

LIVE SEMINAR

Friday, January 25, 2019 in Los Altos, CA

Residence Inn by Marriott Palo Alto Los Altos
4460 El Camino Real, 94022. (650) 559-7890

Complimentary parking is available at the venue.
Please do not contact the venue except for driving instructions.

LIVE WEBCAST

Friday, January 25, 2019, 9 AM – 4 PM PST

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

ON-DEMAND WEBCAST

Wednesday, January 30, 2019 – Saturday, March 2, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, January 30, 2019 through Saturday, March 2, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until December 11, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: December 11, 2021

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

✓one:

- Live Seminar with CE Credit: Friday, January 25, 2019 in Los Altos, CA
- Live Webcast with CE Credit: Friday, January 25, 2019
- On-Demand Webcast with CE Credit: January 30, 2019 – March 2, 2019

Purchase of Recordings with Home Study CE Credit: through December 11, 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

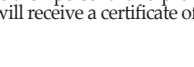
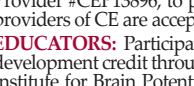
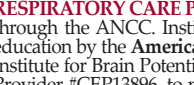
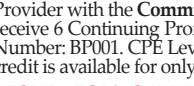
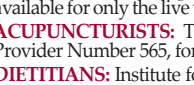
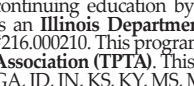
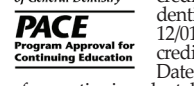
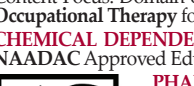
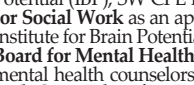
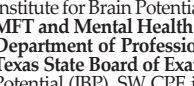
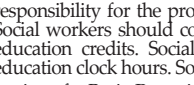
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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.

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). 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 live seminar and webcast are knowledge-based activities with UANs 0492-0000-19-020-L04-P and 0492-0000-19-020-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-021-H04-P and 0492-0000-19-021-H04-T. Initial Release Date: 12/11/2018. Planned Expiration Date: 12/11/2021. 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/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. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 12/11/2018. Planned Expiration Date: 12/11/2021. 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 (TPTA)**. 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 live webcast and the seminar 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: I. Suggested Learning Codes: 1120, 4040, 6010, and 7020. CDR-approved credit is available for only the live webcast and the seminar 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.



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

A 6-Hour Program for Health Professionals

Live Seminar 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. Please register early and arrive before the start time. Space is limited.

Live Webcast Schedule: The date of the live webcast is Friday, January 25, 2019, 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, January 30, 2019 until Saturday, March 2, 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: December 11, 2021. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after March 2, 2019.

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: We are the leading provider of accredited programs on the brain and behavioral sciences. Since 1984, our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers.

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

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 January 25, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting January 30 until March 2. 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.

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.
- **Pain Relief:** approaches to reducing pain and low-grade inflammation by activating key brain centers that involve natural brain opioids.
- **Acquired Optimism:** 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



*Jamie 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.