Valid for CE until August 1, 2022

You may listen to or view the recorded lecture at your convenience! Expiration date: August 1, 2022.

Tuition is in US dollars.

Home Address
City/State/Zip  
Work Phone (______)  Home Phone (______)  
Fax (______)  (Please print, fax if you are unable to email)

Email

Profession(s)

Pre-Registration

$79 Individual Rate

$88 Group Rate (for more persons registering together)

Registration on the Day of the Program

Four Ways To Register

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Las Banos, CA 93635
   (make check payable to IBP)
3. Fax: (650) 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

Interactive Webcast

Thursday, September 17, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from: Thursday, September 22, 2020 through Thursday, October 22, 2020. The program plus in-class exercises will be available in four convenient segments.

Home Study Recordings

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Thursday, September 17, 2020, 9 AM, Eastern Daylight Time. 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 Tuesday, September 22, 2020 until Thursday, October 22, 2020. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience! Expiration date: August 1, 2022. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

Group Registrations: Rates apply for three or more pre-registered guests registering together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings 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. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. An additional fee will be given if a certificate of completion is mailed. Continuing education hours are reported to the California Board of Registered Nurses; the Florida Board of Nursing for 6 hours of continuing education credit.

Transfers and Cancellations: Registrants can transfer to another live seminar or webinar if space is available. Registrants canceling up to 48 hours before the seminar or webinar can request a full refund less a $15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP® continuing education credits can be obtained good for more than one year, even if the webinar is rescheduled due to unforeseen circumstances.

User-Friendly Technical Support: If you are not computer savvy, we can help. Just call us anytime at (650) 458-5532. We have presented webcasts to over 100,000 health professionals since 2013.

24/7 Customer Service: Call (808) 202-2908 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: 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.

On-Demand Webcast

Tuesday, September 22, 2020 – Thursday, October 22, 2020

Institute for Brain Potential is approved as a provider of CE by Florida Board of Social Work, a Florida Board of Mental Health Counseling, by Florida Department of Professional Regulation, MET ED, Sponsor Program, #5F9095, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #9879. 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 (08-00-09). New York State Education Department State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors (08-00-09). Institute for Brain Potential is approved 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, JMFT-0068. The Ohio CSWMRT Board approve continuing education programs approved by ASWB for social workers. This program provides 4 contact hours.

Four Ways To Register

1. Internet: www.ibpceu.com
2. 4 Audio CDs
3. 4 Audio-Visual DVDs

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

Purchasing of Recordings without CE: Credit

Tuition is in US dollars.

Home Address

City/State/Zip  
Work Phone (______)  Home Phone (______)  
Fax (______)  (Please print email if available)

Email

Profession(s)

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   (make check payable to IBP)
3. Fax: (650) 517-5222
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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 (ANCC) and the California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

PHYSICIAN ASSISTANTS: Institute for Brain Potential is approved as a provider of continuing education for physician assistants by the California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 4 contact hours.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as an approved provider of continuing education for pharmacists. This program is pending approval by the New York State Education Department’s State Board of Pharmacy as a continuing education activity, with UANs: 0922-0021-00-056B1-P and 0922-0022-00-056B2-P. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs: 0922-0021-00-056B1-P and 0922-0022-00-056B2-P. Initial Release Date: 08/01/2019. Final Release Date: 12/31/2022. Florida Board of Pharmacy for 6 hours of continuing education credit.

RESPIRATORY CARE PROFESSIONALS: Institute for Brain Potential is approved by the California Acupuncture Board, Provider ID# 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

ACUPUNCTURISTS: California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. This program provides 6 CE hours.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #202838, Institute for Brain Potential is approved by Florida Board of Social Work, Sponsor Program, #5F9095, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #9879. Institute for Brain Potential (IBP) is recognized by the New York State Education Department’s State Board of Social Work, as an approved provider of continuing education for licensed social workers (08-00-09). New York State Education Department State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors (08-00-09). Institute for Brain Potential is approved 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, JMFT-0068. The Ohio CSWMRT Board approve continuing education programs approved by ASWB for social workers. This program provides 4 contact hours.

SUPPORTING USER-FRIENDLY TECHNOLOGY: If you are not computer savvy, we can help. Just call us anytime at (650) 458-5532. We have presented webcasts to over 100,000 health professionals since 2013.

We have presented webcasts to over 100,000 health professionals since 2013.
Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on September 17, the date of the broadcast?
Yes! First, register for the program. You will receive a link to view the program starting September 22 until October 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 be watching the live program or downloading it and still receive the entire program.

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.

