

**The Institute for the Advancement of Human Behavior**

**Amen Clinics**  
**Brain Health Coaching**  
**Certification Course**

Presented by

**DANIEL G. AMEN, MD**

HOME STUDY  
50 CE/CME CREDITS

PO BOX 5710  
Santa Rosa, CA 95402  
Phone : 650-851-8411 | fax 707-755-3133

## **Table of Contents**

Guidelines, Instructions, Procedures & Information .....	1
Course Description & Objectives .....	2
ACCME Disclosure Statement .....	3
Accreditation Statement.....	4
About the Institute & Dr. Amen .....	5

### **CE/CME Materials**

Participation Documentation Form/Certification Statement .....	6
Evaluation Form .....	7

## CE GUIDELINES, INSTRUCTIONS, PROCEDURES & INFORMATION

**After you read these guidelines, simply follow these steps to retrieve your CE/CME Certificate**

- Please read through all of the materials in this packet. Complete the participation documentation form and evaluation. Please sign the Certification Statement (at the end of the participation documentation).
- Upon completing all sessions of Dr. Amen's Brain Health Coaching Certification Course, you will be guided through the process of taking the posttest online in the portal. You must pass with a score of 75% or higher in order to receive CE/CME credit.
- If you do not pass the test with 75% or above, a different test will be mailed to you. You will be expected to return it within six months.
- Collect a copy of your post test results from the Amen Clinics. You are able to return to the online portal anytime to obtain your test results. For questions or assistance with this, please contact Chris Walthall with the Amen Clinics – Phone: (949)266-3791 Email: [cwalthall@amenclinic.com](mailto:cwalthall@amenclinic.com)
- Mail or fax the post test results, participation documentation form with the signed Certification Statement, and completed evaluation to IAHB. Please retain a copy for your records.

### IAHB

#### Attn: Home Study

PO BOX 5710, Santa Rosa, CA 95402

Fax: 707-755-3133

- Upon receipt of these materials, IAHB will send you the CE/CME certificate within four (4) weeks of receiving the CE/CME materials.
- If you need your home study corrected in less than ten business days, there will be a \$25 rush fee. Please attach a check in the amount of \$25 made payable to IAHB with your returned materials or to use a credit card, call and request a Rush Home Study Form.

### Additional Information:

- You must answer the post-test entirely without the help of any other person.
- The date of completion, which will appear on your certificate, is the date we receive your CE/CME materials.
- If you fax your materials, please do NOT also mail them.
- Partial credit is not available.
- **Note:** Although IAHB maintains participant records, you should retain your certificate for a period of seven years as a personal record and reference.

## **COURSE DESCRIPTION**

Your brain is involved in everything you do and everything you are. Your brain is the organ of intelligence, character, personality, and every single decision you make.

When your brain works right, you work right; and when your brain is troubled you are much more likely to have trouble in your life. With a healthy brain people are happier, healthier (because they make better decisions), wealthier (also because they make better decisions) and more successful. When the brain is unhealthy, for whatever reason, people are sadder, sicker, poorer and less successful in all they do.

Based on over 35 years of clinical experience and research, psychiatrist, neuroscientist and multiple bestselling author, Daniel Amen, MD has developed a comprehensive brain health coaching certification course for medical and mental health professionals.

Your clients and patients desperately need brain health. Their lives, health, families, finances and work success depend on the physical health of their brains.

Learn from one of the world renowned experts in brain health, how to help your patients and clients have better brains and better lives. Learn how to implement the Amen Clinics Method into your practice through Dr. Amen's comprehensive suite of clinical tools and resources for professionals.

## **COURSE OBJECTIVES**

**Upon completion of this course, participants will be better able to:**

- 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
- Identify addictive behaviors as brain based disorders
- Classify the 6 addiction based brain subtypes
- Analyze treatment protocols specific to the 6 addiction based brain subtypes
- Demonstrate how to implement a brain healthy addiction treatment protocol into your practice or treatment facility
- Explore practical information about the complexities of hormones and their influence on your health and relationships.

## STATEMENT OF NEED

Brain health problems account for 6 of the world's top 10 most expensive health problems. Brain health is central to all health and success, but therapists and medical professionals get little information on how to coach their patients to health. This course will focus on teaching patients and clients the basics of brain health.

