

WHITESBORO, NY
HART'S HILL INN
135 Clinton St, 13492
(315) 736-3011

Friday, May 19

ALBANY, NY
HILTON ALBANY
40 Lodge St, 12207
(518) 462-6611
Parking: \$10

Saturday, May 20

ESSEX JUNCTION, VT
CHAMPLAIN VALLEY EXPOSITION
105 Pearl St, 05452
(802) 878-5545

Monday, May 22



UNDERSTANDING AND TREATING POSTTRAUMATIC STRESS DISORDERS

LIVE SEMINAR (✓ONE)

- Whitesboro, May 19 Albany, May 20 Essex Junction, May 22

UNABLE TO ATTEND?

PURCHASE 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

- \$89 Individual Rate
- \$84 Group Rate (3 or More Persons Registering Together)
- \$99 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – a text that explains how self-perpetuating habits can be overcome. 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



UNDERSTANDING AND TREATING POSTTRAUMATIC STRESS DISORDERS

WHITESBORO, NY: Friday, May 19

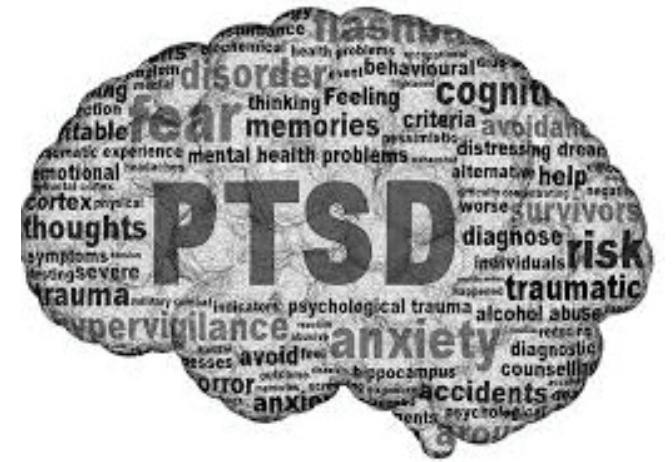
ALBANY, NY: Saturday, May 20

ESSEX JUNCTION, VT: Monday, May 22

Topics Include:

- Trauma and PTSD: Key Features
- How PTSD Begins and Why It Persists
- Best Treatments Based On Severity

A New 6-Hour Program, Spring, 2023: \$89



UNDERSTANDING AND TREATING POSTTRAUMATIC STRESS DISORDERS

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 a seminar cannot be held (e.g., unforeseeable Covid restrictions), 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/posttraumatic_stress_disorders.pdf

DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 or email info@ibpceu.com 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.

UNDERSTANDING AND TREATING POSTTRAUMATIC STRESS DISORDERS



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**. 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 **NY State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. This program provides 6 contact hours.

COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: 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. #MH-C-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.

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 CE clock hours.

SOCIAL WORKERS: 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. This program provides 6 contact hours.

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.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

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: 0492-0000-21-026-L04-P and 0492-0000-21-026-L04-T

DENTAL PROFESSIONALS: This program provides 6 hours of continuing education credit.



PACE
ACADEMY OF
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

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.



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 Skills) and Occupational Therapy Process (Evaluation).

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 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 has been approved by the Texas chapter of the **American Physical Therapy Association (APTA)**. The **VT Office of Professional Regulation**, Physical Therapy Advisors accepts CE courses approved by APTA chapters or PT licensing boards of other states. This program is 6 contact hours.

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

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

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

DIETITIANS: IBP 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: BF001. CPE Level: I. Suggested Learning Codes: 5320, 5350, 6020, and 6070.

ALLIED HEALTH PROFESSIONS: Naturopathic Physicians, Veterinarians, Prosthetists, Orthotists, and Chiropractors receive a Certificate of Completion for this 6-hour program. Please contact your regulatory board to determine course approval.

EDUCATORS: educators in NY can earn 7.5 PD Hours for successfully completing this program.

Learn how trauma and PTSD are diagnosed, how the brain is altered, best practices for treatment, and pathways to attaining posttraumatic growth.

This updated 6-hour program describes three major ways that stress can impact the body and coping strategies to counter these effects.

Participants completing this 6-hour program should be able to:

- 1. Identify characteristics of trauma and posttraumatic stress disorder including differential diagnoses, clinical presentations, and cultural considerations.*
- 2. Explain key approaches to understanding how PTSD develops and is perpetuated; including the Fear Network and the role of Emotional Processing.*
- 3. Describe the core brain regions implicated in PTSD, along with common nervous system responses in relation to trauma.*
- 4. List several research-backed methods for treating PTSD according to clinical presentation and severity.*
- 5. Discuss key tools for treating trauma, including Grounding, Exposure-Based Techniques, and Cognitive Restructuring.*
- 6. Review principles of Posttraumatic Growth.*

Understanding Trauma and PTSD

- **Diagnosis:** uncomplicated and complex PTSD.
- **What Initiates and Maintains PTSD:** key findings.
- **How PTSD is Expressed:** sex- and cultural differences.

The Impact of Trauma on the Brain

- **Brain:** amygdala, hippocampus, and prefrontal cortex and fear, binding events in time and place, and
- **Survival Responses:** trauma gets frozen in memory.
- **The Recovering Brain:** the cortical and subcortical loci.

Keys to Treatment

- **Assessment:** internal resources and comorbidities.
- **Finding the Window of Tolerance:** normalizing arousal to enable adaptive cognitive and emotional experiences.
- **3-Phase Model:** developing psychosocial functioning.
- **Therapeutic Relationship:** key role in recovery from trauma, particularly complex trauma.

Essential Tools for Treating PTSD

- **Calming the Brain and Body:** reducing sympathetic arousal by enhancing parasympathetic relaxation.
- **Breaking the Cycle of Avoidance:** how avoidant behavior is self-sustaining, how exposure-based treatment breaks the cycle of avoidance and can facilitate recovery.
- **Restructuring Beliefs:** helping clients process traumatic memories safely and overcome limiting beliefs.
- **Additional Approaches:** grounding, self-compassion, mindful awareness, and Image Rehearsal Therapy

Fostering Posttraumatic Growth

- **A Brighter Future:** how to help clients achieve a more positive identity following trauma and find greater meaning and purpose.
- **Creating Lasting Change:** understand how to help clients reconnect to a healthier sense of self, and to foster meaningful relationships.

ABOUT THE INSTRUCTOR



Jonah Paquette, PsyD., is a noted clinical psychologist, author, and speaker with expertise in topics ranging the application of cognitive-behavioral therapy and positive psychology. Dr. Paquette has been responsible for training mental health professionals at major medical centers. He is the author of four texts for health professionals that focus on the application of positive psychology and improving wellbeing. Titles include: Happily Even After, Awestruck, The Happiness Toolbox, and Real Happiness.

Dr. Paquette has developed and presented programs throughout North America in major medical settings to train mental health professionals. Topics presented on behalf of the IBP include Applying Cognitive-Behavioral Techniques to Create Sustainable Change, Understanding and Treating Posttraumatic Stress Disorder, The Happiness Edge: Applying Positive Psychology in the Workplace, Awestruck: How the New Science of Awe Can Make Us Happier, Healthier and More Connected, and Happily Even After. Audiences highly recommend Dr. Paquette's programs for their abundance of practical information presented with clarity, warmth, and clinical wisdom.