NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing education by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours of CE credits.

PHYSICIAN ASSISTANTS: Institute for Brain Potential is an approved provider of physician-assistant continuing education by the American Academy of Physician Assistants. This program is approved for 6 continuing education units (CEUs) as specified by the American Academy of Physician Assistants. Approval number: 120080.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This interactive webinar is a knowledge-based activity with NABP Exam Numbers: 12030000-2889-1404 and 12030000-2889-1405. The on-demand webinar and home study CEUs/DVs are knowledge-based activities with NABP Exam Numbers: 12030000-2889-1406 and 12030000-2889-1407. Initial release date: 01/31/2018. Planned Expiration Date: 01/31/2021. This program provides 6 hours of CEUs. This program has been approved for 6 CE credits by the Board of Pharmacy, State of California, License #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0068. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for marriage and family therapists, #MFT-0068. The program is approved for 6 hours of continuing education credit.

HOME STUDY RECORDINGS

Valid for CE until January 31, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 31, 2021

UNDERSTANDING SUBSTANCE-RELATED AND ADDICTIVE DISORDERS: DIAGNOSIS, TREATMENT AND PREVENTION

ON-DEMAND WEBCAST

Wednesday, August 19, 2020 – Saturday, September 19, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program which can be accessed from Wednesday, August 19, 2020 through Saturday, September 19, 2020. The program plus in-class exercises will be available in four convenient segments.

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The Addicted Brain
- Binging and Intoxication: training the automatic dopamine habit brain.
- Withdrawal and Negative Affect: altering the amygdala and its connections.
- Preoccupation and Anticipation: prefrontal cortex, hippocampus and insula—role of cognitive control and conscious memory.
- Rewiring the Brain: how cannabis, illicit psycho-stimulants and cocaine, and other substances can alter brain circuits and affect cognitive and mental health disorders.
- Punishment-Resistant Behavior: what perpetuates the use of addicting drugs and junk foods in spite of their adverse effects and serious consequences.
- Risk Factors: dopamine deficiency, lack of opportunities, positive expectations, easy access, risk-taking, and impaired impulse control.

Alcohol Use Disorder
- key features • role of serotonin receptors
- development and course • genetic and physiological risk factors • how alcohol alters the developing and adult brain • neurocognitive disorders.

Cannabis Use Disorder
- newly recognized risks of severe and prolonged withdrawal symptoms similar to PTSD • high incidence of acute psychosis • complex pharmacology of THC and cannabidiol • comorbid bipolar and anxiety disorders • risks and benefits of medical marijuana.

Opioid Use Disorder
- genetic, physiological, and environmental factors
- suburban and profession-specific risk • prescribing practices in medical and dental use that reduce risk of misuse and dependence.

Sedative, Hypnotic, or Anxiolytic Use Disorders
- functional consequences • comorbidity and aging-related risks • the complex challenge of overcoming withdrawal and dependence.

Stimulant-Related Disorders
- benefits of slow release (e.g., for ADHD) but risks of rapid release formulations • medical and dental consequences of abuse • challenge of prolonged cognitive impairment for treatment.

Tobacco-Related Disorders
- elevated presence of psychotic, bipolar, depressive, anxiety, and obsessive-compulsive disorders among individuals unable to quit • combining behavioral and pharmacological treatments.

Eating Disorders
- eating disorders and obesity share changes in dopamine reward circuits found in major addictive disorders
- taming the cycle of negative affect, craving, and excessive eating • keys to altering the habit brain.

Pathways to Recovery
- Effective Pharmacotherapies: focus on alcohol, opioid, and nicotine use disorders: how medications can improve the brain’s reward circuits.
- Effective Psychosocial Treatments: Motivational Interviewing, Cognitive Behavioral Therapy, 12-Step Programs, Acceptance and Commitment Therapy, Behavioral Couples Therapy; Contingency Management and how each address common challenges to recovery.
- Core Components of Effective Treatments: relearning habitual thoughts, emotions, and behavioral responses; connecting with values and goals; making abstinence rewarding; coping skills, social skills and peer support; avoiding triggers; self-care and reducing stressors.
- Counterproductive Strategies: how confrontation, criticism, punishment, and incarceration can hinder recovery processes.
- Relapse Prevention: strategies to stay off drugs after you quit, social support and the neurobiological effects of a clean life worth reclaiming.

About the Instructor
Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Associate Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the 141 VA health care systems. Dr. Trafton is Editor in Chief of the three volume series, Best Practices in the Behavioral Management of Chronic Disease, and the first author of Training Your Brain To Adopt Healthy Habits and of a new 2015 text on Science-Based Health Education.

An outstanding speaker, Dr. Trafton teaches an acclaimed series of classes at Stanford University on addictive disorders and has taught for the Institute for Brain Potential for over a decade. Health professionals commend her ability to present practical discoveries with clarity, enthusiasm, and warmth.