

## INTERACTIVE WEBCASTS

Monday, February 20, 2023, 9 AM – 4 PM (PST)

Thursday, April 27, 2023, 9 AM – 4 PM (PDT)

Friday, June 16, 2023, 9 AM – 4 PM (PDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

## ON-DEMAND WEBCAST

Monday, February 20, 2023 – Sunday, July 16, 2023

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Monday, February 20, 2023 through Sunday, July 16, 2023 to earn home study credit. Release Date: 05/07/21. Planned Expiration Date: 05/07/24.

## HOME STUDY RECORDINGS

Valid for CE until May 7, 2024

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 05/07/21. Planned Expiration Date: 05/07/24.

# UNDERSTANDING AND TREATING POSTTRAUMATIC STRESS DISORDERS

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### Interactive Webcasts with CE Credit:

Monday, February 20, 2023, 9 AM – 4 PM (PST)

Thursday, April 27, 2023, 9 AM – 4 PM (PDT)

Friday, June 16, 2023, 9 AM – 4 PM (PDT)

### On-Demand Webcast with CE Credit:

February 20, 2023 – July 16, 2023

### Purchase of Recordings with Home Study CE Credit through May 7, 2024:

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) \_\_\_\_\_

### TUITION

- \$84 Pre-Registration Rate  
 \$94 Registration on the Day of the Program

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://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 nursing continuing professional development 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 recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact 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 clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

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.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, 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) 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 #SW-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. #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. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

**OCCUPATIONAL THERAPISTS AND ASSISTANTS:** 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 (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Evaluation). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

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

**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 0492-0000-21-026-L04-P and 0492-0000-21-026-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-21-027-H04-P and 0492-0000-21-027-H04-T. Initial Release Date: 05/07/2021. Planned Expiration Date: 05/07/2024. 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:** This program provides 6 CE hours. 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.

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  
Release Date: 05/07/21. Expiration Date: 05/07/24

**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 is pending approval by Texas 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.

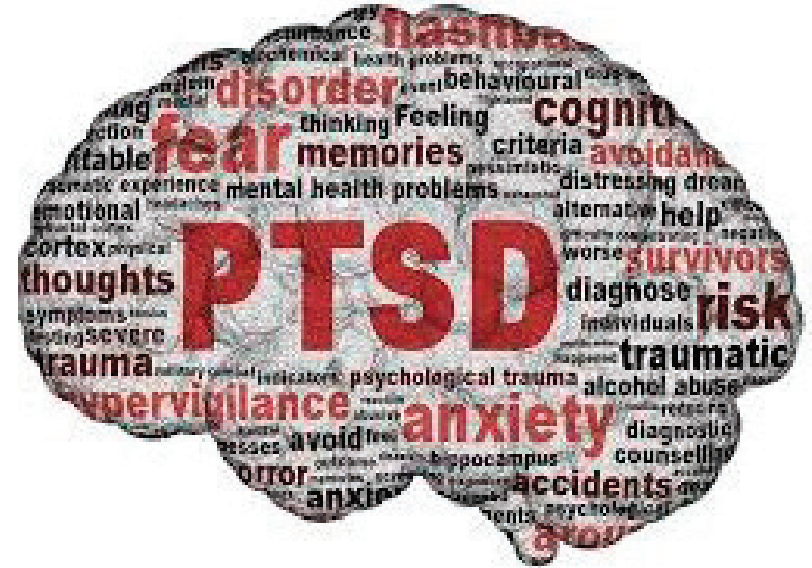
**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive 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: 5320, 5350, 6020, and 6070. CDR-approved credit is available for only the interactive 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 TREATING POSTTRAUMATIC STRESS DISORDERS

A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 Monday, February 20, 2023 until Sunday, July 16, 2023. Registrants who sign up for the interactive 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: May 7, 2024.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/ptxi.pdf](http://www.ibpceu.com/info/ptxi.pdf)

**Institute for Brain Potential:** 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

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?**

Yes! First, register for the program. You will receive a link to view the program starting February 20 until July 16. 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 in person?**

Yes, but only if you live near a city where IBP is currently presenting this program as an in-person seminar.

**Q: My profession is not included in the brochure. Can I receive continuing education credit for completing this program?**

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 to 4 business days.

*In this informative and practical program is designed for health professionals in medical, dental and behavioral settings. Participants will acquire an in-depth understanding of how trauma and PTSD are diagnosed, how the brain is altered, best practices for treatment, and pathways to attaining posttraumatic growth.*

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

- 1. Identify common 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

*"An abnormal reaction to an abnormal situation is normal behavior."*

- **Diagnostic Features:** core symptoms of PTSD and complex PTSD, and how a fundamental understanding of trauma has changed over the years.
- **What Initiates and Maintains PTSD:** understanding how PTSD develops following trauma and how symptoms are maintained over time.
- **Culture-Related Differences in How PTSD Differs:** and best practices in culturally sensitive and effective healthcare.

## The Impact of Trauma on the Brain

*"I learned that courage was not the absence of fear, but the triumph over it."*

- **How Trauma Impacts the Brain:** how experiences of trauma lead to changes in the structure and organization of the amygdala, hippocampus, and prefrontal cortex
- **Survival Responses:** understanding and differentiating between different phases of survival reactions including fight, flight or freeze, and collapse/submit, and how trauma gets frozen in memory and automatic habits.
- **Finding the Window of Tolerance:** helping clients move from hyperarousal or hypo-arousal to find an optimal balance in which they can access adaptive cognitive and emotional experiences.
- **Brain-Based Insights Concerning the Recovery Process:** explore how effective psychological and exposure-based approaches affect the cortical, limbic, and deeper structures of the brain.

## Key Approaches in the Treatment of Traumatic Stress

*"When we are no longer able to change a situation, we are challenged to change ourselves."*

- **Considerations for Treatment Planning:** how to assess readiness for change, internal resources, and common coexisting conditions such as anxiety, depression, and substance use disorders.
- **The Healing Relationship:** how the therapeutic relationship plays an especially important role in the recovery from trauma, particularly in cases of complex trauma.
- **Understanding Common Treatment Approaches:** explore how Cognitive Processing Therapy, Prolonged Exposure, the Universal 3-Phase Model, and other approaches.

## Essential Tools for Treating PTSD

*"Although the world is full of suffering, it is full also of the overcoming of it."*

- **Calming the Nervous System:** learn how patients can acquire key skills to activate the parasympathetic nervous system while reducing sympathetic arousal.
- **Breaking the Cycle of Avoidance:** discover how avoidance-related behaviors self-reinforce over time, and how exposure-based strategies can help clients reclaim their lives.
- **Restructuring Beliefs:** identify how to help clients process traumatic memories safely and overcome limiting beliefs that stem from traumatic experiences.
- **Additional Approaches:** how grounding, self-compassion, mindful awareness, and Image Rehearsal Therapy can help clients overcome symptoms of trauma and improve sleep.

## Fostering Posttraumatic Growth

*"Do not judge me by my successes, judge me by how many times I fell down and got back up again."*

- **A Brighter Future:** explore the core elements of Posttraumatic Growth, and how to help clients achieve a more positive identity following trauma and to find greater meaning and purpose in their lives.
- **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.