## 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.

### Date of Original Release

March 2016

### Termination Date

March 2019

## ACCREDITATION

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 all programs. Certifications by these accrediting organizations are continuously renewed. Consequently, the following list is subject to modification following the date of its printing, March 2016. ***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. This distance learning homestudy course is approved for 50 hours of CE/CME credit.***

**ALCOHOLISM & DRUG ABUSE COUNSELORS:** . Provider approved by CFAAP/CAADAC, Provider #4N-86-074-0117 for 50 CEHs. CAADAC is an ICRC member which has reciprocity with *most* ICRC member states.

**COUNSELORS AND MFTS:** IAHB is approved by the Illinois Department of Professional Regulation (License #168-000119). This course meets the qualifications for 50 hours of CE credit for MFT's as required by the CA 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 Number 154.

**EDUCATORS:** The Institute for the Advancement of Human Behavior has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learner may claim 50 clock hours for attending this conference. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

**NURSES:** Provider approved by the California Board of Registered Nursing (BRN Provider #2672) for 50 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:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Institute for the Advancement of Human Behavior (IAHB) and the Amen Clinics. IAHB is accredited by the ACCME to provide continuing medical education for physicians. IAHB designates this enduring material activity for a maximum of 50 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 (APA) to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

**SOCIAL WORKERS:** This course meets the qualifications for up to 50 hours of CE credit for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE 36). As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. IAHB SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of CE for licensed Social Workers. This course has been approved by the NY State Board for 50 contact hours. Provider #0091. IAHB, ACE Provider #1426, is 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. IAHB maintains responsibility for the program. ASWB Approval Period: 3/16/2016 – 3/16/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 50 continuing education clinical social work clock hours for participating in this course.

## THE PRINCIPAL FACULTY

**Daniel G. Amen, M.D.**, is a child and adult psychiatrist, brain imaging specialist, and the medical director of Amen Clinics, Inc. with offices in Newport Beach and Fairfield, CA; Tacoma, WA and Reston, VA. He is an Assistant Clinical Professor of Psychiatry and Human Behavior at the University of California, Irvine School of Medicine and a Distinguished Fellow of the American Psychiatric Association. Dr. Amen is a nationally recognized expert in neuropsychiatry, and has pioneered the use of brain imaging in clinical psychiatric practice.

Dr. Amen did his general psychiatric training at the Walter Reed Army Medical Center in Washington, DC and his child and adolescent psychiatry training at Tripler Army Medical Center in Honolulu, Hawaii. He has won writing and research awards from the American Psychiatric Association, the US Army and the Baltimore-DC Institute for Psychoanalysis.

Dr. Amen has been published around the world. He is the author of numerous professional and popular articles, 19 books and a number of audio and video programs. His books include *Change Your Brain, Change Your Life*, which has been on the New York Times bestseller list, translated into 12 languages, *Healing ADD*, *Healing The Hardware of the Soul*, and the forthcoming *Making A Good Brain Great*. You can read Dr. Amen's column, "Head Check", every month in Men's Health Magazine.

## ABOUT THE INSTITUTE

***The Institute for the Advancement of Human Behavior*** is a non-profit, nationally recognized educational institute founded in 1977. Our mission is to provide innovative, top-quality continuing education and continuing medical education activities for professionals across the US. The Institute's programs encompass a comprehensive and multidisciplinary array of educational activities in the form of workshops, conferences, multimedia home study materials and customized training programs.

Additionally, we enter into joint sponsorships to provide professional training for CE/CME credit with non-accredited organizations whose training goals and objectives are congruent with those of IAHB. We participate integrally in the planning and administering of each jointly-sponsored training activity. If you would like more information about our services, please call the Institute at (650) 851.8411.

# PARTICIPATION DOCUMENTATION FORM

Name & Degree \_\_\_\_\_ License # & State \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone # \_\_\_\_\_ Fax # \_\_\_\_\_  
Email \_\_\_\_\_

**Occupation:**

- |  |  |                                      |
|--|--|--------------------------------------|
| <input type="checkbox"/> Alcoholism/Drug Abuse Counselor   | <input type="checkbox"/> Nurse           | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Counselor (Certified, LPC)        | <input type="checkbox"/> Physician _____ |                                      |
| <input type="checkbox"/> CEAP <input type="checkbox"/>     | Psychologist                             |                                      |
| <input type="checkbox"/> MFCC/MFT <input type="checkbox"/> | Social Worker                            |                                      |

**Disclaimer**

This form must be read, signed, and dated by the applicant and returned with the answer sheet and evaluation form in order to receive 50 hours of CE/CME credit.

