

# Everyday Habits for Long-Term Health

## 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, ACE Approval Number: 1160, 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: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical 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 **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, 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 #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:** This course has been approved by Institute for Brain Potential, as a **NAADAC Approved Education Provider**, for 6 CEs. 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 (0.6 CEUs). UANs: 0492-0000-22-041-H04-P and 0492-0000-22-041-H04-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 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**.



**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

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: 557



**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 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). 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 **NY 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: 05/10/2023. 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 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 **California Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **Kansas 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: 06/03/2023.

**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. 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 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.

**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.

*Habits strongly influence how we think, feel, and act.*

*If health-related habits could be meaningfully improved, the overall impact would be greater than all pharmacological, medical and surgical interventions combined.*

*Learn advances in the field of behavioral health designed to manage cravings, improve health-protective habits, and develop healthy cognitive habits and mindsets.*

*Participants completing this 6-hour program should be able to:*

1. Describe the connection between stress, impulse control, and dopamine-based cravings.
2. List evidence-based steps to create short-term and long-term goals related to a daily habit such as maintaining physical fitness.
3. Identify how to acquire personalized cognitive habits to reduce anxiety, improve mood, and enhance sleep.
4. Outline how to change mindsets associated with combinations of habits.

### Three Types of Habits

- Addictive Habits
- Health-Protective Habits
- Cognitive Habits

### Stress, Pain, and Cravings and the Dopamine Addiction Circuit

- Understanding Opioid Addiction and Chronic Pain
- How Stress Drives Immediate Gratification
- Curbing Impulse Control
- Why Mindset Matters for Pain Relief
- Chronic Pain Management
- Best Practices
- Daily Mindful States

### Attention-Based Habits and the Cingulate Loop

- Setting Short-Term Goals
- Setting Long-Term Goals
- Habits of Successful Exercisers
  - Calming Physical Activities
  - Mindful-Enhancing Physical Activities
- Coping With Failure

### Anxiety, Mood, and Sleep and the Dorsal Prefrontal Loop

- Reducing Anxiety
- Understanding Major Depression
- Acquired Optimism
- Developing Sustainable Stress-Resilient Habits for Life
- Choosing to be Happy
- Self-Calming Habits to Improve Sleep

### How to Change Mindsets to Enhance Treatment Effectiveness

- Mindsets
- Beyond Supportive Conversations
- Mindsets About Treatment Efficacy
- Mindsets About Capacity to Change
- Mindset Replacement

### ABOUT THE INSTRUCTOR



*Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Professor of Psychiatry and Behavioral Sciences at Stanford Medical School and is Director of Program Evaluation for the treatment of addictive disorders, pain, and mental health conditions for veterans throughout the United States. Dr. Trafton is first author of Training Your Brain To Adopt Healthful Habits: Mastering the Five Brain Challenges (2019) and has authored numerous scientific publications concerning addiction, pain and related topics.*

*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.*

## **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](mailto: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](mailto: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 or email [info@ibpceu.com](mailto:info@ibpceu.com) 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.