

# Advances in the Brain and Behavioral Sciences

## A 6-Hour Home Study Program for Health Professionals

This unique program describes the training programs that have been developed by the Institute for Brain Potential to help understand and prevent mental and physical conditions and to improve health and wellbeing.

Participants completing the program should be able to identify evidence-based approaches to:

1. Overcoming traumatic and posttraumatic stress-related disorders including adverse childhood and adult experiences.
2. Understanding and managing generalized anxiety disorder, social anxiety disorder, and perfectionism.
3. Enhancing emotional resilience
4. Improving health-related habits
5. Understanding and applying mind-body approaches to improve the mind-body connection as it affects the immune system and inflammation.
6. Understanding and improving interpersonal relationships including reasoning with unreasonable people and high-conflict interactions.
7. Describing how food affects mental health
8. Understanding and improving memory and cognition and preventing dementia.
9. Adopting lifestyle modifications for improving physical activity, diet, meditation and sleep.
10. Applying positive psychology.



**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**. 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.



**COUNSELORS, PSYCHOLOGISTS, 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 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.



**ACE** Institute for Brain Potential, ACE Approval Number: 1160, is approved as a provider for social work continuing education by the **Association of Social Work Boards (ASWB)** 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 **Florida Board of Psychology**, 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.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. Institute for Brain Potential is approved by **CCAPP-EL**, Provider Number 45-09-128-1217. This program provides 6 CEHs



**PHARMACISTS AND PHARMACY TECHNICIANS:** 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). UANs: 0492-0000-17-060-H04-P and 0492-0000-17-060-H04-T. 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/Membership 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 12/01/18 – 11/30/24. Provider ID# 312413. Subject Code: 557. 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 provides 6 hours of CE credit.



**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 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Client Factors). 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. This program provides 6 contact hours of CE credit.

**MESSAGE 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 an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247. This program provides 6 CE hours



**EDUCATORS:** Participants completing this program will receive 7.5 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.

### Understanding and Overcoming Trauma

- Adverse Childhood Experiences
- Understanding and Treating Posttraumatic Stress Disorder

### Understanding and Managing Anxiety

- Why We Worry: Understanding and Treating Anxiety Disorders
- The Pathology of Perfectionism

### Developing Emotional Resilience

- Developing Positive Emotional Habits
- Mastering Sixteen Key Habits of Emotionally Resilient People

### Improving Health-Related Habits

- How the Brain Forms New Habits
- Calming an Overactive Brain
- Understanding Substance-Related and Addictive Disorders
- How People Change Their Mind to Adopt Healthy Habits

### The Immune system, Inflammation, and the Mind-Body Connection

- The Immune System: The Mind-Body Connection Who Gets Sick and Who Stays Well
- Mind-Body Interactions and the Stress-Inflammation Connection
- Understanding the Gut Brain

### Managing Interpersonal Challenges

- Noxious People: Living and Working with High Conflict People
- Reasoning with Unreasonable People
- Passive Aggression, Sarcasm, Cold Anger, Hostility and Aggression
- How We Heal Ourselves and Others: Communicating in Ways That Create Meaningful Change

### How Food Affects Mental Health

- Food for Thought: How Nutrients Affect Mental Health and the Brain
- Behavioral and Medicinal Effects of Selected Plant-Based Nutrients
- Overview of Medical and Medicinal Foods

### Understanding Memory, Cognition, and Dementia

- Memory: How it Works, How It Breaks Down and How to Improve It
- Advances in Preventing Cognitive Decline
- The Habits of People Least Likely To Develop Alzheimer's Disease

### Lifestyle Modification to Create Meaningful Change

- Pumped: Building a Better Brain Through Exercise and Movement
- What Is In Our Food
- Meditation
- Sleep and the Brain

### Applying Positive Psychology

- Understanding and Practicing Positive Psychology
- The Habits of Happy People

## ABOUT THE INSTRUCTOR



*John Arden, Ph.D., ABPP, is an internationally acclaimed speaker and the author of fourteen evidence-based texts that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He was the director of mental health training of one of the nation's largest hospital systems for almost two decades.*

*The author of 14 evidence-based texts, Dr. Arden is working on a 15th text that forms the basis of the lecture he will be presenting. Audiences appreciate his innovative teaching style and ability to communicate advances in the brain sciences with wisdom, clarity and warmth.*

## **How to Receive Home Study Credit**

1. Course materials are delivered to you within 5-7 days from the date we receive your order.
2. For recorded programs, watch or listen to the lecture and review the course outline. For text-based programs, read the written materials.
3. Complete the multiple-choice questions or short-written essays based on the course objectives. A passing score is 70%. In the unlikely event that you need to retake the exam, you may do so without penalty or fee. You have at least one year to complete any of the programs.
4. Submit the completed evaluation and exam to IBP by email at [ceu@4brain.org](mailto:ceu@4brain.org), fax at (209) 710-8306 or mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
5. Certificates of completion are provided upon receipt of the evaluation form and the post-test. Please let us know whether you wish to receive it by email, fax, or mail.

## **30-Day Refund and Return Policy**

If you are not completely satisfied, you may exchange the materials for a recorded or text-based program of equal value or receive a refund minus a \$15 processing fee by sending the materials in resalable condition to: IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

## **Dedicated Customer Service**

Call (888) 202-2938 to inquire about program content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, or submit a formal grievance. IBP complies with ADA requirements.

## **The IBP Experience**

We are the leading provider of accredited programs concerning the brain and behavioral sciences. Programs include fascinating and informative presentations by outstanding and highly qualified instructors. DVDs are an excellent alternative to television and CDs are ideal for long commutes. Our non-profit organization has been providing home study programs since 1985.