This continuing education/continuing medical education activity has been developed by the Institute for the Advancement of Human Behavior (IAHB). IAHB assumes full responsibility for its content and for following the standards and regulations of the organizations which approve and accredit IAHB as a provider of CE/CME. Any questions or comments regarding the activity content should be directed to the CE/CME Director at (650) 851-8411 or PO BOX 5710 Santa Rosa, CA 95402. IAHB does not warrant this activity for any other purpose or make any representation of any other kind with respect to the activity or its content.

**It is the responsibility of the participant to contact their specific licensing boards to ensure that his/her board accepts home study for fulfillment of continuing education credits and that it accepts reciprocity from the list of professional boards and organizations listed on page 4.**

**Certification Statement:** *(No credit will be awarded without this signed certification.)*

I hereby certify that I have completed **Amen Clinics Brain Health Coaching Certification Course**. I also hereby certify that the work presented on the answer sheet is my own and that I received no assistance in completing this evaluation.

**Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please Print Name:** \_\_\_\_\_

## EVALUATION

### 1. Please mark your occupation(s)

- |  |                                    |  |
|--|------------------------------------|--|
| <input type="checkbox"/> Alcoholism/CD Professional      | <input type="checkbox"/> MFCC/MFT  | <input type="checkbox"/> Psychologist  |
| <input type="checkbox"/> Counselor (Certified, etc)      | <input type="checkbox"/> Nurse     | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Licensed Professional Counselor | <input type="checkbox"/> Physician | <input type="checkbox"/> Other _____   |

### 2. Objectives Rating: *Rate the extent to which the objectives were achieved.*

	poor		excellent		
1. Specify the 9 Principles to Change Your Brain and Life	<input type="checkbox"/>				
2. Identify Brain-Behavior Systems: Functions, Problems, Solutions	<input type="checkbox"/>				
3. Analyze Subtypes of ADD, Anxiety, Depression, Addictions, Obesity and Aggression	<input type="checkbox"/>				
4. Apply Neuroimaging: How Looking at the Brain Changes Everything	<input type="checkbox"/>				
5. Describe how to construct Amen Clinics Method/Healing in 4 Circles	<input type="checkbox"/>				
6. List Brain-Directed Supplements	<input type="checkbox"/>				
7. Solve Boosting Brain Reserve	<input type="checkbox"/>				
8. Discuss Physical Exercise	<input type="checkbox"/>				
9. Explain Nutrition/Gut-Brain Connections	<input type="checkbox"/>				
10. Examine Science of Self-Control	<input type="checkbox"/>				
11. Demonstrate Killing the ANTs and Directing Thoughts	<input type="checkbox"/>				
12. Describe how to employ Innovative Treatments	<input type="checkbox"/>				
13. Discuss the importance of decreasing the Risk for Brain Aging, Alzheimer's and Other Forms of Dementia	<input type="checkbox"/>				
14. Create Brain-Healthy Communities	<input type="checkbox"/>				
15. Demonstrate how practice Coaching Others to Brain Health	<input type="checkbox"/>				
16. Identify addictive behaviors as brain based disorders	<input type="checkbox"/>				
17. Classify the 6 addiction based brain subtypes	<input type="checkbox"/>				
18. Analyze treatment protocols specific to the 6 addiction based brain subtypes	<input type="checkbox"/>				
19. Demonstrate how to implement a brain healthy addiction treatment protocol into your practice or treatment facility	<input type="checkbox"/>				
20. Explore practical information about the complexities of hormones and their influence on your health and relationships	<input type="checkbox"/>				

### 3. How will you use the skills you have learned?

### 4. Outstanding Features/ Aspects Needing Improvement:

### 5. Additional Comments:

**6. Announcements and Disclosures:** *Please check True or False for each of the following*

True	False	
<input type="checkbox"/>	<input type="checkbox"/>	In your opinion, was this an unbiased presentation?
<input type="checkbox"/>	<input type="checkbox"/>	Were participants informed of relevant financial relationships between commercial supporters and anyone in a position to influence program content?
<input type="checkbox"/>	<input type="checkbox"/>	Did the speaker inform participants each time he/she mention the experimental or off-label use of products, devices, or procedures?

