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

**Live Seminar**
- Belleville, Mar 25
- Everett, Mar 26
- Bremerton, Mar 29
- Lacey, Mar 28
- Bellevue, Mar 27
- Everett, Mar 26
- Lacey, Mar 28
- Bremerton, Mar 29
- Bellevue, Mar 27
- Everett, Mar 26
- Lacey, Mar 28
- Bremerton, Mar 29

**Unable To Attend?**
(Purchase Recordings with Home Study CE Credit)
- CDs
- DVDs
- Online

**Name (please print)**

- City/State ____________________________ Zip
- Work Phone (___) ____________________ Home Phone (___)
- Email ________________________________
- Profession(s) _______________________

**Tuition**
- $97 Individual Rate
- $74 Group Rate (3 or More Persons Registering Together)
- $89 On-Site Registration (if space is available)
- $20 Training Your Brain To Adapt 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. Preorder the book to receive it onsite at this discounted rate.

**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: (888) 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 are accepted:
Card # ________________________ Exp Date ______/______
Signature

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

**A 6-Hour Program for Health Professionals**

**Live Seminars**
Schedule: Check-in: 8:15 – 9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12:15-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

**Group Registration:** The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.
**Transfers:** You or members of your group can attend on different dates if there is space.
**Parking:** Complimentary parking is available unless indicated in the brochure.

**Unable to Attend?** You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a $15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

**Rescheduling:** In the unlikely event (less than 1%) a seminar cannot be held (e.g., inclement weather), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance.

**Certificates and Confirmations:** Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

**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.
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 patient and health professionals working in medical, dental, and behavioral health settings.

Participants completing this program should be able to:
1. List several paths to effective reasoning and 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: finding unresolved emotional stressors.
- Emotion-Sustaining Beliefs: the purpose of the emotion.
- Identifying the Patient’s Strengths: channeling the wellness with the purpose of the emotion.
- Core Emotional Concerns: to feel appreciated, to be treated as an equal, to have the freedom to obtain, and to be respected.
- Beyond Reason: rage, acute mania, delirium, substance-induced states, psychosis, and dementia.

Mood Disorders

- Depressive Disorders: Major Depressive and Persistent Depressive Disorders: key cognitions that sustain depression.
- Bipolar Disorders: Bipolar I, II and Cyclothymic Disorders: role of mania, hypomania and chronicity; the manic mindset of feeling invulnerable, brilliant, euphoric, and invincible.

Generalized Anxiety, OCD, and Perfectionism

- Generalized Anxiety: chronic, uncontrollable and irrational anxiety.
- Obsessive Compulsive Disorders: key triggers underlying unwanted and habit-based, automatic thoughts and overvalued ideas associated with impulsions and rituals.
- Perfectionism: understanding people who have unrealistic standards for themselves, others 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, averting; understanding the “hurt” behind the anger, not being able to forgive, and the adverse health effects.

Selected Personality Disorders

- Features: 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.
- 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.
- DBT: regulating emotions and interpersonal effectiveness.
- When to Disengage: opposition, stonewalling, defensiveness: the four horsemen of the Apocalypse.
- Handling Difficult Conversations: six rules of thumb to communicate in ways that lead to meaningful change.

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.
- Changing the Narrative: reusability of 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: no-judgmental, awareness by staying calm in the moment.

ABOUT THE INSTRUCTOR

Martin M. Antony, PhD an internationally recognized expert in assessing disorders of mood, anxiety, and personality and effective ways for health professionals to reason with individuals with disorders of emotional regulation. Further, his research and texts provide practical calming strategies for health professionals to help facilitate meaningful change.

An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom.