Applying Cognitive Behavioral Techniques to Create Sustainable Change
A 6-Hour Home Study Program for Health Professionals

Chasing how we think affects how we feel. In this program, learn how to use cognitive behavioral techniques to help clients in medical, dental, and behavioral health practices.

This program is designed to provide health professionals with effective cognitive behavioral therapies (CBT) to help overcome negative thoughts and beliefs, to strengthen interpersonal relationships and enhance wellbeing.

Participants completing this program should be able to:
1. Discuss how maladaptive cognitions originate.
2. Describe the cognitive distortions that perpetuate common psychological sources of suffering.
3. List several methods of setting the agenda when working with challenging clients.
4. List key cognitive distortions that can perpetuate maladaptive emotions.
5. Discuss an approach to apply CBT techniques to improve health outcomes in a client with a specific psychological, dental or medical condition.
6. Discuss how positive psychology and CBT to help produce sustainable wellbeing and happiness.

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 CA Board of Registered Nursing, Provider #CEP13896, and FL 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. 5632. 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 contact 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.

Institute for Brain Potential is approved 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 recognizes IBP as an Approved Continuing Education Provider, ACEP No. 6342. Program #245.000045, and by the Florida Board of Psychology, as an approved provider of continuing education for psychologists. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/31/22. Social workers completing this course receive 6 hours of continuing education clock hours, Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by FL Dept of Professional Regulation. MTJ CE Sponsor Program Sponsor #1685#000383, and by TX 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 #041. 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.

Institute for Brain Potential (IBP) is a nationally accredited provider of social work continuing education and is approved as an Approved Continuing Education Provider, ACEP No. 6342. Programs #245.000045, and by the Florida Board of Psychology, as an approved provider of continuing education for psychologists. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/31/22. Social workers completing this course receive 6 hours of continuing education clock hours, Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by FL Board of Clinical Social Work, MFT and Mental Health Counseling, by FL Board of Psychology, by FL Dept of Professional Regulation. MTJ CE Sponsor Program Sponsor #1685#000383, and by TX 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 #041. 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 Florida CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

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 (6 CEUs). GANic: 020220-039-21-005-H4-P and 0882-039-20-003-H4-T. 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 RE-4261, authorized to conduct continuing 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 is accredited as a provider of continuing education by the American Academy of General Dentistry Program Approval, Provider 69301. This program provides 6 contact hours.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy education by the California State Board of Professional Regulation. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000220. 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 provides 6 contact hours.

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 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved as provider of Continuing Education by the National Association of Language and Audiology Board (ASLPA), # P247. 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.

ABOUT THE INSTRUCTOR
Jonah Paquette, Psy.D., is Director of Clinical Training in the Department of Psychiatry at Kaiser Permanente, Vallejo, California. Dr. Paquette, an expert in applying cognitive behavioral and positive psychology, oversees the training of postdoctoral residents in multiple departments within the San Francisco Bay Area. Dr. Paquette was the teaching assistant of David Burns, MD, (Stanford University), a leading expert in making cognitive-behavioral techniques accessible to nursing, behavioral, and allied health professionals. Dr. Paquette is the author of a research-based book entitled, “Real Happiness: Proven Paths for Contentment, Peace and Well-being."

An outstanding speaker, Dr. Paquette has delivered seminars to health professionals throughout much of the United States on topics including positive psychology, wellness, and happiness. Participants highly recommend Dr. Paquette for his ability to present practical strategies in ways that can lead to meaningful change.

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Policies and Procedures

1. You may order the audio CDs or audio-visual DVDs before the planned expiration date listed on the program brochure. You will have at least one year from the date you placed your order to complete the program for continuing education credit.

2. Course materials including CDs or DVDs, course outline and handouts, evaluation form, and post-test are delivered to you within 5-7 days from the date we receive your order. You will need a CD player to listen to the lecture on CDs and a DVD player to view it on DVDs.

3. Successful completion to receive continuing education credit includes 1) watching or listening to the recorded lecture and reviewing the course handouts, 2) submission of the evaluation form and post-test, and 3) receiving a passing score of 70% on the posttest. No partial credit is given.

4. Post-tests are usually scored within 5 workdays of their receipt; please allow 10 workdays. You may retake the posttest without penalty or fee.

5. Course evaluation form and completed posttest can be submitted to us by email at ceu@4brain.org, fax at (209) 710-8306, or by mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

6. A certificate of completion is provided upon successful completion. Please indicate whether you wish to receive the certificate by email, fax, or mail on the registration form.

7. If you are not completely satisfied, you may return the course materials in a resalable condition within 30-days of your purchase and exchange it for another home study program of equal value or obtain a full refund minus a $15 processing fee by submitting a refund request in writing or by email at refund@ibpceu.com. Tuition for continuing education credit is not refundable. Course materials should be returned to us at IBP Distance Learning, 245 W Pacheco Blvd. Ste. C, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about course content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. Institute for Brain Potential complies with ADA requirements.

The IBP Experience

Our non-profit organization, tax ID 77-0026830, is the leading provider of accredited programs concerning the brain and behavioral sciences. We have been providing informative and practical continuing education programs since 1984. Our programs include fascinating and informative presentations by outstanding and highly qualified faculty.