• **Accredited Health Professions:** Nurses, Psychologists, Counselors, Social Workers, MFTs, Occupational Therapists, Pharmacists, Dental Professionals, Speech-Language Pathologists, Physical Therapists & Educators.

• **Contact Hours for Health Professionals:** Recorded seminars provide 6 contact hours of continuing education for most professions. See accreditation panel in the back of the packet for a complete list.

• **Educators:** Educators can receive 7.5 contact hours per recorded program through cosponsorship between IBP and Alliant International University, a regionally accredited institution by the Western Association of Schools and Colleges. Contact your school district if you need prior approval for this program. For more information, contact Customer Service at (650) 223-3928.

• **Recording Formats:** All programs are available as audio CDs (4 disks per program) and as audio-visual DVDs (4 disks per program).

• **Tuition for Recordings:** Audio CD sets are $50 and DVD sets are $75. Prices include shipping/handling and tax when purchased on the day of the seminar.

• **Tuition for Continuing Education:** Add $30 per 6-hour program to receive the course outline prepared by the speaker, a post-test, and an evaluation form to complete continuing education credit.

  **Orders:** Please allow 2-3 weeks. All major credit cards are accepted.

  **Phone:** (650) 223-3928

  **Fax:** (209) 710-8306

  **Online:** www.ibpceu.com/catalog

  **Mail:** PO Box 2238, Los Banos, CA 93635 (see order form)

• **Refund and Return Policy:** If not completely satisfied, return the materials in resalable condition and exchange for a recorded program or book of equal value or receive a refund minus a $15 processing fee to IBP Distance Learning, PO Box 2238, Los Banos, CA 93635. Tuition for continuing education credit is not refundable.

• **Home Study Policies:** Participants are responsible for reviewing our accreditation panel and, if necessary, contacting their boards to confirm accreditation requirements. To receive credit, listen to the recorded lecture, review the outline, and complete both the exam and evaluation form. A passing score for the post-test is 70%. The exam may be retaken without penalty or fee. The expiration date on the exam allows for at least a year to complete the program. You may receive your certificate by email, fax, or mail.

• **ADA and Grievance:** IBP complies with ADA requirements. For ADA accommodations or for addressing a grievance, contact us at (877) 418-5474.

• **Why IBP Home Study:** IBP is the leading provider of accredited programs focusing on the brain and behavioral sciences. Programs are selected from outstanding speakers based on current topics of greatest interest to our audience.

• **Warning — IBP Programs Can Be Habit Forming.** Audio CDs are ideal for commutes and quiet times. DVDs are a brain-healthy alternative to television. IBP has a 95% approval rating from its home study registrants.
Each program is designed to provide 6 hours of continuing education
Audio CD sets are $50 and DVD sets are $75

Martin Antony, Ph.D., Professor and Chair of Psychology, Ryerson University, Toronto, a leading international expert in the study of anxiety disorders is author of over 200 scientific papers and over 20 textbooks including social anxiety, obsessive-compulsive and related disorders, generalized anxiety, and perfectionism. He is an outstanding and informative speaker.

The Pathology of Perfectionism: How to Tame the Inner Critic
- People who set unrealistic standards for themselves or others
- Treatments for children, teens, and adults
- Interventions that health professionals can use to protect their own health when living or working with perfectionists
- Managing perfectionistic expectations and obsessions.

Shyness and Social Anxiety: Evidence-Based Techniques for Overcoming Fear
- Techniques for overcoming, diagnosing, understanding, and treating social phobias, avoidant personality disorder and shyness
- Evidence-based psychological and pharmacological treatments
- Key clinical tools and insights.

Understanding and Treating Obsessive-Compulsive Spectrum Disorders
- Understanding, diagnosing and treating OCD
- Pharmacological, exposure-based and cognitive-behavioral interventions.

Why We Worry: Understanding and Treating Anxiety Disorders
Diagnostic criteria and treatment of:
- Panic disorder
- Specific phobias
- Social anxiety
- Generalized anxiety
- Mixed anxiety-depression
- PTSD
- Managing and preventing anxiety due to professional issues.

