

# INTERACTIVE WEBCAST FRIDAY, DECEMBER 14, 2018

## INTERACTIVE WEBCAST

Friday, December 14, 2018, 9 AM – 4 PM PST

You will need a computer with internet access and speakers to participate in the webcast.

## ON-DEMAND WEBCAST

Wednesday, December 19, 2018 – Saturday, January 19, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, December 19, 2018 through Saturday, January 19, 2019. The program plus in-class exercises will be available in four convenient segments.

## 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

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Interactive Webcast with CE Credit: Friday, December 14, 2018

On-Demand Webcast with CE Credit: December 19, 2018 – January 19, 2019

Purchase of Recordings with Home Study CE Credit: through January 31, 2021

4 Audio CDs  4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50  4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

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

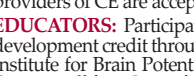
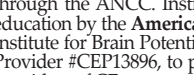
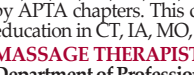
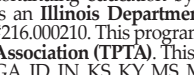
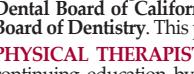
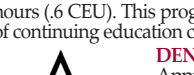
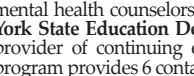
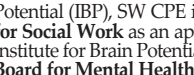
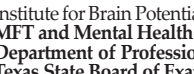
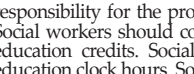
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing 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.

**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 credits. Institute for Brain Potential is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. 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. This program provides 6 contact hours.

**OCCUPATIONAL THERAPISTS:** 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. Content Level: Intermediate. Content Focus: Occupational Therapy Process (Evaluation and Intervention). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program is 6 CEHs.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-18-064-L04-P and 0492-0000-18-064-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-18-017-H04-P and 0492-0000-18-017-H04-T. Initial Release Date: 01/31/2018. Planned Expiration Date: 01/31/2021. This program provides 6 hours (6 CEU). This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 01/31/2018. Planned Expiration Date: 01/31/2021. 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**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

**PHYSICAL THERAPISTS:** This program is approved by 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. This program is pending approval by the TX chapter of the **American Physical Therapy Association (APTA)**. This program provides 6 CE hours. 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 course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider 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 an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the webcast of the program. This program provides 6 CE hours.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 4090, 5200, 5300, and 5350. CDR-approved credit is available for only the webcast of the program.

**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 continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. 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 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. 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.



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

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, December 14, 2018, 9 AM, Pacific Standard Time. 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 Wednesday, December 19, 2018 until Saturday, January 19, 2019. 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 until the expiration date: January 31, 2021. 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 enrolling 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. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

**Transfers and Cancellations:** Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast 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 program has ever been cancelled as the result of low attendance.

**24/7 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. Since 1984, our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers.

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

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on December 14, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting December 19 until January 19. 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 want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**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.

*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 identify effective ways to:*

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

## 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 psychostimulants 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 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.