

Friday, May 24, 2019
Anchorage, AK

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**EXPERIENCING AND PRACTICING POSITIVE STATES:
HOPE, JOY, CALM AND LAUGHTER**

LIVE SEMINAR (✓ONE)

May 24, 2019 in Anchorage, AK

UNABLE TO ATTEND?

PRE-ORDER RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- CDs DVDs Online

Name (PLEASE PRINT) _____

Home Address _____

City/State _____ Zip _____

Work Phone (____) _____ Home Phone (____) _____

Email _____

Profession(s) _____

TUITION

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) — a text that explains what happy people do differently and how to acquire positive habits. Preorder the book to receive it onsite at this discounted rate.

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

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



INSTITUTE FOR BRAIN POTENTIAL
PO Box 2238, Los Banos, CA 93635

**EXPERIENCING AND PRACTICING POSITIVE STATES:
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ANCHORAGE: Friday, May 24

Topics Include:

- Calming the Stress Response
- Mind Over Mood
- What Happy People Do Differently

A New 6-Hour Program, Spring, 2019: \$79



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A 6-Hour Program for Health Professionals

LIVE SEMINARS

Schedule: Check-in: 8:15 – 9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

Group Registration: The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

Transfers: You or members of your group can attend on different dates if there is space.

Parking: Complimentary parking is available unless indicated in the brochure.

Unable to Attend? You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the unlikely event (less than 1%) a seminar cannot be held (e.g., inclement weather), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance!

Certificates and Confirmations: Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

RECORDED PROGRAMS

CDs and DVDs: Delivered to you within 5-7 workdays.

Online: Play or download on all devices. Need help? Call (866) 652-7414.

CE Credit: National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: http://www.ibpceu.com/info/experiencing_positive_states.pdf

DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

THE IBP EXPERIENCE

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.

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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**. This program provides 6 contact hours for nurses.



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.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: 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.



SOCIAL WORKERS: 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.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-19-020-L04-P and 0492-0000-19-020-L04-T



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/Membership 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. This program is 6 CE 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 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Patterns).

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the NAB and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of physical therapy continuing education by **Physical Therapy Board of California**. The **AK Board of Physical Therapy & Occupational Therapy** accepts courses from the providers approved by the PT licensing boards of other states. This program is pending approval by TX chapter of the American Physical Therapy Association (APTA). This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

MESSAGE THERAPISTS: Institute for Brain Potential is approved by NCBTMB as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours.

CASE MANAGERS: This program has been pre-approved by the **Commission for Case Manager Certification** to provide 6 CE contact hours to CCM® board certified case managers.

PHYSICIAN ASSISTANTS: This educational activity provides 6 hours of Category 2 CME credits.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 4040, 6010, and 7020.

EDUCATORS: This program provides 7.5 CEUs of professional development toward license renewal in AK through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

Positive states help optimize health and wellbeing.

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

Participants completing this new six-hour program should be able to:

- 1. Describe how hope can reduce stress, pain, anxiety, and sadness by normalizing cortisol, the adrenal hormone associated with stress.*
- 2. Explain how joy can be enhanced by practicing what happy people do differently.*
- 3. Identify how to attain calming states through mental habits and mindfulness.*
- 4. Demonstrate how humor and laughter can improve health and wellbeing.*

Enhancing Hope

- **Stress Resilience:** how hope regulates cortisol, a key adrenal hormone associated with chronic stress, by improving predictability and control.
- **Positive Emotional Habits:** approaches to reducing pain and low-grade inflammation by activating key brain centers that involve natural brain opioids.
- **What Happy People Do Differently:** new ways of viewing the past to reimagine the future.
- **Reducing Apprehension and Generalized Anxiety:** cognitive strategies to curtail “what if” thinking that perpetuates worry.
- **Reducing Self-Criticism:** validating strengths and taming the inner critic to improve self-confidence and motivation.

Experiencing Joy

- **What Happy People Do Differently:** how they reason, what they value; sources of meaning and daily enjoyment.
- **Positive Emotional Habits:** ways to overcome emotional upset, threat, mood swings, and elevated cortisol; avoiding downward emotional spirals.

Experiencing Calm

- **Mindfulness:** experiencing awareness of thoughts and feelings as a present-centered, non-judgmental state; mindful approaches to reducing pain.
- **Compassionate Mind Training:** reducing perfectionism and shame by increasing self-compassion and forgiveness.
- **Calming States that Reduce Inflammation:** anti-inflammatory mental states such as trust that normalize adrenal stress-related hormones.
- **Restorative Sleep:** pre-sleep rituals that can counteract thoughts that keep us awake.

Humor and Laughter

- **Developing the Habit of Non-Habitual Thinking:** the humor mindset enables us to view daily events as less threatening and more amusing to elevate mood and improve stress-resilience.
- **Brain Health:** how humor and laughter are likened to mental jogging and protect against brain shrinkage without the need to see a shrink.
- **Stress-Related Hormones:** by normalizing cortisol, a daily dose of humor improves the health of the cardiovascular system and reduces the risk of immune suppression.
- **Mood and Anxiety:** applying the power of humor on a daily basis to improve coping and reduce the toxic effects of cortisol on the brain and body.

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.

The recipient of numerous awards for teaching excellence, Dr. Kurtz has presented acclaimed programs for IBP for over five years including Overcoming Disabling Thoughts and The Habits of Happy People. In addition to Q & A sessions in class, Dr. Kurtz will answer your questions by email after the program concludes.