John Arden, Ph.D., a neuropsychologist, is Director of Training in Mental Health for Kaiser Permanente in Northern California. He oversees the training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden is an award-winning author and acclaimed speaker.

Mind Over Misery: Stress, Anxiety, Mood, and Pain
- Stress response and predictability and control
- Therapies for intrusive thoughts and impulses in OCD and phobic disorders
- Social reasoning and key interpersonal techniques
- Anxiety, mood, and sleep issues
- Pain reduction in patients undergoing medical and dental treatments
- Positive emotions and positive psychology.

Pathways to Successful Aging
- Social support and longevity, wellbeing and cognition
- Risk of loneliness and early mortality
- Physical activity and neurogenesis, reduced inflammation, and enhanced cell repair
- Lifelong learning and cognitive reserve
- Healthy diet and key neurotransmitters, advanced glycation end products, and anti-inflammatory fats
- Sleep, brain health, memory, glucose metabolism and cognition.

Paula Butterfield, Ph.D. is a celebrated clinician, executive coach, and instructor. She has won multiple awards for distinguished teaching, developed national training programs and presented seminars to thousands of health professionals.

How We Heal Ourselves and Others: Communicating in Ways that Create Meaningful Change
- Psychological components of the healing process
- Helping patients feel that they are “heard” by understanding their beliefs and concerns
- Relieving anger, sadness and anxiety
- Handling difficult conversations
- Relieving pain
- Enhancing self-healing through mindfulness and acceptance.
Colleen Carney, Ph.D. is Associate Professor in Psychology and Director of the Sleep and Depression Laboratory at Ryerson University, Toronto, Canada, where she conducts trials in the treatment of sleep and depression and trains professionals in behavioral sleep medicine. Dr. Carney has over 15 years of clinical and teaching experience and is an expert in Cognitive Behavior Therapy for Insomnia. She is best known for training health professionals to use CBT for treating patients with insomnia related to depression, anxiety, fibromyalgia, chronic fatigue syndromes, trauma, cancer and pain. Dr. Carney is internationally recognized as an outstanding trainer and speaker.

Understanding Sleep-Wake Disorders: Practical Tips for Improving Sleep

- Risks of non-restorative sleep
- Treatments for sleep apnea, sleep-related movement disorders, circadian rhythm disorders
- Behavioral, cognitive-behavioral, and mindfulness-based therapies
- Complementary therapies
- Hypnotics
- Improving sleep in people with disorders of mood, anxiety, and pain.

Ted Dumas, Ph.D., Assistant Professor of Neurobiology at George Mason University, is an expert in the neurobiology of stress-related disorders. Dr. Dumas studies how chronic stress, PTSD and disorders of the aging brain impair cognitive abilities and how to protect the brain from toxic effects of stress-related hormones.

Stress-Related Disorders

- Stress, cortisol, short-term memory, judgment, and depression
- Immune suppression and excess cortisol
- Chronic inflammation and low cortisol
- Cardiovascular disorders
- Mood disorders
- Sleep, pain and risk of Alzheimer’s disease
- Key strategies for enhancing stress resilience.

Nick R.S. Hall, Ph.D. (University of South Florida), a neurobiologist, is internationally recognized for his pioneering contributions to the study of stress, emotions, and the immune system. He is the author of numerous scientific publications and texts concerning mind-body interactions and disease. Dr. Hall hosts a national conference in the fall with the University of South Florida on Psychoimmunology, in which leading researchers present how emotions, stress, fatigue, and depression influence who gets sick and who stays well. Dr. Hall’s research has been featured on 60 Minutes, the BBC Nova series, and the PBS series, Healing and the Mind. A remarkable speaker, health professionals highly recommend his seminars for his special ability to present practical discoveries with clarity, warmth and humor.

Preventing and Managing Chronic Inflammation: Special Focus: Nutritional Interventions

- How nutrients affect: Chronic stress, steroids and NSAIDs
- Weight gain, hypertension and diabetes
- Allergies, asthma, dental, and autoimmune disorders
- Sleep, mood, stroke, and Alzheimer’s disease
- Habits that protect the aging body and brain.

