Emotional resilience involves the ability to withstand and rapidly rebound from psychological stress. Advances in the brain and behavioral sciences have revealed the critical role of emotional habits in response to threat, fear, anxiety, sadness, addiction, and cravings.

Health professionals working in medical, dental, and behavioral health practices and educators should be able to:
1. Identify how the brain acquires maladaptive and resilient emotional habits.
2. Name several health benefits of emotionally resilient habits.
3. Describe habits of emotionally resilient people including confronting fears, reward substitution, and preventing emotional upsurge.
4. Describe habits of emotionally resilient people including reframing and overcoming anxiety, anger and sadness.
5. Describe habits that facilitate the generation of positive emotions, positive psychology and self-aware emotions.
6. Describe habits that focus on present-centered mindful listening, speaking, acceptance and energizing habits.

Ms. 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 #CEP13969, and Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCQC, as an Approved Continuing Education Provider, ACEP No. 6024. 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.

Institute for Brain Potential, ACE Approval Number: 1167, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/13/17 – 11/12/20. Social workers completing this course receive 6 continuing clinical 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 Illinois Board of Psychology, by Massachusetts Board of Psychology, by Oregon State Board of Psychology, by Texas State Board of Examiners of Psychologists and Psychiatric Technicians, Provider #880. IBP is approved as a provider of CE for Counselors and Social Workers by Ohio CSWMFT Board. Institute for Brain Potential (IBP), SW CE 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 marriage and family therapists #MFT-0068. This program provides 6 contact hours.

Institute for Brain Potential has been approved by Institute for Brain Potential, as a NAADAC Accredited Provider, for 6 CEUs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

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 CPEUs). GANc: #0890-0001-19-053-HR-T and #0890-0001-19-053-HR-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 RF-4261, is authorized to conduct courses for Dentists by the Florida Department of Health. This program qualifies for 6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

Institute for Brain Potential, a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

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, #216-002012. 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, #245.000445, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program has a General title. This program provides 6 CE hours.

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.

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

Dr. McRae’s lectures are highly regarded by health professionals. Her programs are both practical and inspirational. Using fascinating case histories, film clips, and her skills as an actress, Dr. McRae uses innovative teaching methods that make her presentations highly memorable and enjoyable, and are designed to enhance emotional resilience in health professionals and their patients.
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, 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.