

INTERACTIVE WEBCAST THURSDAY, JUNE 8, 2023

INTERACTIVE WEBCAST

Thursday, June 8, 2023, 9 AM – 4 PM (EDT)

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

ON-DEMAND WEBCAST

Tuesday, June 13, 2023 – Thursday, July 13, 2023

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Tuesday, June 13, 2023 through Thursday, July 13, 2023. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until August 29, 2025

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 29, 2025

OVERCOMING DISABLING THOUGHTS SPECIAL FOCUS: APPLYING POSITIVE PSYCHOLOGY

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Interactive Webcast with CE Credit: Thursday, June 8, 2023

On-Demand Webcast with CE Credit: June 13, 2023 – July 13, 2023

Purchase of Recordings with Home Study CE Credit: through August 29, 2025

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) _____

TUITION

- \$84 Pre-Registration Rate
- \$94 Registration on the Day of the Program

FOUR WAYS TO REGISTER

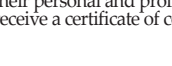
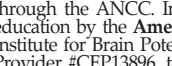
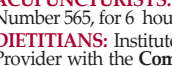
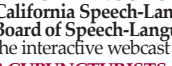
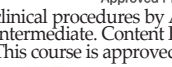
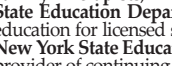
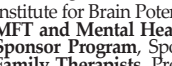
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



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. 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 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 the Florida Board of Psychology. This course provides 6 contact 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 clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. 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. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS AND ASSISTANTS: 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 (6 AOTA CEUs). 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: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

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 0492-0000-22-047-L04-P and 0492-0000-22-047-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-22-076-H04-P and 0492-0000-22-076-H04-T. Initial Release Date: 08/29/2022. Planned Expiration Date: 08/29/2025. 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: 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. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

PACE 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: 557
Release Date: 08/29/22. Expiration Date: 08/29/25

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 approved by Texas chapter of the American Physical Therapy Association (APTA), Approval Expires: 10/26/2023. 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), # PDI247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive 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 1 live and distance education CE 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: I. Suggested Learning Codes: 6010, 6020, 6070, and 7020. Activity Number: 101552. CDR-approved credit is available for only the interactive 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 Thursday, June 8, 2023, 9 AM, Eastern Daylight Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 Tuesday, June 13, 2023 until Thursday, July 13, 2023. Registrants who sign up for the interactive 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 29, 2025.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 or email info@ibpceu.com to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/odxi.pdf

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 the webcast without being at my computer for 6 hours? What if I am not free on June 8, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting June 13 until July 13. 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 in person?

Yes, but only if you live near a city where IBP is currently presenting this program as an in-person seminar.

Q: My profession is not included in the brochure. Can I receive continuing education credit for completing this program?

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 to 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 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.