

**The Institute for Better Health CE Activity**

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

**Presented by**

**DANIEL G. AMEN, MD**

**HOME STUDY**  
**50 CE/CME CREDITS**

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## **CE GUIDELINES, INSTRUCTIONS, PROCEDURES & INFORMATION**

- Please read through all of the materials in this packet.
- 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.
- Upon passing the test, you will receive an email containing a link to take you to your online evaluation through IBH’s online portal. Upon submission of the evaluation and attestation of course completion, you will be able to print, download, or have your CE certificate emailed to you.
- You are able to return to the Amen Clinics 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)
- You are also able to return the IBH online portal anytime to re-print your CE Certificate. Please find complete instructions below.

### **Additional Information:**


- ✓ You must answer the post-test entirely without the help of any other person.
- ✓ Partial credit is not available.
- ✓ We cannot issue CE credit retroactively.
- ✓ Although IBH maintains participant records, you should retain your certificate for a period of seven years as a personal record and reference.
- ✓ There are no prerequisites required to enroll. Providers and mental health professionals of all backgrounds and levels may enroll into the Brain Health Coaching Certification Course. This course is ideal for anyone working with clients or patients to help them learn about and improve their brain health.

### **Target Audience:**

This course is designed for mental health professionals who want to learn more about brain behavior systems and designed at an intermediate level.

## HOW TO OBTAIN MY CE CERTIFICATE:

Please follow these steps to access your course evaluation and CE certificate through IBH's online portal. Please read through all of the instructions below before proceeding.

1. *Follow the link provided in the email you receive from the Amen Clinics upon passing the post test. You must follow the unique link in order to access your course completion requirements. You will arrive on the IBH-Join Event webpage.*
2. In the first field provided, enter the email address you used to register for the course.
  - If this is your first time logging into the IBH event page, you will need to complete all required fields including your address.
  - Returning attendees only need to enter your email address. Type your email address and hit ENTER on your keyboard. This will direct returning attendees straight to your customer account page.
3. The course you recently completed will be pre-populated into your account. Click on the "Certificate" button located below the title of the conference, that looks like this: 
4. A pop-up menu will appear with the next steps. You will need to complete these steps from top to bottom (evaluation, affidavit).
5. Click "Download your Certificate", or have your certificate emailed to you.

### How to Change Your Name or License Number on the Certificate

The information shown at the top of your account page will be the name printed on your certificate. To change your name or license number, click the "Update Info" button in the top section of the page and enter it as you wish to appear on your certificate.

### How to Return to the IBH Portal

If you don't have time to complete the post-workshop requirements now, you may return at a later time. To access your customer account, visit

<https://ibh.ce21.com/Account/Login>

- Since a password is (most likely) not currently assigned to your customer account, please select the 'Forgot my Password' link. A password will be emailed to your email address on file which will allow you to proceed to your online account.
- If you already have an account with IBH, please proceed with your existing password.

### Technical Questions?

For further assistance with accessing your account, please call IBH support at 707-668-2030 or email [staff@ibh.com](mailto:staff@ibh.com).

## **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
- Identify ways to solve Boosting Brain Reserve
- Discuss the importance of physical exercise and how it impacts brain health
- 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
- Discuss methods for creating 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:**

IBH 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

**Last Review Date**  
October 2018

**Termination Date**  
October 2021

## CE/CME Information

Continuing education activities sponsored by the **Institute for Better Health (IBH)**, a 501(c)(3), non-profit, educational organization in Santa Rosa, CA, is approved for CE/CME credit by the following organizations. This course is jointly sponsored by IBH and Amen Clinics. In all cases, IBH, 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, June 2020.

### **\*\* NOT SURE IF YOUR PROFESSION IS COVERED BY THE BOARDS BELOW? \*\***

*If so*, 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.

In many cases, if your state is not specifically outlined below, you are covered for CE approval through reciprocity with another national board listed below. Please check with your state licensing board to confirm approval. Rules vary state by state.

If your state does not accept any approvals outlined below, you may be able to self-submit the course to your board for approval. You will most likely need to submit a copy of the course sales/webpage including complete course content and a copy of this CE packet.

### **This distance learning homestudy course is approved for 50 hours of CE/CME credit.**

**COUNSELORS:** Institute for Better Health is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 50 contact hours. IBH is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IBH has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. The state of PA recognizes APA for counselor approval.

**EDUCATORS:** The Institute for Better Health 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:** The Institute for Better Health as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 50 CEH's.

**PHYSICIANS:** This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for Better Health (IBH) and the Amen Clinics. IBH is accredited by the ACCME to provide continuing medical education for physicians. IBH designates this online enduring material 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.

**SOCIAL WORKERS:** Institute for Better Health (IBH) 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 #0091. This course is approved for 50 contact hours. IBH has been approved

by the State of Texas Board of Social Work Examiners, MC 1982, PO BOX 149347, Austin, TX 78714 (512)719-3521, to provide continuing education activities for social workers. License No. 3876. Due to recent policy changes, effective June 1, 2019, this course is no longer approved for ASWB credits.

**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.

## 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 Better Health** 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 IBH. 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 707-668-2030.