

BANGOR, ME
SPECTACULAR EVENT CENTER
395 Griffin Rd, 04401
(207) 941-8700

Monday, May 15

PORTLAND, ME
SEASONS EVENT & CONFERENCE CENTER
155 Riverside St, 04103
(207) 774-5867

Tuesday, May 16

BEDFORD, NH
SOUTHEASTERN REGIONAL EDUCATION SERVICE CENTER
29 Commerce Drive, 03110
(603) 206-6800

Wednesday, May 17

WESTFORD, MA
WESTFORD REGENCY INN & CONFERENCE CENTER
219 Littleton Rd, 01886
(978) 692-8200

Thursday, May 18

PEABODY, MA
HOLIDAY INN HOTEL & SUITES BOSTON-PEABODY
1 Newbury St, 01960
(978) 535-4600

Friday, May 19

Please do not contact venues except for driving instructions.
Complimentary parking is available at all sites.



PLEASE POST

REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION

✓ one:

- Bangor, May 15 Portland, May 16 Bedford, May 17
- Westford, May 18 Peabody, May 19

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

All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____



REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION

BANGOR, ME: Monday, May 15

PORTLAND, ME: Tuesday, May 16

BEDFORD, NH: Wednesday, May 17

WESTFORD, MA: Thursday, May 18

PEABODY, MA: Friday, May 19

A New 6-Hour Seminar for Health Professionals, Spring, 2017 \$79



REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION A 6-Hour Seminar for Health Professionals

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.

Group Registrations: Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend 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. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

Transfers and Cancellations: Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

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. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION

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.

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

This program provides 6 contact hours for nurses.

PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, & MFTs: IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits. IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical CE clock hours for participating in this intermediate-level course. This program is pending certification for 6 hours by the MA Association for Marriage & Family Therapy.

SUBSTANCE ABUSE PROFESSIONALS: IBP is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



PHARMACISTS AND PHARMACY TECHNICIANS: IBP 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: 0492-0000-17-001-L04-P and 0492-0000-17-001-L04-T



DENTAL PROFESSIONALS: IBP 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/Mastership 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 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.

OCCUPATIONAL THERAPISTS: IBP 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 Professional Issues (Supervision).

NURSING HOME ADMINISTRATORS: IBP 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: This program is designed to meet the needs of physical therapists in MA, ME, and NH. Participants will receive a certificate of completion for 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists in MA, ME, and NH. Participants will receive a certificate of completion for 6 contact hours.

MESSAGE THERAPISTS: IBP is approved by NCBTMB as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours of Advanced Science credit.

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.

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 continuing professional education units (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: BP001. CPE Level: I. Suggested Learning Codes: 5350, 6020, 6070, and 7020.

EDUCATORS: This program provides 7.5 PDU's of professional development in MA, 7.5 CEUs of professional development in ME, and 7.5 CEUs of professional development in NH toward license renewal through a sponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

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

Mark Schneider, Ph.D. is an expert in behavioral medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills focus on emotional regulation in children and adults and on applying positive psychology.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories, and clinical wisdom. Participants will receive a detailed outline prepared by Dr. Schneider for all the lecture topics plus key references and resources.

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