

Understanding Substance-Related and Addictive Disorders: Diagnosis, Treatment and Prevention

A 6-Hour Home Study Program for Health Professionals



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



PSYCHOLOGISTS: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credit. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by **FL Board of Psychology**. This course provides 6 contact hours of CE credit.



COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 - 11/11/26. Social workers completing this course receive 6 clinical continuing education credits.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling** and by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183. Institute for Brain Potential (IBP), SW CPE 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 #0341. 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 licensed mental health counselors. #MHC-0134. 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 licensed marriage and family therapists. #MFT-0068. The **Ohio CSWMFT Board** accepts ASWB-approved continuing education programs for social workers. This program provides 6 contact hours.

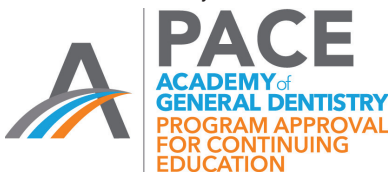


CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. IBP is approved as a provider of continuing education by the **California Board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



PHARMACISTS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UAN: 0492-0000-23-057-H04-P. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



Institute for Brain Potential
Nationally Approved PACE Program Provider
for FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413.
AGD Subject Code: 134.



OCCUPATIONAL THERAPISTS AND ASSISTANTS: Institute for Brain Potential 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 6 contact hours (0.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Occupational Therapy Process (Evaluation and Intervention). This course is approved by the **Florida Board of Occupational Therapy** for 6 hours of credit.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the **American Physical Therapy Association (APTA)** for 6 contact hours of continuing education credit. Approval Expires: 11/01/2025. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This program meets the criteria for physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA. This program provides 6 contact hours of continuing education credit.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved as a provider of continuing education by the **CA Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **KS Health Occupations Credentialing**. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is approved by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education (home study) credit. Approval Expires: 10/13/2024.

NURSING HOME ADMINISTRATORS: IBP is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 6 CE hours.

DIETITIANS: Institute for Brain Potential is accredited as a CE provider by **American Nurses Credentialing Center's Commission on Accreditation and Accreditation Council for Pharmacy Education**. The **Commission on Dietetic Registration (CDR)** accepts enduring (home study) activities from CE providers accredited by these organizations. IBP is approved as a CE provider by the **Florida Dietetics and Nutrition Practice Council** and **Kansas Department of Health and Environment**, Provider# LTS D1270. This program provides 6 CE hours.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.



EDUCATORS: Participants completing this program will receive 3 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.

The program provides an updated understanding of disorders related to alcohol, cannabis, opioids, sedatives, hypnotics, anxiolytics, stimulants, tobacco, and addictive aspects of eating disorders and obesity.

Participants completing this program should be able to:

1. Recognize how addictive drugs and disorders alter reward systems of the brain.
2. List ways to prevent substance use disorders in youth and adults.
3. Treat substance use disorders with psychological and pharmacological interventions.
4. Discuss ways to minimize risks of using potentially addictive drugs (e.g., opioids, sedatives, cannabis) for medicinal purposes in medical, dental, and behavioral health practices.
5. Outline ways to facilitate recovery from substance use disorders outside of formal treatment programs.

The Addicted Brain

- bingeing and intoxication • withdrawal and negative affect
- preoccupation and anticipation • rewiring the Brain
- punishment-resistant behavior • risk factors

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

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 • effective psychosocial treatments • core components of effective treatments
- counterproductive strategies • relapse prevention

ABOUT THE INSTRUCTOR



Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical 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 Healthful 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.