

INTERACTIVE WEBCAST FRIDAY, DECEMBER 7, 2018

INTERACTIVE WEBCAST

Friday, December 7, 2018, 9 AM – 4 PM PST

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

ON-DEMAND WEBCAST

Wednesday, December 12, 2018 – Saturday, January 12, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, December 12, 2018 through Saturday, January 12, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until July 27, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 27, 2021

UNDERSTANDING AND PRACTICING POSITIVE PSYCHOLOGY

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Interactive Webcast with CE Credit: Friday, December 7, 2018

On-Demand Webcast with CE Credit: December 12, 2018 – January 12, 2019

Purchase of Recordings with Home Study CE Credit: through July 27, 2021

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

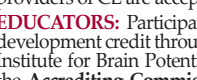
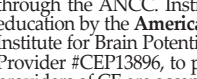
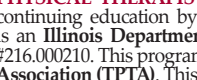
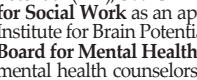
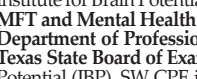
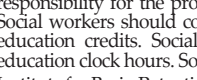
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 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 **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.



APPROVED PROVIDER of CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

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 Patterns) and Occupational Therapy Process (Outcomes). 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 0492-0000-16-005-L04-P and 0492-0000-16-005-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-18-054-H04-P and 0492-0000-18-054-H04-T. Initial Release Date: 07/27/2018. Planned Expiration Date: 07/27/2021. 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: 07/27/2018. Planned Expiration Date: 07/27/2021. 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 (APTA)**. 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, 6010, 6020, and 7020. 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.



UNDERSTANDING AND PRACTICING POSITIVE PSYCHOLOGY

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, December 7, 2018, 9 AM, Pacific Standard 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, December 12, 2018 until Saturday, January 12, 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 27, 2021. 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.

UNDERSTANDING AND PRACTICING 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 December 7, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting December 12 until January 12. 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.

A revolution in the brain and behavioral sciences is revealing how we can be happier by applying principles of positive psychology.

In this program first offered in 2016, acquire a practical understanding of positive psychology, the attainment of mindfulness, and the limits and capabilities of positive psychology in meaningfully increasing health and wellbeing.

Professionals working in medical, dental, behavioral, and educational settings completing this program should be able to:

- 1. List several attributes of positive psychology,*
- 2. Outline steps to promote mindfulness,*
- 3. Describe some limits of positive psychology,*
- 4. Identify several pathways toward creating positive states and traits, and*
- 5. Discuss physical and mental health benefits of practicing positive psychology.*

Understanding Positive Psychology

- **Attributes of Positive Psychology:** optimism, appreciation for life, personal strength, and enrichment.
- **Understanding Happiness:** dimensions of happiness; how we can be happier.
- **Beyond Self-Fulfilling Prophecies:** predictions about what will make us happier are usually wrong; the surprising activities that can elevate joy and meaning.
- **Optimization Versus Satisfaction:** obsessing about what ought to be versus contentment with what is.
- **Wanting Versus Liking:** wanting is a dopamine-driven state linked with craving and addiction; liking is a state that activates the brain's endogenous opioid receptors and is associated with satisfaction and enjoyment; wanting without liking is the essence of addiction; liking without wanting is the essence of happiness.

The Neuroscience of Mindfulness

- **The Joy of Being Non-Judgmental in the Present Moment:** the mindset that enables us to produce oxytocin, a hormone associated with nursing, bonding, and trust.
- **Key Brain Centers:** structures of the prefrontal cortex involved in interpersonal awareness, social reasoning, optimism and happiness.
- **Taming the Self-Critical Brain:** strategies to overcome the pathology of perfectionism: HEAL: Have, Enrich, Absorb, Link; using neuroscience to maximize positive events in your life.
- **The Neurochemistry of Gratitude:** how gratitude-related activities elevate neurochemicals responsible for happiness while reducing cortisol, the hormone associated with chronic stress.

The Limits of Positive Psychology

- **Optimistic Bias:** optimism can be trained and can elevate mood; however, unrealistic optimism can lead to unrealistic expectations, compromising health-protective medical, dental, and psychological activities; risk-taking and the feeling of invulnerability; why unrealistic optimism is associated with reduced longevity.
- **Mood Disorders:** positive psychology can elevate mood and produce an optimistic bias versus depressive realism.
- **Pathological Search For Happiness:** relieving anxiety, depression, or anger does not make us happy; the search for happiness also does not make us happy—happiness-related experiences underly and help sustain positive states.

Creating Positive States and Traits

- **States and Traits:** states are temporary emotional experiences that can vary from moment to moment, from madness to mindfulness; traits are enduring characteristics such as mindsets that predispose us to be fearful or joyful.
- **States and Traits that Optimize Quality of Life:** understanding what mental habits can make us happy.
- **Attributional Style:** how people explain to themselves why they experience particular events; the depressive mindset is one that views problems as personal, permanent and pervasive; the happiness mindset views problems as part of the human condition, as understandable, manageable, and even enriching.

- **Turning Mindfulness to Our Advantage:** daily, weekly, and monthly activities that can increase well-being; neuroscientifically verified methods to improve self-care and to interact more effectively with family and clients.
- **Creating Mindful States:** how to attain an open, attentive and present-centered state of non-judgmental awareness.
- **Self-Aware Emotions That Generate Happiness:** creating compassion for self and others; developing a caring, accepting, loving and satisfied state of being to reduce stress from daily hassles; 2-minute techniques to reduce anxiety and fear.

Physical and Mental Health Benefits of Positive Psychology

- **Optimism and Recovery:** how positive states can improve immune function and protect us from adverse effects of chronic stress; how realistic optimism can help people with cancer or coronary artery disease.
- **Posttraumatic Growth:** practical steps toward attaining positive psychological change as a result of adversity; the importance of meaning, social support, emotional sharing, and fundamental and sustaining beliefs.
- **Increasing Psychological Resilience:** positive emotions including enjoyment and happiness can broaden our awareness and encourage beneficial thoughts and actions; over time, these positive states help us build skills and resources to improve psychological resilience—creating an upward spiral of positive experience; applying the Broaden and Build model.
- **Applying Positive Psychology:** generating happiness and positive states through the development of daily positive habits; formation of habits to be more conscientious and engage in health-related practices that support medical, dental, and psychological health; pathways to sustaining well-being and optimism.

ABOUT THE INSTRUCTOR



Bill Sieber, Ph.D., Clinical Professor in Psychiatry and Family Medicine at the University of California, San Diego, coordinates their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety and mood. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help produce positive emotions in their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth. In addition to Q & A sessions in class, Dr. Sieber will answer your questions during the second half of the lunch break and by email after the program concludes.