**7. Please rate the following workshop elements:**

<b>A. Presenter: Daniel Amen, MD</b>	<i>strongly disagree</i>	<i>strongly agree</i>
Knowledge of the subject	<input type="checkbox"/>	<input type="checkbox"/>
Teaching skill	<input type="checkbox"/>	<input type="checkbox"/>
Teaching methods	<input type="checkbox"/>	<input type="checkbox"/>
Relevance of content	<input type="checkbox"/>	<input type="checkbox"/>
Responsiveness to questions/ participants	<input type="checkbox"/>	<input type="checkbox"/>
Time Management	<input type="checkbox"/>	<input type="checkbox"/>
Overall Quality	<input type="checkbox"/>	<input type="checkbox"/>
Presented subject matter clearly	<input type="checkbox"/>	<input type="checkbox"/>
Used technology effectively	<input type="checkbox"/>	<input type="checkbox"/>

<b>B. Logistics</b>	<i>strongly disagree</i>	<i>strongly agree</i>
Staff was helpful when applicable	<input type="checkbox"/>	<input type="checkbox"/>
The technology was user friendly	<input type="checkbox"/>	<input type="checkbox"/>
The length of the time to complete the course matches the number of CE credits awarded.	<input type="checkbox"/>	<input type="checkbox"/>
I received the ordered material in a timely fashion.	<input type="checkbox"/>	<input type="checkbox"/>
The instructions for the home study were clear.	<input type="checkbox"/>	<input type="checkbox"/>

<b>C. Content</b>	<i>strongly disagree</i>	<i>strongly agree</i>
I learned a lot at this workshop	<input type="checkbox"/>	<input type="checkbox"/>
I will apply what I learned	<input type="checkbox"/>	<input type="checkbox"/>
Class was relevant to objectives	<input type="checkbox"/>	<input type="checkbox"/>
The handouts were valuable	<input type="checkbox"/>	<input type="checkbox"/>
The exercises, if any, were relevant	<input type="checkbox"/>	<input type="checkbox"/>
Course material was appropriate to my education, experience and/or licensure level	<input type="checkbox"/>	<input type="checkbox"/>
Course material was relevant to my practice	<input type="checkbox"/>	<input type="checkbox"/>
Course material was current	<input type="checkbox"/>	<input type="checkbox"/>
Course material presented the course content effectively	<input type="checkbox"/>	<input type="checkbox"/>
Handouts and teaching aids enhanced course content	<input type="checkbox"/>	<input type="checkbox"/>

D. CE/CME Process/Admin	<i>strongly disagree</i>		<i>strongly agree</i>	
Process was easy to understand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forms were easy to fill out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handouts were useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forms allowed expression of opinions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
questions or concerns were addressed effectively and timely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Registration process was straightforward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instructions for requesting accommodations for a disability were clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**8. What home study formats do you find most useful?**

- Audio CD/DVD
- Video/DVD
- Web based audio/video home study
- Webinars (live web based instruction)
- Self directed learning
- Other:

**9. About how long did it take you to complete the course material: \_\_\_\_\_?**

**10. How long did you spend completing the evaluation and post-test \_\_\_\_\_?**

**11. Total time you spent on the course \_\_\_\_\_**

**12. What topics for future workshop topics would best meet your needs?**

**13. What speakers would you find most professionally relevant?**

14. Importance of the following elements in your decision to take this course?	<i>not important</i>					<i>very important</i>					15. Importance of the following training components:	<i>not important</i>					<i>very important</i>				
Knowledge/expertise of faculty.	<input type="checkbox"/>	Didactic lecture.	<input type="checkbox"/>																		
Relevance of conference topics.	<input type="checkbox"/>	Case study presentation.	<input type="checkbox"/>																		
Opportunities for business or professional networking.	<input type="checkbox"/>	Discussion groups.	<input type="checkbox"/>																		
Continuing education credit.	<input type="checkbox"/>	Panel presentation	<input type="checkbox"/>																		
Other	<input type="checkbox"/>	Syllabus	<input type="checkbox"/>																		
											Experiential exercises	<input type="checkbox"/>									
											Other	<input type="checkbox"/>									

**May we use your comments in the future? Yes  or No**