Margaret Kemeny, Ph.D., Professor of Psychiatry and Director of Health Psychology, UC San Francisco, is an international leader in the field of Psychoneuroimmunology, the study of how mental states affect the immune system. With insight and clarity, Dr. Kemeny presents ingeniously comprehensible programs with many practical applications.


- Ingeniously comprehensible overview of the immune system
- Mind-body effects of threat, mood, sleep, physical activity and diet
- How inflammation relates to disorders of pain, the heart, and the brain
- Immune health and physical activity, mental states, close relationships, and healing beliefs.
Brian E. King, Ph.D. (Bowling Green State University) is an expert in Applied Biopsychology. His acclaimed instruction integrates cognitive neuroscience with positive psychology to show how humor can be used to enhance health and wellness. An outstanding and entertaining speaker, Dr. King also performs as a stand-up comedian at major venues throughout the USA and produces an annual comedy festival. Film clips, cartoons and comedic dialogue will be used to demonstrate how laughter can be the best medicine.

**Humor, Laughter and Health**
- How humor reduces stress and increases trust and immune health
- Reducing chronic pain
- Benefits for heart and cancer patients
- Reducing anxiety and elevating mood
- Using humor in your practice
- Using humor to promote healthful habits.

George Koob, Ph.D. is Professor of Neuroscience at UC San Diego and the new Director of the National Institutes of Health Division of Alcohol Abuse and Alcoholism. Dr. Koob won four awards for teaching excellence at UC San Diego and has developed programs with our non-profit organization since the 1990s.

**Calming an Overactive Brain**
- Automatic thoughts and chronic stress, fear, PTSD, unrealistic worry, depression, obsessions, insomnia, and cravings
- Systematic approaches to reduce unwanted thoughts, feelings, and impulses.

**How the Brain Forms New Habits: Why Willpower Is Not Enough**
- How the brain is altered by illegal and everyday addictions (e.g., food)
- Why habits are difficult to change
- How to overcome reward-based habits and maladaptive emotions
- Coping with threat-based habits
- Strategies for maintaining healthy habits.

Merrily Kuhn, RN, Ph.D. (Physiology), ND (Naturopathic Medicine), Ph.D. (Holistic Medicine), has authored college texts in both physiology and alternative and complementary medicine, is a practicing Naturopathic Physician and is one of the most attended presenters of CE programs in the USA. Audiences marvel at her wealth of practical wisdom.

**Complementary Medicines: What Really Works?**
- Chronic inflammation
- Pain
- Hormone-related conditions
- Metabolic syndrome
- Disorders of the aging brain
- Drug-nutrient interactions
- Resources for information about quality control.

**Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood**
- Stress-related digestive disorders
- IBS
- Food allergies
- GERD
- Inflammatory bowel disorders
- Mood and anxiety due to inflamed GI tract
- Guidelines for using probiotics and prebiotics.

**What is in Our Food**
Learn several ways to improve the quality of:
- Water
- Milk and milk substitutes
- Foods beneficial for the GI tract
- Meat, poultry, and fish
- Fats, sweeteners, and seasonings
- Food storage
- Home and medical, dental, or behavioral health practice.

Jaime Kurtz, Ph.D., Associate Professor of Psychology, James Madison University, is an expert in the study of happiness and the application of positive psychology. She is coauthor of Positively Happy: Routes to Sustainable Happiness, a workbook of practical strategies. Dr. Kurtz has won multiple awards for teaching excellence. She uses her talent as an actress to enhance her presentations and to communicate in ways that lead to meaningful change.

**The Habits of Happy People**
- How happy people develop and maintain habits that sustain positive emotions, thoughts, and actions
- How happiness improves health
- How happy people can communicate in ways that promote meaningful change
- Meaning and calming experiences
- Key exercises for forming happiness-promoting habits.
Michael Lara, M.D., Diplomate, American Board of Psychiatry and Neurology, a clinical neuroscientist, was educated at Harvard, UCLA, and Stanford. He completed his residency in Psychiatry and Behavioral Sciences at Stanford Hospital and Clinics, and maintains a private practice.

