

## **Behavioral Learning Objectives:**

- Specify the 9 Principles to Change Your Brain and Life
- Identify Brain-Behavior Systems: Functions, Problems, Solutions
- Analyze Subtypes of ADD, Anxiety, Depression, Addictions, Obesity and Aggression
- Apply Neuroimaging: How Looking at the Brain Changes Everything
- Describe how to construct Amen Clinics Method/Healing in 4 Circles
- List Brain-Directed Supplements
- Solve Boosting Brain Reserve
- Discuss Physical Exercise
- Explain Nutrition/Gut-Brain Connections
- Examine Science of Self-Control
- Demonstrate Killing the ANTs and Directing Thoughts
- Describe how to employ Innovative Treatments
- Discuss the importance of decreasing the Risk for Brain Aging, Alzheimer's and Other - Forms of Dementia
- Create Brain-Healthy Communities
- Demonstrate how practice Coaching Others to Brain Health

## **Accreditation Information:**

Continuing education activities sponsored by the Institute for the Advancement of Human Behavior (IAHB), a 501(c)3, non-profit, educational organization in Portola Valley, CA, is approved for CE/CME credit by the following organizations. In all cases, IAHB, as the approved sponsor, maintains responsibility for this distance learning homestudy program. Certifications by these accrediting organizations are continuously renewed. Consequently, the following list is subject to modification following the date of its printing, September 2015. Please contact your state licensing board to determine its acceptance of reciprocity with the organizations listed below. Not all state-level boards accept home study/independent study for continuing education nor do they all accept the national-level of accreditation listed below.

***ALCOHOLISM AND DRUG ABUSE COUNSELORS:*** This course has been approved by the National Association of Alcoholism and Drug Abuse Counselors for 28.5 contact hours. (NAADAC Education Provider #92713). Provider approved by CAADAC, Provider #4N-86-074-0117, an ICRC member which has reciprocity with *most* ICRC member states for 28.5 CE hour.

***COUNSELORS & MFTs:*** This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB has been approved by the State of Texas Marriage and Family Therapists to provide continuing education activities. Provider #154.

***NURSES:*** Provider approved by the California Board of Registered Nursing (BRN Provider CEP# 2672) for 28.5 contact hours.

The Institute for Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**PHYSICIANS:** The Institute for the Advancement of Human Behavior (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IAHB designates this educational activity for a maximum of 28.5 *AMA PRA Category 1 Credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** IAHB is approved by the American Psychological Association to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

**SOCIAL WORKERS** This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). IAHB has been approved by the State of Texas Board of Social Work Examiners to provide continuing education activities for social workers. Provider No. CS3876. MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. Co-sponsor with R. Cassidy Seminars, ACE Provider #1082 approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) Program. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 28.5 continuing education clinical social work clock hours for participating in this course.

**NOTE:** Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

**Please Note:** This advanced workshop includes descriptions, videotapes, audiotapes, and/or reenactments of actual therapy sessions. Some of the case material may contain graphic descriptions of violence, sexual activity, or other content which could be disturbing, especially to participant who themselves have had similar experiences. The workshop is intended for healthy professionals and advanced students, who participate in at their own risk. If you find portions of the program upsetting, or if you need assistance for any other reason, please notify the instructor or program coordinator.

### **Disclosure to Participants**

- The name of the individual: **Dr Daniel G. Amen**
- The name of the commercial interest(s); **Amen Clinic**
- The nature of the relationship the person has with each commercial interest. **CEO and Medical Director**

**Resolution:**

IAHB has resolved this conflict by means of the presenter agreeing to give a balanced view of therapeutic options, use of generic names when applicable, and if the CME educational content includes trade names, where available trade names from several companies will be used, not just trade names from a single company.

In addition, the presenter has agreed to abide by ACCME content validation statements, which state that:

- (a) All the recommendations involving clinical medicine in a CME activity [are] based on evidence that is accepted within the profession of medicine as adequate justification for their indications and contraindications in the care of patients.
- (b) All scientific research referred to, reported or used in CME in support or justification of a patient care recommendation [conforms] to the generally accepted standards of experimental design, data collection and analysis. Providers are not eligible for accreditation if they present activities that promote recommendations, treatment or manners of practicing medicine that are not within the definition of CME, or known to have risks or dangers that outweigh the benefits, or known to be ineffective in the treatment of patients.

When you complete your evaluation, please tell us if you think the presenter has achieved these goals.

**Technical requirements needed to complete course:**

Internet connection, latest versions of Google Chrome, Safari, Firefox, or Internet Explorer.