Reasoning with Unreasonable People:
Focus on Disorders of Emotional Regulation

A 6-Hour Seminar for Health Professionals

Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

Reasoning with Unreasonable People:
Focus on Disorders of Emotional Regulation

Wednesday, March 16

TYLER, TX
TYLER ROSE GARDEN CENTER
420 Rose Dr, 75702
(903) 531-1212

LONGVIEW, TX
HOLIDAY INN EXPRESS - NORTH
300 Tuttle Circle, 75605
(903) 663-6464

SHREVEPORT, LA
RAMADA SHREVEPORT AIRPORT
5555 Financial Plz, 71129
(318) 688-3000

Friday, March 18

WACO, TX Tuesday, March 15
HILTON
113 S University Parks Drive, 76701
(254) 754-8484

TYLER, TX Wednesday, March 16
HILTON
113 S University Parks Drive, 76701
(254) 754-8484

LONGVIEW, TX Thursday, March 17
HILTON
113 S University Parks Drive, 76701
(254) 754-8484

SHREVEPORT, LA Friday, March 18
HILTON
113 S University Parks Drive, 76701
(254) 754-8484

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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.

Pre-Registration

Name (please print) ___________________________ ___________________________
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:
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A New 6-Hour Seminar for Health Professionals, Spring, 2016 $79

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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.
Paths to Effective Reasoning

1. Assuring the Person Feels Heard: emotional healing begins when the patient’s concerns are acknowledged.
2. Focusing on Feelings: identifying unresolved emotional stressors.
3. Emotion-Sustaining Beliefs: What purpose does this emotional state serve? What beliefs sustain it? Are there unresolved emotional stressors?
4. Identifying the Patient’s Strengths: channeling the wellness with the mental or physical illness to facilitate healing.
5. Core Emotional Concerns: to be appreciated, to be treated as an equal, to have the freedom to decide, and to be respected.

Mood Disorders

1. Depressive Disorders: Major Depressive Disorder and Persistent Depressive Disorder (also known as dysthymia); understand the mindset that one’s problems are personal, pervasive and permanent.
2. 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

1. Generalized Anxiety: understanding chronic, uncontrollable and irrational anxiety; how feeling “unsafe” perpetuates chronic worrying.
2. Obsessive Compulsive Disorders: key triggers underlying unrelenting and habit-based, automatic thoughts and overvalued ideas associated with impulses and rituals.
3. 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

1. Passive Aggression: covert efforts to undermine another person’s effectiveness; identifying the “hidden agenda.”
2. Aggressive Anger: blaming, shaming, provoking, threatening, bullying, avenging; understanding and 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

1. Key Features: inflexibility, crisis, cluelessness, impaired problem-solving, avoidance of treatment; distinguishing between character and traits.
2. Antisocial (Sociopathic): the view that rules are meant to be broken, intolerance for frustration, need for immediate gratification, and exaggerated sense of intelligence.

Strategies for Helping Patients With Strong Emotions

2. Shifting the Focus to Problem Solving: identifying solutions and using pros and cons.
3. Exposure-Based Treatments: confronting and overcoming fears and reducing symptoms.
4. Emotion Regulation Techniques: personalized approaches to calming, breathing, training, imagery, and relaxation.
5. Dialectical Behavioral Therapy: focus on Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.

Handling Difficult Conversations: six rules of thumb to communicate in ways that lead to meaningful change.