How We Heal Ourselves And Others: Communicating In Ways That Create Meaningful Change

A 6-Hour Home Study Program for Health Professionals

Realizing Our Healing Potential

• Understanding the Healing Brain
• Identifying Sources of Chronic Stress and Allostatic Load
• Understanding the Healing Response
• Promoting the Strengths and Virtues of Our Clients
• Applying Our Own Character Strengths and Virtues

Communicating in Ways That Can Create Meaningful Change

• Increasing Predictability and Control Over Key Stressors
• Words to Reduce Anger
• Words to Reduce Anxiety
• Words to Elevate Mood
• Setting Limits
• Resolving Conflicts in Close Relations

Reducing Discomfort and Pain

• Expectancy, Conditioning, and the Brain
• What to Say
• What to Do
• Mindfulness

Handling Difficult Conversations

• Learning to Delay a Response
• Identifying Anger Triggers
• Overcoming Ruminations
• Reframing Distorted Thoughts
• Overcoming Perfectionism
• Acquiring Positive Emotional Habits

Applying Positive Psychology

• Practicing Mindfulness
• Elevating Positive Emotions
• Enhancing Self-Compassion
• Promoting Acceptance
• Practicing the Habits of Happy People

ABOUT THE INSTRUCTOR

Paula Butterfield, Ph.D., (Ohio State University) is a nationally celebrated psychologist, clinician, researcher, author, and instructor. Dr. Butterfield has directed the Educational Research and Training Division for the Department of Internal Medicine at Ohio State University and has been a Director of Physician Leadership and Management Education.

The winner of four awards for distinguished teaching, Dr. Butterfield has developed national training programs for over two decades. Her outstanding presentations integrate evidence-based research in the brain and behavioral sciences with essential communication strategies in people who are resistant to change. An outstanding speaker, Dr. Butterfield uses innovative teaching methods including the use of film clips.
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.