Common Problematic Behaviors Indicative of Mental Illness Disorders
- Working slowly
- Missing deadlines
- Calling in sick frequently, especially on Mondays, and high rates of absenteeism
- Irritability and outbursts of anger
- Difficulty concentrating and making decisions
- Appearing numb, blunted, or emotionless
- Withdrawing from work activity
- Perfectionism, rigid and unrealistic standards for self and others
- Forgetting directives, procedures and requests.
- Having difficulty with work transitions or changes in routines, such as rigidity and lack of flexibility
- Provocative, incendiary, passive-aggressive, or otherwise inappropriate behaviors

Key Mental Health Problems in the Workforce
- Depression: (30-40% over the career of the worker)
  - Symptoms: can range from very mild to severe, onset can be acute or chronic with emotional, vegetative, motivational or psychotic features; has the greatest negative impact on time management and productivity.
  - Treatments: cognitive-behavioral therapy (CBT) and pharmacotherapy are the most commonly prescribed treatments.
  - Biggest Misconception: it always involves a “down” or depressed mood.
- Bipolar Disorder: (6%)
  - Symptoms: fluctuating episodes of depression and hypomania or mania; from elevated mood, grandiosity, increased energy and increased efforts to multitask to dysphoric symptoms, racing thoughts, impaired concentration, agitation, impulsivity, rage and psychosis especially due to sleep deprivation.
  - Common Treatments: pharmacotherapy with mood stabilizers, CBT, stress management and dietary changes.
  - Biggest Misconception: manic patients are always euphoric (i.e., “happy”)
- Generalized Anxiety Disorders: (6%)
  - Symptoms: intense feelings of discomfort, agitation, feeling of dread, involving emotional, vegetative and motivational symptoms
  - Common Treatments: CBT, pharmacotherapy, and dietary changes.
  - Biggest misconception: they are not that big of a deal.
- OCD and the Pathology of Perfectionism: (8%)
  - Symptoms: the pathology of perfectionism, excessive checking and hoarding, overcompensating to conceal one’s weaknesses, assurance-seeking, delay in deciding, unwillingness to quit when an approach is not working, and lack of trust of competency of others.
  - Common Treatments: exposure-based treatments, CBT, and pharmacotherapy.
  - Biggest Misconception: workaholics are free from OCD and related anxiety disorders.
- Substance Use Disorders: (10-15%)
  - Symptoms: distinguishing between alcohol, opioid and stimulant-related symptoms; Monday absenteeism and alcohol; denial, rationalization, intellectualization and minimization are key defenses; comorbid disorders.
  - Common Treatments: abstinence, 12-step, individual and family therapy, pharmacotherapy for opioid disorders.
  - Biggest Misconception: all abusers are addicts.
- Personality Disorders: (10-15%)
  - Symptoms: most anti-social, borderline, histrionic, and narcissistic; how they can disrupt, even “poison” a work environment; will invariably project blame onto others for the mistakes they commit.
  - Treatment: psychological therapies and pharmacology including serotonegic, noradrenergic and atypical antipsychotics depending on personality disorder.
  - Biggest misconception: they do not exist in the workforce.

A Protocol for Intervention
- Establish a Mentally Healthy Working Environment: educate via seminars, forums, on-line programs, what to say, how to encourage dialogue, constructive actions.
- Educate Supervisory Staff: provide with key behavioral signs of mental illness; create a mechanism so that when problematic behaviors can be reported to HR or the supervisor without fear of retaliation.
- Do Not Diagnose: you can and should discuss changes in work performance and listen to employee’s responses and concerns; suggest consultation the organization’s human resource specialist or an external mental health professional.
- Control Your Emotions: plan the content of your communication in advance.
- When Confronting Anger, Denial, Hostility or Verbal Abuse: remain calm, do not take it personally, focus on work performance, not personality, balance negative appraisal with the worker’s signature strengths, clarify exactly what behavioral changes need to occur to rectify the situation.
- Make Reasonable Accommodations: allow time off for mental health appointments, more intensive treatment, encourage employee to ask for support they need without fear of judgment, contact HR concerning policies about flexible work schedule and leave policies.
- Emergencies: call 911 when there is risk of suicide/homicide; document everything; contact the designated family member in event of emergency/crisis, help employee identify resources outside of work-related services, e.g., professional counselors, hospitals with psychiatric units, community mental health centers.
- Summary of Do’s For Intervention: approach your concern as a workplace performance issue, offer accommodations, provide internal resources, provide employee assistance plan or referral, assure confidentiality, set time to meet again, document infractions/interventions meticulously.
- Summary of Don’ts: do not offer a superficial pep talk, do not be accusatory, do not say “I’ve been there” unless you have been there, do not diagnose, do not ask what “caused” their illness.

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.

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