Interactive Webcast Friday, July 24, 2020

Noxious People: Living and Working With High-Conflict Individuals

Valid for CE until January 1, 2022
You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2022

Home Study Recordings

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Interactive Webcast with CE Credit: Friday, July 24, 2020
On-Demand Webcast with CE Credit: July 29, 2020 – August 29, 2020
Purchase of Recordings with Home Study CE Credit: through January 1, 2022
4 Audio CDs
4 Audio-Visual DVDs
Purchase of Recordings with no CE Credit:
4 Audio CDs, $50
4 Audio-Visual DVDs, $75
Tuition is in US dollars.

Institute for Brain Potential: CE Approval Number: 1160. This program has been approved by the Florida Board of Osteopathic Medicine, Provider #CEP13896, to provide continuing education. This program provides 6 hours of CE credit. For more information, contact Institute for Brain Potential at (866) 652-7414.

Interactive Webcast:
Friday, July 24, 2020, 9 AM – 4 PM EDT
You will need a computer with internet access and speakers to participate in the webcast.

On-Demand Webcast:
Wednesday, July 29, 2020 – Saturday, August 29, 2020
Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from July 29, 2020 through August 29, 2020. The program plus in-class exercises will be available in four convenient segments.

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Understanding High-Conflict Individuals

- **Origins of Noxious Behaviors:** why behavior patterns that enabled high-conflict individuals to “survive” during a maladaptive childhood, endure into adulthood.
- **Developmental Trauma:** the lasting consequences of stress, neglect, abuse, and maltreatment on the developing brain as they affect attachment style and lifelong risk of stress-related diseases.
- **Noxious Stress and the Adult Brain:** how chronic release of cortisol, a hormone associated with stress,suppresses the immune system, increases the risk of anxiety and mood disorders, and impairs stress resilience.
- **Social Reasoning and the Prefrontal Cortex:** key regions affecting social and emotional intelligence, mood regulation, and forethought.

**Personality Disorders**

- **Borderline Disorder:** impaired ability to form stable relationships, dramatic mood swings and childhood maltreatment.
- **Antisocial Personality:** repeated socially irresponsible or unlawful behavior without regard for the rights or feelings of others.
- **Narcissism:** what underlies sense of entitlement, exaggerated self-concern and sense of superiority in people who also lack empathy.

**Mood Disorders**

- **Minor Depression:** low-grade dysthymic disorder in people who have been maltreated at home or at work; how symptoms are masked and unmasked.
- **Major Depression:** if untreated, mood disorders can undermine mood, cognition, impulse control, judgment, social behavior, somatic complaints, chronic pain and sleep.
- **Bipolar Disorder:** mood swings relate to mania and hypomania and differential diagnosis of bipolar and unipolar disorders; how it affects the health of others.

**Anxiety Disorders**

- **Generalized versus Phobic Anxiety:** working or living with people with generalized or phobic anxiety disorders; how to avoid being a party to another person's intense fears, panic, social anxiety disorder, or generalized anxiety.
- **PTSD:** horror frozen in memory; intrusive thoughts, dreams and feelings and the risk of secondary PTSD in caregivers who witness trauma.
- **OCD:** a concealed diagnosis; obsessions and compulsions that undermine health and wellness at home and at work.
- **Pathological Perfectionism:** “I must strive to meet unrealistically high standards;” how it can harm interpersonal and professional wellbeing; what causes excessive self-criticism and risk of burnout?

**Anger Disorders**

- **Covert Anger:** identifying individuals who pose the greatest risk to health professionals in initiating complaints and baseless litigation; spouses who engage in protracted divorce settlements.
- **Episodic Aggressive Anger:** thoughts that sustain noxious anger and lead to destructive and self-defeating outbursts; role in alcohol use disorders.

The Art of the Possible

When Dealing With “Impossible” People

- **Behavioral Skills:**
  - Guidelines for identifying when behavior is harming another's health
  - Identifying stress triggers of the perpetrator and the victim
  - Creating Boundaries: who should you not interact with and when
- **Interpersonal Skills:**
  - Being proactive with difficult people and situations
  - Coping with excessive demands
  - Defending oneself without being defensive
  -Expressing needs safely to facilitate meaningful change
  - Improving social intelligence
  - Using humor to diffuse tension
- **Cognitive-Behavioral Skills:**
  - Identifying a person's “hidden agenda”
  - Reframing maladaptive thoughts
  - Developing resilience to disabling thoughts
- **Dialectical-Behavioral Skills:**
  - Mindfulness: staying calm in the present tense rather than being tense about the past or future
  - Acceptance-Based Skills: increasing psychological flexibility when working or living with difficult people when change is unlikely
- **Applying Positive Psychology:**
  - Identifying and working with character strengths
  - Gratitude: the gratitude letter; thanking others who helped us
  - Setting goals for life and happiness: key research and resources

ABOUT THE INSTRUCTOR

Joseph Shannon, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression.

Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

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

Noxious people are defined as problematic relationships that can engender mental or physical illness in others. This program will help you recognize and deal more effectively with individuals with disorders of personality, mood, thought, and impulse control.

In this 6-hour program, emphasis is placed on practical, evidence-based solutions for health professionals in medical, dental, behavioral, and educational settings.

Participants completing this program should be able to:

1. Describe how trauma and stress can alter the brain and impair social reasoning.
2. Identify diagnostic features of high-conflict individuals with selected disorders of personality, mood, anxiety and anger.
3. List several skills that health professionals can use to interact more effectively with high-conflict people.
4. List interventions that health professionals can apply to help protect and enhance their health when working with noxious people.

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting July 29 until August 29. 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 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 the entire program.

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.

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