

SEVERNA PARK, MD
 COLUMBIAN CENTER
 335 Governor Ritchie Hwy, 21146. (410) 647-3413

Friday, September 29

TIMONIUM, MD
 RADISSON NORTH BALTIMORE
 2004 Greenspring Dr, 21093. (410) 252-7373

Friday, October 6

COLUMBIA, MD
 DOUBLETREE BY HILTON COLUMBIA
 5485 Twin Knolls Rd, 21045. (410) 997-1060

Friday, October 13

FREDERICKSBURG, VA
 FREDERICKSBURG EXPO & CONFERENCE CENTER
 2731 Carl D Silver Pkwy, 22401. (540) 548-5555

Friday, October 20

WALDORF, MD
 GREATER WALDORF COMMUNITY CENTER
 3090 Crain Hwy, 20601. (301) 645-4546

Friday, October 27

SALISBURY, MD
 WICOMICO CIVIC CENTER
 500 Glen Ave, 21804. (410) 548-4900

Friday, November 3

Please do not contact venues except for driving instructions.
 Complimentary parking is available at all sites.



PLEASE POST

CALMING AN OVERACTIVE BRAIN

✓ one:

- Severna Park, Sep 29
- Timonium, Oct 6
- Columbia, Oct 13
- Fredericksburg, Oct 20
- Waldorf, Oct 27
- Salisbury, Nov 3

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____



CALMING AN OVERACTIVE BRAIN

SEVERNA PARK, MD: Friday, September 29

TIMONIUM, MD: Friday, October 6

COLUMBIA, MD: Friday, October 13

FREDERICKSBURG, VA: Friday, October 20

WALDORF, MD: Friday, October 27

SALISBURY, MD: Friday, November 3

A New 6-Hour Seminar for Health Professionals, Fall, 2017 \$79

CALMING AN OVERACTIVE BRAIN

A 6-Hour Seminar for Health Professionals

This program provides evidence-based and practical methods to reduce unwanted thoughts, facilitate wellbeing, and improve sleep in patients and health professionals working in medical, dental and psychological settings.

Participants completing this 6-hour seminar should be able to:

1. Describe how increasing predictability and control can protect the brain against the toxic effects of chronic stress.
2. Outline how phobic and trauma-based thoughts can be desensitized.
3. Describe how maladaptive thoughts linked to anxiety, anger or sadness can be reframed through Cognitive-Behavioral Therapy.
4. Discuss how to effectively manage cravings.
5. Describe how to practice Mindfulness and Positive Psychology to produce present-centered, non-judgmental states that increase positive emotions, facilitate sleep and calm the overactive brain.



Schedule: Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

Group Registrations: Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

Transfers and Cancellations: Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

CALMING AN OVERACTIVE BRAIN

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 awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

This program provides 6 contact hours for nurses.



PSYCHOLOGISTS: Institute for Brain Potential (IBP) is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential (IBP) 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 of CE credit.



SOCIAL WORKERS: IBP, 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. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.

SUBSTANCE ABUSE PROFESSIONALS: IBP is approved by the **NAADAC** Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-16-037-L04-P and 0492-0000-16-037-L04-T



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. This program provides 6 CE hours.



APPROVED PROVIDER OF CONTINUING EDUCATION by the American Occupational Therapy Association, Inc. #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 Level: Intermediate. Content Focus: Domain of OT (Performance Skills), Occupational Therapy Process (Outcomes), and Professional Issues (Supervision).

NURSING HOME ADMINISTRATORS: IBP is a *Certified Sponsor* of professional continuing education with the **NAB** and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: IBP is approved as a provider of physical therapy continuing education by the **CA Physical Therapy Board** and **NY State Board of Physical Therapy**. The **Virginia Board of Physical Therapy** accepts courses from the providers approved by the physical therapy licensing boards of other states. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is pending approval by the **MD Board of Examiners For Audiologists, and Speech-Language Pathologists** for 6 CEUs (1 CEU = 1 contact hour). IBP is approved as a provider of CE by **California Speech-Language Pathology & Audiology Board (SLPAB)**, #PDP247, by **Florida Board of Speech-Language Pathology and Audiology**, and by **Kansas Department of Health and Environment**, Provider# LTS S1271.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 4090, 5320, and 7020.