Evidence-Based Nutritional Strategies for the Aging Brain
- How foods affect neurotransmitters
- Foods and spices that reduce psychological, metabolic, oxidative and inflammatory forms of stress
- Foods that preserve and enhance cognition
- Nutrients that promote sleep
- Foods that enhance concentration and short-term memory.

Food for Thought: How Nutrients Affect Mental Health and the Brain
- Nutrients that regulate neurotransmitters, inflammation, and stress hormones
- Foods that improve glycemic control
- Foods that improve attention, elevate mood, reduce anxiety and enhance sleep.

The Pharmacy in Your Kitchen: An Overview of Medical and Medicinal Foods
- FDA-monitored foods for nutritional requirements of specific diseases
- Disorders of attention, cognition and mood
- Osteoarthritis, backache, headache and neuropathic pain
- Preventing diabetes, stroke and myocardial infarction
- Difficulties in initiating and maintaining sleep.

Pumped: Building a Better Brain through Exercise and Movement
- Why exercise is one of the most effective non-pharmacologic methods to elevate mood, improve memory, and enhance wellbeing
- How to develop a sustainable, personalized program.

Mark Moss, Ph.D., a Neuropsychologist, is co-director of the Laboratory for Cognitive Neurobiology and is Chair of Neurobiology at Boston University School of Medicine. His research is supported in part by the NIH and includes the study of cognition, memory, the aging brain, hypertension and dementia and evidence-based nutritional strategies.

Cognition, Successful Aging, and Nutrition
- Forms of memory that are vulnerable to aging and dementia
- How chronic stress impairs short-term memory
- The common risk factors for the two leading causes of dementia, Alzheimer’s Disease and Vascular Dementia
- Habits that facilitate successful aging
- Brain-protective nutrients, including curcumin, based on research of Dr. Moss supported by the NIH.

Understanding Executive Functions: Focus, Emotional Control, Motivation and Social Intelligence
- Key executive functions
- Disorders of attention, impulse control, motivation and social intelligence
- Psychostimulants, sedative-hypnotics, antidepressants, mood stabilizers, and chemical dependencies that alter executive functions
- Executive functions to manage pain and eating
- Healthy habits and choices.

John Preston, Psy.D., ABPP, is Professor at Alliant International University and has been Associate Clinical Professor at UC Davis. A board-certified neuropsychologist, he has authored numerous texts on psychopharmacology, anxiety disorders, and mood disorders. Dr. Preston received the Mental Health Association’s President’s Award for exceptional contributions to the mental health community.

(A) Adult Psychopharmacology Update 2014: Basics and Beyond
- Stress and cortisol
- Major depression
- Bipolar disorders
- AD/HD
- OCD
- PTSD
- Generalized anxiety
- Focal anxiety
- Insomnia
- Advances in improving adherence.

Child and Adolescent Psychopharmacology Update 2014
- Core symptoms of neuropsychiatric conditions in children and teens
- Psychostimulants and ADHD
- Treatment of OCD and other anxiety-related disorders, depression and bipolar disorders, borderline personality disorders, conduct disorder and aggression, autism spectrum disorder, and sleep disorder
- Advice for parents and health professionals who live and work with youths and psychiatric disorders.
Developing Positive Emotional Habits

• How mood regulation is strongly influenced by emotional habits
• The joyful brain
• Positive forms of mood regulation
• Guidelines for developing positive emotional habits
• How positive emotional habits promote health in clients and health professionals.

The Ever-Changing Brain

• Neuroplasticity in response to learning, stress, depression, injury, pain, addiction, and aging
• Brain differences in people with autism, attention deficits, and dyslexia
• Brain changes following chronic pain, insomnia, substance use, and mood disorders
• Mental, social and physical activities that enhance neuroplasticity.

