: Reasoning Our Way Through Pain, Stress, Anxiety, Depression and Insomnia A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, October 26, 2018, 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 Wednesday, October 31, 2018 until Saturday, December 1, 2018. 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: August 30, 2019. 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 receive a tuition refund less a \$15 administrative 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.

**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:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

# MIND OVER MISERY: Reasoning Our Way Through Pain, Stress, Anxiety, Depression and Insomnia

## 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 October 26, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting October 31 until December 1. The program will be divided into four segments of approximately 75 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 4 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.

*This program describes effective approaches to overcoming chronic pain, stress, fear, anxiety, and depression by identifying maladaptive thoughts, expressing unresolved emotions and applying cognitive-behavioral tools and pain reduction techniques to experience joy and mindfulness.*

*Participants completing this new 6-hour seminar should be able to identify effective ways to:*

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

## The Stressed Brain and Overcoming Threat

- **The Threatened Brain:** protracted lack of control and predictability, chronic stress and cortisol endanger the hippocampus and short-term memory, and undermine cardiovascular and immune health.
- **Traumatic and Post-Traumatic Stress:** threat detection and the amygdala, intrusive memories and the hippocampus, threat reappraisal and the prefrontal cortex.
- **Approaches to Overcoming Chronic Stress:**
  - **identifying stress-related triggers**
  - **increasing predictability and control over stressors**
  - **enhancing stress-related resilience by confronting fears**

## The Habit Brain and Overcoming Fears and Anxieties

- **Understanding the Habit Brain:** why most automatic thoughts, fears, cravings, and behaviors are governed by habits; how habits are stored in the basal ganglia and reprogrammed by the prefrontal cortex.
- **OCD Spectrum Disorders:** how recurrent thoughts, images, and ritualistic actions can be extinguished.
- **Focal Anxiety:** emphasis on phobic disorders.
- **Overcoming OCD and Focal Anxiety**
  - **Exposure:** confronting fears instead of avoiding them; in-vivo, imaginal, and interoceptive methods.
  - **Response Prevention:** reducing automatic thoughts and behaviors.

## The Social Brain and Enhancing Social Reasoning

- **Developmental Trauma:** impaired attachment, impulse control, and personality disorders (e.g., borderline, sociopathic and narcissistic).
- **Social Brain:** social reasoning and the orbitofrontal cortex, gut-level thinking and the insula, response inhibition and the anterior cingulate.
- **Techniques:**
  - **Practicing Mindfulness:** calming the mind by attending to the present; witnessing our thoughts without judgment.
  - **Increasing Distress Tolerance:** engaging the slower wisdom of the prefrontal cortex to delay or prevent impulsive reactions.
  - **Acceptance:** accepting in others what is unlikely to change and moving on; accepting our limitations, overcoming perfectionism.

## The Cognitive Brain: Anxiety, Mood, and Sleep

- **The Cognitive Brain:** role of the habit brain, social brain and cognitive centers including the parieto-temporal neocortex and the executive functions of the dorsolateral prefrontal cortex.
- **Identifying Maladaptive Thoughts and Unresolved Emotions**
  - **"What If?"** role in anxiety-sustaining thoughts.
  - **"Why Me?"** role in anger-related thoughts.
  - **"Not Again!"** role in depression-evoking thoughts.
  - **"Why Can't I Sleep?"** thoughts that keep us awake.
- **Applying Cognitive-Behavioral Tools**
  - **Reframing:** restating concerns for concrete choices/solutions.
  - **Disputation:** arguing against one's maladaptive beliefs.
  - **Thought Substitution:** a positive thought for a negative thought.

- **"What If" Technique:** an approach to reducing anxiety.
- **Overcoming Rumination:** inhibiting habitual thoughts.
- **Calming Thoughts:** targeting brain areas that keep us awake.

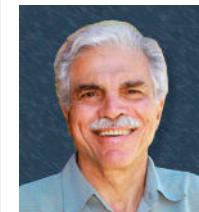
## Pain Reduction: Practicing Mind-Body Techniques

- **Pain:** how it affects the stress brain (immune suppression and fatigue), habit brain (intrusive thoughts), social brain (impaired impulse control), and cognitive brain (anxiety, lowered mood).
- **Pain Reduction Techniques**
  - **What to Say:** words that engender trust and predictability.
  - **What to Do:** ways to calm thoughts prior to analgesia.
  - **Visualization, Music, and Relaxation that Elevates Endorphins.**
  - **Mindfulness-Based Stress Meditation for Pain Reduction.**
  - **Hypnosis:** how the cognitive brain responds to suggestion.
  - **Effectiveness of Yoga, Tai Chi, Acupuncture, and Massage.**

## The Joyful Brain: Practicing Positive Psychology

- **The Self-Aware Brain:** joy is more than the absence of stress, negative emotions, thoughts, or pain. It results from the frontal lobes that mediate positive, self-aware thoughts and emotions.
  - **Practicing Mindfulness:** staying calm in the present tense rather than being tense about the past or future.
  - **Enhancing Optimism:** imagining positive futures.
  - **Humor:** images and thoughts that create positive moods.
  - **Gratitude and Kindness:** reliable ways to increase wellbeing.
  - **The Self-Healing Gift of Forgiveness:** how it alters the brain.
  - **Enhancing Resilience:** responding adaptively by positive stress.
  - **Habits of Happy People:** practicing positive psychology.

## ABOUT THE INSTRUCTOR



*John Arden, Ph.D. is an internationally acclaimed speaker and author of works that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. Previously as Director of Training of Mental Health Professionals of 24 medical centers in Northern California, Dr. Arden supervised over 1000 postdoctoral fellows and interns and had developed training programs that promoted behavioral medicine at Kaiser Permanente.*

*Dr. Arden is an award-winning author of over a dozen evidence-based texts focusing on brain-based psychological therapies and the art of communicating practical applications of neuroscience. Audiences appreciate his innovative teaching style and rare ability to humanize advances in the brain sciences with clinical wisdom, clarity, and warmth.*

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