

Practical Ways to Optimize Health and Wellbeing: Hope, Calm, Joy, and Laughter

A 6-Hour Home Study Program for Health Professionals

Advances in the brain and behavioral sciences are revealing why positive states are essential for long-term health and wellbeing. This program focuses on four key positive states associated with health and wellbeing.

Learn how hope, calm, joy and laughter can reduce the adrenal response to stress, reduce apprehension and generalized anxiety, improve mood, reduce pain, and promote restorative sleep.

Participants completing this program should be able to:

1. Describe how hope can reduce pain, anxiety and sadness by normalizing cortisol, the adrenal hormone linked to chronic stress.
2. Identify how clients can attain calming states through mental habits including mindfulness.
3. Explain how the experience of joy can be enhanced by practicing what happy people do differently.
4. Discuss how humor and laughter improve health and wellness.



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**. 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.



COUNSELORS, PSYCHOLOGISTS, 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 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.



ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) ASWB approved continuing education 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 **Florida Board of Psychology**, 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. IBP is approved as a provider of CE for Counselors and Social Workers by **Ohio CSWMFT Board**. 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.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 CEHs.



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accredited Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-19-081-H04-P and 0492-0000-19-081-H04-T. 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. Subject Code: 557. 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 provides 6 hours of CE credit.



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 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). 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 provides 6 contact hours.

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 an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247. 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.



EDUCATORS: Participants completing this program will receive 7.5 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.

Enhancing Hope

- Stress Resilience
- Pain
- Learned Optimism
- Reducing Apprehension and Generalized Anxiety
- Reducing Self-Criticism

Experiencing Calm

- Mindfulness-Based Stress Reduction
- The Mindful Lifestyle
- Compassionate Mind Training
- Calming States Reduce Inflammation
- Restorative Sleep

Experiencing Joy

- What Happy People Do Differently
- Joy Promotes Stress Resilience
- Positive Emotional Habits

Humor and Laughter

- Developing the Habit of Non-Habitual Thinking
- Brain Health
- Stress-Related Hormones
- Mood and Anxiety

ABOUT THE INSTRUCTOR



*Jaime Kurtz, Ph.D., Associate Professor of Psychology at James Madison University in Virginia, is an expert in the study of happiness and positive psychology, well-being, and optimism. Dr. Kurtz is an author of *Positively Happy: Routes to Sustainable Happiness*.*

*Dr. Kurtz has received multiple awards for excellence in teaching at the University of Virginia. She has presented acclaimed programs for IBP for over five years including *Overcoming Disabling Thoughts* and *The Habits of Happy People*. Health professionals commend her innovative teaching style and ability to impart practical information with insight and wisdom.*