Understanding and Managing Depressive Disorders

• Cortisol and mood
• Symptoms of depression
• Risk factors for depression
• Evidence-based psychological treatments
• Comparison of long-term effectiveness of pharmacologic therapies and non-pharmacologic treatments.

Understanding and Treating Posttraumatic Stress Disorders

• PTSD-related conditions
• Brain-related changes
• Pharmacological and psychological treatments for children, abuse victims, war veterans, and the elderly
• Secondary PTSD in health professionals who treat trauma.

Understanding Bipolar Spectrum Disorders

• Updated DSM-5 criteria for diagnosis in youths and adults
• Misdiagnosis
• Comorbid conditions
• Risks of self-harm
• Neurobiological findings
• Evidence-based pharmacological and psychological interventions.

Wellness and the Brain: The Psychobiology of Positive States

• The joyful brain
• Neural systems that support trust
• Focused awareness
• Emotional and social intelligence
• Creativity
• Purpose.

Joseph Shannon, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, and lecturer in the areas of personality disorders, chemical dependency, character pathology, anxiety and depression. Dr. Shannon has appeared on the CBS Morning Program and PBS’s Viewpoint. Dr. Shannon has developed training programs for health professionals throughout the USA and Canada and uses innovative teaching methods including film excerpts to enhance his insightful and practical presentations.

Anger, Forgiveness and the Healing Process

• Why anger harms health of the perpetrator and victim
• Origins of anger-related disorders
• Advances in managing anger
• Pathways to forgiveness of self and others
• Facilitating the healing process.

Noxious People: Living and Working with High-Conflict Individuals

• How to deal with people with disorders of social reasoning
• Disorders of personality, mood, anxiety and anger
• Skills to interact effectively with high-conflict people
• Ways to help protect our health when working or living with noxious people.

Reasoning with Unreasonable People: Focus on Disorders of Emotional Regulation

• Pathways to effective reasoning
• Selected disorders, their mindsets, and implications for treatment
• Mood disorders, anxiety disorders and OCD
• Anger-related disorders
• Reasoning with personality-disordered clients
• Strategies for helping patients with strong emotions
• Calming strategies for health professionals.

Treating Borderline Personality Disorders: Understanding Intense, Impulsive, and Volatile Relationships

Intensely emotional, chaotic people
• Unique challenges for health professionals, educators, and families
• Neurobiology, diagnosis and treatment of borderline personality disorder.
Understanding Personality Disorders
• Characteristics of personality disorders—what they have in common • Updated DSM-5 criteria for people with disorders as diverse as borderline, narcissistic, and antisocial personality disorders • Evidence-based guidelines for diagnosis and treatment • Guidelines for people who live or work with personality-disordered individuals.

William Sieber, Ph.D., Professor of Psychiatry and Family Medicine, UC San Diego, is a health psychologist with extensive clinical and research experience in managing the full spectrum of stress-related disorders and fatigue-related conditions. He has developed national and international training programs and has presented seminars to nurses and allied health professions for over 20 years.

Listening to the Body: Understanding the Language of Stress-Related Symptoms
• Stress-related conditions contribute to over half of all health concerns. Effective approaches for managing stress-related: • Immune symptoms • Fight-or-flight symptoms • Musculoskeletal symptoms • Identify thoughts and moods that produce or reduce stress-related symptoms.

Reducing Fatigue and Increasing Energy: Focus on Stress, Habits, and the Brain
• Stress-related fatigue and the mind-body connection • Distinguishing fatigue related to hormones, diet, selected prescription drugs, and complementary medicines • How disordered sleep, pain and mood are interconnected • Practical habits to reduce fatigue and enhance energy.

Craig Stark, Ph.D., Professor in the Department of Neurobiology and Behavior, UC Irvine, and Director of the Center for the Neurobiology of Learning and Memory, is an expert in imaging of the human brain as it learns, remembers and forgets. He has presented his findings on NPR on several occasions and is an outstanding and highly informative presenter.

