

# Mind Over Misery: Stress, Anxiety, Mood, and Pain

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

*This program describes effective mind-body approaches to overcome stress, anxiety, sadness, anger and pain, and highlights methods of elevating positive emotions. The presentation also provides an understanding of key brain systems underlying each topic.*

Participants completing this 6-hour program should be able to identify effective ways to:

1. Calm the stress response through increasing predictability and control,
2. Reduce intrusive thoughts and impulses in OCD and phobic disorders through therapies involving the habit brain,
3. Enhance social reasoning through key interpersonal techniques,
4. Relieve anxiety, elevate mood, and deepen sleep through cognitive approaches,
5. Reduce pain in patients undergoing medical and dental treatment through mind-body therapies, and
6. Elevate positive emotions through the practice of 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. IBP 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, provider 1160, is approved as a provider for continuing education by the **Association of Social Work Boards (ASWB)**, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

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. 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-EI**, 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: 0492-0000-16-046-H04-P and 0492-0000-16-046-H04-T. This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.



Academy of General Dentistry



Program Approval for Continuing Education

**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/Mastership 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 12/01/14 – 11/30/18. 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 (Activity Demands), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision). 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 **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 of CE credit.

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

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the **CA Board of Registered Nursing**, #CEP13896, and as such, its CE offerings are accepted by the **Respiratory Care Board of CA**. 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.

## The Stressed Brain and Overcoming Threat

- The Threatened Brain
- Traumatic and Posttraumatic Stress
- Approaches to Overcoming Chronic Stress

## The Habit Brain and Overcoming Fears and Anxieties

- Understanding the Habit Brain
- OCD Spectrum Disorders
- Focal Anxiety
- Overcoming OCD and Focal Anxiety

## The Social Brain and Enhancing Social Reasoning

- Developmental Trauma
- Social Brain
- Techniques

## The Cognitive Brain: Anxiety, Mood, and Sleep

- The Cognitive Brain
- Identifying Maladaptive Thoughts and Unresolved Emotions
- Applying Cognitive-Behavioral Tools

## Pain Reduction: Practicing Mind-Body Techniques

- Pain
- Pain Reduction Techniques

## The Joyful Brain: Practicing Positive Psychology

- The Self-Aware Brain

## ABOUT THE INSTRUCTOR



*John Arden, PhD, is Northern California Regional Director of Training of Mental Health Professionals for Kaiser Permanente and oversees training of thousands of mental health professionals. Dr. Arden is an award-winning author of over a dozen evidence-based texts focusing on brain-based psychological therapies and the art of communicating practical applications of neuroscience.*

*This highly practical program is based on a detailed review of current research. Dr. Arden presents seminars around the world focusing on brain-based therapy. His inspiring lectures are delivered with clarity, warmth, and clinical wisdom. Audiences appreciate his innovative teaching including the use of film clips and opportunities to experience stress-resilient mental states.*