

INTERACTIVE WEBCASTS

Wednesday, September 22, 2021, 9 AM – 4 PM (EDT)

Friday, October 22, 2021, 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

Wednesday, September 22 – Monday, November 22, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Wednesday, September 22, 2021 through Monday, November 22, 2021 to earn home study credit. Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

HOME STUDY RECORDINGS

Valid for CE until August 1, 2022

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: 08/01/19. Planned Expiration Date: 08/01/22.

REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTION REGULATION

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Interactive Webcasts with CE Credit:

- Wednesday, September 22, 2021, 9 AM – 4 PM (EDT)
- Friday, October 22, 2021, 9 AM – 4 PM (PDT)

On-Demand Webcast with CE Credit:

- September 22, 2021 – November 22, 2021

Purchase of Recordings with Home Study CE Credit through August 1, 2022:

- 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

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program
- \$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) — the text describes the mental habits underlying how “unreasonable” people reason and provides valuable skills that reveal the art of the possible when living or working with “impossible” people.

FOUR WAYS TO REGISTER

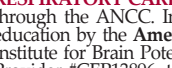
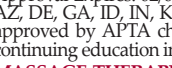
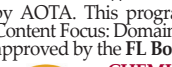
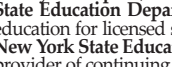
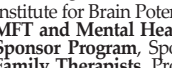
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 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 the **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. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

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.

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. #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. The **Ohio CSWMFT Board** accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

AOTA American Occupational Therapy Association 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 Professional Issues (Supervision). 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 CEs. 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 0492-0000-20-039-L04-P and 0492-0000-20-039-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-066-H04-P and 0492-0000-19-066-H04-T. Initial Release Date: 08/01/2019. Planned Expiration Date: 08/01/2022. 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: 08/01/19. Expiration Date: 08/01/22

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 approved by Texas chapter of the **American Physical Therapy Association (APTA)**. Approval Expires: 02/02/2022. 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.

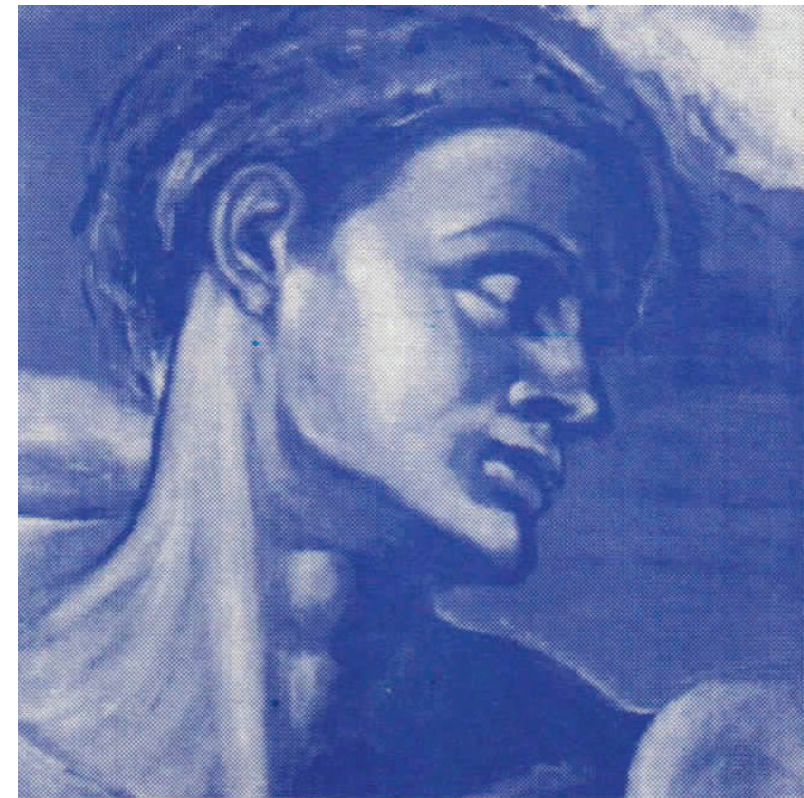
ACUPUNCTURISTS: This course is approved by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

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: 5350, 6020, 6070, and 7020. Activity Number: 120868. 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.



REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTION REGULATION

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 Wednesday, September 22, 2021 until Monday, November 22, 2021. 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: August 1, 2022.

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.

24/7 Customer Service: Call (888) 202-2938 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/reai.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.

REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTION REGULATION

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 September 22 until November 22. 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.

In this six-hour program, health professionals will learn how people reason with selected disorders of mood, anxiety, OCD, anger, and personality.

Practical strategies will be presented to facilitate meaningful change in patients and health professionals working in medical, dental, and behavioral health settings.