Advances in Preventing Cognitive Decline: Getting Old, Thinking Young
• Alzheimer’s disease and Vascular dementia are the two most common causes of dementia • Distinguishing between fronto-temporal dementia, Lewy body dementia, Parkinsonian dementia, and the pseudo-dementia of depression • Strategies for prevention.

Jodie Trafton, Ph.D., a neuroscientist, is an affiliated Clinical Associate Professor at Stanford University School of Medicine in the Department of Psychiatry and Behavioral Sciences and the Center for Health Policy. She directs national evaluation and mental health program implementation initiatives for the 141 VA healthcare systems. She 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.

Understanding Substance-Related and Addictive Disorders: Diagnosis, Treatment and Prevention
• Addictive drugs and disorders alter brain reward systems • Prevention of substance use disorders • Psychological and pharmacological interventions for substance use disorders • Minimization of risks for potentially addictive drugs used for medicinal purposes • Recovery from substance use disorders.
Training your Brain to Adopt Healthful Habits: Mastering The Five Brain Challenges  
Jodie A. Trafton, Ph.D., William P. Gordon, Ph.D. and Supriya Misra, MA (2011)  
280 Pages (including references and exercises)  
• Why are habits so hard to change? • Why is willpower insufficient? • Habits involving actions, motivations and thoughts • Taming the need for immediate gratification • Increasing resilience to acute and chronic stressors • Retraining addiction circuits • Empowering your brain to make healthful choices.  
Book Only: $29 Book + 18 CE Hours: $119  
Child and Adolescent Clinical Psychopharmacology Made Simple  
184 Pages  
Participants completing this succinct and updated text should be able to identify the safety and effectiveness of selected pharmacologic treatments for children and adolescents including: • Bipolar disorders • Depression • Anxiety disorders • Psychotic disorders • Attention deficit/hyperactivity disorders • Autism spectrum disorders.  
Book Only: $19 Book + 12 CE Hours: $79  
Clinical Psychopharmacology Made Ridiculously Simple  
87 Pages  
Participants completing this program should be able to identify the safety and effectiveness of selected classes of drugs used for the treatment of: • Depressive disorders • Bipolar disorders • Anxiety disorders • Psychotic disorders • Miscellaneous disorders.  
Book Only: $16 Book + 12 CE Hours: $76  
IBP Best Practice Books: A Three Volume Series  
Edited by Jodie A. Trafton, Ph.D., Stanford University School of Medicine and William P. Gordon, Ph.D.  
This regularly updated series is perhaps the most comprehensive set of evidence-based reviews in the field of behavioral medicine.  
Modifiable lifestyle factors including diet, physical activity, smoking, substance use, and untreated anxiety and mood disorders contribute to chronic illness, medical expenses, and premature deaths in the United States.  
Critical insights and treatments to prevent and manage chronic neuropsychological disorders are presented as evidence-based reviews by leading international experts. Chapters are updated on a regular basis.  
Best Practices in the Behavioral Management of Chronic Disease  
Volume 1: Neuropsychiatric Disorders  
565 Pages (18 chapters)  
• Transtheoretical model of change • Self-efficacy • Message framing • Anxiety disorders • Persistent insomnia • Major depression • Suicidal behavior • Dual diagnosis • Substance use disorders • Smoking prevention • Smoking cessation • Headaches • Chronic and cancer pain • Stroke • Dementia • Prevention of obesity • Management of obesity.  
Book Only: $40
Best Practices in the Behavioral Management of Chronic Disease
Volume II: Other Medical Disorders
568 Pages (19 chapters)
• Managing hypertension • Preventing heart disease • Reversing and delaying heart disease • Managing congestive heart failure • Pulmonary disease (COPD)
• Cancer screening • Cancer: Primary prevention • Osteoporosis • Prescription drug adherence • Adherence in dental care • Promoting physical activity.

