**Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation**

**Topics Include:**
- Generalized Anxiety
- Mood Disorders
- Anger Disorders
- Handling Difficult Conversations

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

**Tuition:**
- $79 Individual Rate
- $74 Group Rate (3 or More Persons Registering Together)
- $89 On-Site Registration (if space is available)
- $20 Training Your Brain To Adopt Healthful Habits (2019) (296 pages)

**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)

All major credit cards are accepted.

**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/Reasoning-with-unreasonable-people.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.
Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation

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.

Pathways to Effective Reasoning

1. **Identifying the Patient's Strengths:** The patient is encouraged to identify a choice they can make that leads to a better future. This is a key step in helping patients see their world in a new way.

2. **Strategies for Helping Patients With Strong Emotions:** The program provides strategies for helping patients who are experiencing strong emotions, such as mood disorders, anxiety disorders, and personality disorders. These strategies are based on the latest research in the field and are designed to help patients learn to manage their emotions.

3. **Generalized Anxiety:** The program explores how anxiety affects everyday life and provides strategies for managing anxiety.

Mood Disorders

1. **Depressive Disorders:** The program covers major depressive disorder, dysthymia, and persistent depressive disorder. The program provides strategies for managing these disorders, including medication, therapy, and lifestyle changes.

2. **Bipolar Disorders:** The program covers bipolar I, II, and cyclothymic disorders. The program provides strategies for managing these disorders, including medication, therapy, and lifestyle changes.

3. **Perfectionism:** The program explores how perfectionism affects everyday life and provides strategies for managing perfectionism.

Generalized Anxiety

1. **Fear of Negative Evaluation:** The program explores how fear of negative evaluation affects everyday life and provides strategies for managing this fear.

Anger

1. **Passive Anger:** The program explores how passive anger affects everyday life and provides strategies for managing this anger.

2. **Aggressive Anger:** The program explores how aggressive anger affects everyday life and provides strategies for managing this anger.

3. **Passive and Aggressive Forms of Anger:** The program explores how passive and aggressive anger affect everyday life and provides strategies for managing both forms of anger.

4. **Impulsive Aggression:** The program explores how impulsive aggression affects everyday life and provides strategies for managing this aggression.

5. **Antisocial (Sociopathic) Personality:** The program explores how antisocial (sociopathic) personality affects everyday life and provides strategies for managing this personality disorder.

About the Instructor

Martin M. Antony, PhD is an internationally recognized expert in assessing and treating anxiety and related disorders. He is Professor of Psychology at Ryerson University in Toronto. Dr. Antony has written extensively on social anxiety and related disorders, and his research has been published in leading journals. He is a frequent speaker at conferences and workshops, and his work has been translated into multiple languages.

Selected Personality Disorders

- **Feasibility:** Inflexibility, crisis, cluelessness, impaired problem-solving, avoidance of treatment; traits versus character.
- **Antisocial (Sociopathic):** Rules are meant to be broken, intolerance for frustration, need for immediate gratification, and exaggerated sense of intelligence.
- **Borderline:** Impaired identity, fears abandonment, intense psychic pain, anger; idealization or demonization; suicide risk.
- **Narcissistic:** Exaggerated self-importance; need for special attention, and entitlement to seek pleasure, status or power.

Strategies for Helping Patients With Strong Emotions

- **Cognitive-Behavioral:** How to frame twisted thoughts.
- **Emotion Regulation Techniques:** Personalized approaches to calming, breathing, training, imagery, and relaxation.
- **DBT:** Regulating emotions and interpersonal effectiveness.
- **When to Disengage:** How to respond to others in the past, respond to the present, and reimage the future to increase happiness.
- **Acceptance and Commitment:** Learning to accept in self and others the traits that are unlikely to change.
- **Practicing Mindfulness-Based Stress Reduction:** Non-judgmental, awareness by staying calm in the moment.

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Calming Strategies for Health Professionals

- **Resilience-Based Reasoning:** 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.
- **Challenging:** How to respond to others in the past, respond to the present, and reimagine the future to increase happiness.
- **Acceptance and Commitment:** Learning to accept in self and others the traits that are unlikely to change.
- **Practicing Mindfulness-Based Stress Reduction:** Non-judgmental, awareness by staying calm in the moment.

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