EDUCATORS: This program provides 7.5 CEUs of professional development in MD and 7.5 PD Points of professional development in VA toward license renewal through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

Understanding the Overactive Brain

- **Chronic Stress:** how excessive cortisol, an adrenal hormone, endangers short-term memory, increases anxiety, perpetuates post-traumatic memories, sustains depression, produces eating disorders, and undermines sleep.
- **Calming the Stress-Response:** enhancing increasing predictability and control over stress-related thoughts—how the prefrontal cortex can refrain an overactive limbic system and retrain the basal ganglia, the habit brain.
- **Fear-Based Memories:** the amygdala, a “promiscuous modulator” of memory formation in fear conditioning; why we are excessively alert and awake.
- **Medical and Dental Phobias:** best practices in dealing with patients that have medical and dental phobias; the role of systematic desensitization and the benefits of drugs that inhibit emotional memories, e.g., beta blockers.
- **PTSD:** what goes on in the brains of people with traumatic memories and flashbacks including posttraumatic stress related to a medical condition (e.g., stroke); how PTSD increases arousal, impairs sleep, and produces avoidance of situations that trigger traumatic memories.
- **Intrusive Memories and Flashbacks:** the role of the hippocampus in organizing and replaying traumatic memories; advances in pharmacologic treatment including drugs designed to block or extinguish unwanted memories.
- **Realistic Worry and Generalized Anxiety Disorder:** adaptive and maladaptive activation of the dorsolateral prefrontal cortex, the role of GABA receptors, and their connection with the habit brain, the striatum; how benzodiazepines compare with SSRIs, SNRIs and related drugs.
- **Depression-Related Thoughts:** the role of rumination and cognitions that one’s problems are personal, pervasive and permanent; understanding key symptoms: lowered mood, anhedonia, poor concentration, and early morning awakenings with inability to return to sleep.
- **Obsessive Spectrum Disorders:** brain systems that underlie recurrent thoughts and behaviors regarding one’s body or surroundings, the role of the social brain and the habit brain.
- **Pathology of Perfectionism:** understanding the common obsession among health professionals, “I must strive to meet unrealistically high standards and am self-critical when I fail to do so.”
- **The Depressed Brain:** lower levels of serotonin, norepinephrine and dopamine and impairment of executive, motivational and social/emotional control centers of the prefrontal cortex.
- **Thoughts That Keep Us Awake:** reminders of the past and the temporal and parietal cortices; present-centered thoughts and the limbic system; future-centered thoughts and the prefrontal cortex; why anxiety makes it difficult to fall asleep and depression makes it difficult to stay asleep.
- **The Dark Side of Food Addictions:** carbohydrate-rich foods and serotonin; fatty foods and dopamine; sweet foods and brain opiates.
- **Cravings:** how everyday addictions for comfort foods, caffeine, alcohol, and for prescription- and illicit drugs alter the circuits of the habit brain; their role in preoccupation/anticipation, bingeing, and withdrawal/negative emotions.

Brain-Based Therapies for Calming an Overactive Brain

- **Fear Conditioning and Extinction:** applying exposure-based therapies including systematic desensitization, flooding, virtual reality and EMDR; psychological therapies versus antidepressants.
- **Taming the Best Within:** how slow thinking engages the wisdom and thoughtful delay provided by the prefrontal cortex to deal with anger and disorders of impulse control.
- **Treating Thought Distortions with Cognitive Behavioral Therapy:** how anxiety, anger or sadness can be resolved by interpreting old problems in new ways (reframing), arguing against strongly held beliefs (disputation) and testing our assumptions.
- **Mental Approaches to Improving Sleep:** mental exercises that can quiet areas of prefrontal cortex associated with thoughts concerning recurrent emotions, unresolved social issues, planning and pain.
- **Reducing Cravings:** why willpower alone is usually not enough; how to master key brain challenges: taming the need for immediate gratification; retraining addiction circuits to make healthy behaviors habitual; exerting prefrontal control to prevent craving-related thoughts.
- **Complementary Medicines and Pharmacotherapy:** why approximately 75% of health professionals use complementary medicines to treat anxiety, stress or depression through herbal remedies (e.g., valerian, kava, SAMe and St. John’s Wort); how they compare with anti-anxiety drugs and antidepressants for anxiety and major or minor depressions.
- **The Joyful Brain:** the neurobiology of happiness: understanding positive emotions that facilitate stress resilience, healthy forms of mood regulation, calm states of awareness, optimism and humor.
- **Acceptance:** learning to accept in others what is unlikely to change and moving on; learning to accept one’s limitations and overcoming the pathology of perfectionism.
- **Mindfulness:** the calming effects of attending to the present and witnessing thoughts without judging them; using mindfulness to reduce pain, distress and stress.

ABOUT THE INSTRUCTOR

Ted Dumas received his Ph.D. in Physiological Psychology from the University of Virginia and is Associate Professor of Molecular Neurobiology at George Mason University. His research concerns ways to protect the brain against the damaging effects of chronic stress in early life, posttraumatic stress in midlife, and disorders of the aging brain. In addition, he is studying how the brain forms new habits.

An outstanding and inspiring speaker, Dr. Dumas has presented CE programs for over a decade to nurses, behavioral health and allied health professions. Dr. Dumas communicates key discoveries in terms that are at once clear, practical, and stress-free. Participants receive a detailed outline prepared by the speaker including lecture topics, key references and links. To help assure that your learning objectives are met for all participants, Dr. Dumas will answer your questions in class, during the second part of the lunch break, and following the program by email.