Book Only: $40

Best Practices in the Behavioral Management of Health
Volume III: From Preconception Through Adolescence
567 Pages (18 chapters)
• Preconception care • Preventing low and high birth weight and birth defects • Preventing mother-to-child HIV transmission • Time-sensitive issues of infant care • Vaccination • Pediatric asthma • Autism spectrum disorder • Eating disorders • Preventing obesity • ADHD/ADD • Conduct disorder • Preventing smoking • Preventing alcohol and drug use • Preventing STDs and unwanted pregnancies • Reducing exposure to unhealthful media • Preventing school violence • Preventing access to firearms • Reducing intimate partner violence.

Book Only: $40

Own the most comprehensive set of reviews focusing on behavioral medicine for your health library.
Three Volume Set: $90 (save $30)

Selected Chapters from Our Best Practice Books for Home Study Credit

Long-term Outcomes of Treatment for Attention-Deficit/Hyperactivity Disorder (Vol. III, Chapter 10)
CE Hours: 5  Tuition (includes CE): $25

Behavioral Interventions for Autism Spectrum Conditions (Vol. III, Chapter 7)
CE Hours: 3  Tuition (includes CE): $15

Anxiety Disorders (Vol. I, Chapter 6)
CE Hours: 4  Tuition (includes CE): $20

Major Depression (Vol. I, Chapter 7)
CE Hours: 5  Tuition (includes CE): $25

Long-Term Efficacy of Interventions to Reduce Substance Use (Vol. I, Chapter 9)
CE Hours: 6  Tuition (includes CE): $30

Management of Migraine and Tension-Type Headaches (Vol. I, Chapter 15)
CE Hours: 4  Tuition (includes CE): $20

Behavioral Management of Chronic Pain (Vol. I, Chapter 14)
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Behavioral Self-Management of Type II Diabetes (Vol. II, Chapter 12)
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Primary Prevention of Obesity (Vol. I, Chapter 17)
CE Hours: 2  Tuition (includes CE): $10

Behavioral Management of Obesity (Vol. I, Chapter 18)
CE Hours: 4  Tuition (includes CE): $20

Evidence-Based Recommendations for the Treatment of Tobacco Dependence (Vol. I, Chapter 11)
CE Hours: 6  Tuition (includes CE): $30

Behavioral Management of Dementia (Vol. I, Chapter 5)
CE Hours: 2  Tuition (includes CE): $10
CONTINUING EDUCATION

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. IBP is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896 and by the Florida Board of Nursing.

PSYCHOLOGISTS: IBP is approved by the American Psychological Association to offer continuing education for psychologists. IBP maintains responsibility for its programs. IBP is approved as a provider of continuing education by the California Board of Behavioral Sciences, #PCE3743, and by the Florida Board of Psychology.

COUNSELORS, SOCIAL WORKERS, & MARRIAGE AND FAMILY THERAPISTS: IBP is an NBCC-Approved Continuing Education Provider and may offer NBCC-approved clock hours for events that meet NBCC requirements. IBP is fully responsible for all aspects of the programs. IBP, provider #1160, is approved as a provider for continuing education by the Association of Social Work Boards. www.aswb.org. Social workers should contact their regulatory board to determine course approval.

IBP is approved as a provider of continuing education by the California Board of Behavioral Sciences, #PCE3743, by the Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by the Ohio Counselor, Social Worker and MFT Board, Provider #RCST030801, and by the Illinois Department of Professional Regulation MFT Continuing Education Sponsor Program, Sponsor #168.000183.

OCCUPATIONAL THERAPISTS: IBP is an approved provider of the American Occupational Therapy Association (AOTA), provider #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHARMACISTS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. If you need UAN numbers for the programs, please visit www.ibpceu.com/homestudy/uans.pdf

DENTISTS: IBP 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. IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of CA. IBP is an approved provider with the FL Board of Dentistry.

SPEECH-LANGUAGE PATHOLOGISTS: IBP is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), Provider #PDP247.

PHYSICAL THERAPISTS: IBP is an accredited approver by the Physical Therapy Board of California. IBP is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210.

EDUCATORS: IBP is cosponsored by Alliant International University (AIU) — a regionally accredited institution by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Contact your school district if you need prior approval for these programs.
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