Participants completing this program should be able to:

- 1. List several paths to achieving effective emotional communication.*
- 2. Outline an effective strategy to reason with a person who has a disorder of mood, anxiety, OCD, anger, or personality.*
- 3. Describe a strategy for reasoning or having a difficult conversation with a person who is experiencing pain, illness or vulnerability.*
- 4. Describe a calming strategy including the practice of mindfulness for health professionals who are experiencing strong emotions.*

Pathways to Effective Reasoning

- **Assuring the Person Feels Heard:** emotional healing begins when the patient's concerns are acknowledged.
- **Focusing on Feelings:** identifying unresolved emotional stressors.
- **Emotion-Sustaining Beliefs:** What purpose does this emotional state serve? What beliefs sustain it? Are there unresolved emotional stressors?
- **Identifying the Patient's Strengths:** channeling the wellness with the mental or physical illness to facilitate healing.
- **Core Emotional Concerns:** to feel appreciated, to be treated as an equal, to have the freedom to decide, and to be respected.
- **Beyond Reason:** rage, acute mania, delirium, substance-induced states, psychosis, and dementia.

Mood Disorders

- **Depressive Disorders:** Major Depressive Disorder and Persistent Depressive Disorder (Dysthymia); understanding the mindset that one's problems are personal, pervasive and permanent.
- **Bipolar Disorders:** Bipolar I, II and Cyclothymic Disorders; the role of mania, hypomania and chronicity; the manic mindset of feeling invulnerable, brilliant, euphoric, and infallible.

Generalized Anxiety, Obsessive Compulsive Disorder and Perfectionism

- **Generalized Anxiety:** understanding chronic, uncontrollable and irrational anxiety; how feeling "unsafe" perpetuates chronic worrying.
- **Obsessive Compulsive Disorders:** key triggers underlying unwanted and habit-based, automatic thoughts and overvalued ideas associated with impulses and rituals.
- **Perfectionism:** understanding people who have unrealistic standards for themselves or others and are highly critical when they are not met; how perfectionism, an OCD spectrum trait, can lead to emotional burnout.

Passive and Aggressive Forms of Anger

- **Passive Anger:** covert efforts to undermine another person's effectiveness; identifying the "hidden agenda."
- **Aggressive Anger:** blaming, shaming, provoking, threatening, bullying, avenging; understanding the "hurt" behind the anger, the person's justification for not being able to forgive, and the adverse health risks of experiencing chronic anger.

Selected Personality Disorders

- **Key Features:** inflexibility, crisis, cluelessness, impaired problem-solving, avoidance of treatment; distinguishing between character and traits.
- **Antisocial (Sociopathic):** the view that rules are meant to be broken, intolerance for frustration, need for immediate gratification, and exaggerated sense of intelligence.
- **Borderline:** impaired sense of identity, fear of abandonment, intense psychic pain, anger, idealization or demonization; risk of self-harm.

- **Narcissistic:** exaggerated self importance, need for special attention, and the entitlement to seek pleasure, status or power.

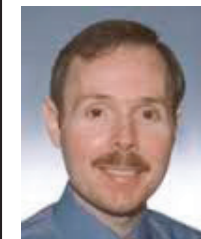
Strategies for Helping Patients With Strong Emotions

- **Cognitive Restructuring:** reframing automatic negative thoughts.
- **Shifting the Focus to Problem Solving:** identifying solutions and using pros and cons.
- **Exposure-Based Treatments:** confronting and overcoming fears and reducing compulsions.
- **Emotion Regulation Techniques:** personalized approaches to calming, breathing training, imagery, and relaxation.
- **Dialectical Behavioral Therapy:** focus on Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.
- **Disengaging from Pathological Interactions:** Gottman's Four Horsemen of the Apocalypse: contempt, criticism, stonewalling, and defensiveness.
- **Handling Difficult Conversations:** six rules of thumb to communicate in ways that lead to meaningful change.

Calming Strategies for Health Professionals

- **Resilience-Based Reasoning:** focusing on ways we can manage stressors and recover from setbacks by identifying our strengths.
- **Balancing Priorities:** reducing excessive demands by reviewing complex challenges at home and at work.
- **Changing the Narrative:** rethinking how we view the past, respond to the present, and reimagine the future to increase happiness.
- **Acceptance:** learning to accept in self and others the traits that are unlikely to change.
- **Practicing Mindfulness-Based Stress Reduction:** non-judgmental, moment-to-moment awareness by staying calm in the moment.

ABOUT THE INSTRUCTOR



Joseph Shannon, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, researcher and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS Viewpoint.

Dr. Shannon has developed and presented training programs for health professionals throughout the United States and Canada. Participants praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate noxious people. Audiences highly recommend his insightful and practical presentations and enjoy his warm sense of humor.

In addition to Q & A sessions in class, Dr. Shannon will answer your questions during the second half of the lunch break and by email after the program concludes.