

# INTERACTIVE WEBCAST FRIDAY, APRIL 12, 2019

## INTERACTIVE WEBCAST

Friday, April 12, 2019, 9 AM – 4 PM PDT

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

## ON-DEMAND WEBCAST

Wednesday, April 17, 2019 – Friday, May 17, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, April 17, 2019 through Friday, May 17, 2019. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until July 20, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 20, 2020

# OVERCOMING DISABLING THOUGHTS SPECIAL FOCUS: APPLYING POSITIVE PSYCHOLOGY

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Interactive Webcast with CE Credit: Friday, April 12, 2019

On-Demand Webcast with CE Credit: April 17, 2019 – May 17, 2019

Purchase of Recordings with Home Study CE Credit: through July 20, 2020

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

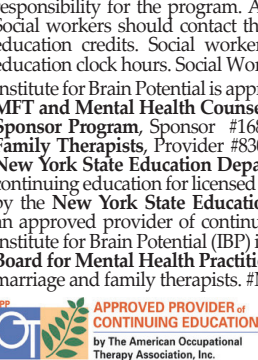
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**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 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 credits. Institute for Brain Potential is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 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 6 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](http://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 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 **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 (Performance Skills) 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 0492-0000-19-029-L04-P and 0492-0000-19-029-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-045-H04-P and 0492-0000-17-045-H04-T. Initial Release Date: 07/20/2017. Planned Expiration Date: 07/20/2020. 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 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 07/20/2017. Planned Expiration Date: 07/20/2020. 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 approved 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.

**ACUPUNCTURISTS:** This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 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 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: undefined. Suggested Learning Codes: undefined. 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.



# OVERCOMING DISABLING THOUGHTS SPECIAL FOCUS: APPLYING POSITIVE PSYCHOLOGY

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, April 12, 2019, 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, April 17, 2019 until Friday, May 17, 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: July 20, 2020. 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.



# OVERCOMING DISABLING THOUGHTS

## SPECIAL FOCUS: APPLYING POSITIVE PSYCHOLOGY

### 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 April 12, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting April 17 until May 17. 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.

*Anger, depression, and anxiety contribute to poor health outcomes in medical, dental, and behavioral settings. However, research and clinical experience demonstrate that the application of positive psychology can fundamentally improve health outcomes.*

*This 6-hour seminar is designed to provide health professionals and educators with key insights and tools to apply positive psychology in healthcare, educational or family settings to help overcome disabling thoughts and enhance happiness and well-being.*

*Participants completing this program should be able to:*

- 1. Identify recurrent disabling thoughts that can undermine self-care.*
- 2. List several approaches to manage disabling thoughts that contribute to maladaptive anger, depression, anxiety and dysfunctional relationships.*
- 3. Outline ways to apply positive psychology to promote character strengths, sources of wellbeing and goal-setting.*
- 4. Outline ways to apply positive psychology to promote the three blessings, acts of kindness, and the passion to know, savoring, and gratitude.*
- 5. Outline ways to apply positive psychology to promote forgiveness, humor and sources of meaning and purpose.*

## Identifying Disabling Thoughts

- **Abandonment and Instability:** "Others do not provide emotional support because they are emotionally unstable or unpredictable."
- **Mistrust and Abuse:** "Others will hurt, abuse, humiliate, or take advantage of me."
- **Emotional Deprivation:** "I expect an absence of affection, warmth, companionship or empathy."
- **Social Isolation:** "I expect to be lonely, isolated, and different from others."
- **Entitlement:** "I am superior and am entitled to special rights and privileges."
- **Grudge:** "I will not forgive others for having hurt me."
- **Meaning/Purpose:** "I struggle to find meaning in my life."
- **Pessimism:** "I am usually pessimistic about my future."
- **Fear of Failure:** "I am usually inferior to my peers in ability or accomplishments."
- **Insufficient Self-Control/Discipline:** "I have difficulty exercising self-control to achieve my goals."
- **Depressive Thoughts:** "My problems tend to be personal, persistent, and permanent."
- **Anxiety:** "I worry to the point where I become unable to handle the problems I worry about."
- **Perfectionism and Self-Criticism:** "I must strive to meet unrealistically high standards and am self-critical when I fail to do so."

## Developing Resilience to Disabling Thoughts

- **Facilitating Anger-Resistance:** applying acceptance-based psychology to accept what cannot easily be changed in others.
- **Improving Depression-Resistance:** cultivating optimism by viewing problems as temporary, solvable and impersonal.
- **Developing Anxiety-Resistance:** doing something every day that scares you—the power of confronting one's fears.
- **Enhancing Social Intelligence:** how to obtain feedback from peers and confidants to improve social reasoning.
- **Enriching Relationships:** why suppressing strong emotions does not enhance well-being; communicating in a way that leads to meaningful change.

## Applying Positive Psychology

- **Identifying Character Strengths:** a systematic approach to identifying hidden strengths that can be applied to enhance well-being.
- **Identifying Sources of Well-Being:** what really makes us happy—the benefits of unexpected acts of kindness.

- **Setting Goals for Life and Happiness:** challenging one's assumptions about the art of the possible.
- **The Three Blessings:** a daily exercise to cultivate optimism by remembering what went well and why.
- **Kindness:** performing unexpected acts of kindness can produce a long-lasting increase in well-being for the both people.
- **The Passion to Know:** learning how the universe and the world within our skull can enlighten and heighten inspiration.
- **Flow:** cultivating a satisfying mental or physically engaging present-centered state where we lose our sense of time.
- **Savoring:** identifying how to increase the intensity and duration of positive emotions.
- **Gratitude:** achieving well-being as the result of a "gratitude letter;" reminding ourselves of how much we have to be thankful for as an antidote to daily stressors.
- **The Self-Gift of Forgiveness:** forgiving self and others is a self-healing choice; applying positive psychology to facilitate forgiveness.
- **Humor:** applying the healing power of humor to make difficult situations more tolerable.
- **Spirit:** being in touch with experiences, beliefs, and values that enhance meaning and purpose.

## ABOUT THE INSTRUCTOR



*Jaime L. Kurtz is Assistant Professor of Psychology at James Madison University. Dr. Kurtz is an expert in the study of positive psychology, decision-making, and in ways to enhance well-being. Her research has examined the effects of stress, awareness*

*and eating, and practical ways to enhance positive emotions in people with mood disorders and in healthy individuals. In addition to numerous research articles on emotions, Dr. Kurtz is coauthor of Positively Happy, a handbook written with Dr. Sonja Lyubomirsky focusing on routes to sustainable happiness.*

*Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. Students and health professionals commend her engaging teaching style and her ability to present practical information with clarity and warmth.*

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