

Registration Form

Check which workshop date/location you plan to attend:

- | | | |
|---|--|---|
| <input type="checkbox"/> September 15, 2011
Chicago Marriott
Oak Brook Hotel
1401 West 22nd Street
Oak Brook, IL 60523
(630) 573-8555 | <input type="checkbox"/> October 6, 2011
Hilton Springfield
6550 Loisdale Rd
Springfield, VA 22150
(703) 971-8900 | <input type="checkbox"/> November 3, 2011
The Claremont Hotel
41 Tunnel Road
Berkeley, CA 94705
(510) 843-3000 |
| <input type="checkbox"/> September 16, 2011
Ramada Mall of America
2300 E American Blvd
Bloomington, MN 55425
(952) 854-3411 | <input type="checkbox"/> October 7, 2011
Sheraton Baltimore North
903 Dulaney Valley Road
Towson, MD 21204
(410) 321-7400 | <input type="checkbox"/> November 4, 2011
Radisson Hotel Newport Beach
4545 MacArthur Boulevard
Newport Beach, CA 92660
(949) 833-0570 |

Name _____ Degree _____
 Company _____
 Address _____
 City _____ State / Zip _____
 Profession _____ Lic # _____
 Phone () _____ Fax () _____
 Email (to send confirmation) _____

If you are physically challenged and have special needs, please contact us as soon as possible. All meeting rooms are wheelchair accessible.

Registration Fees Register online and save \$10 (www.iahb.org)

- \$225 Early Registration (Must be postmarked at least 14 days prior to class date.)
- \$255 Regular (Must be received within 14 days before class.)
- \$285 On Site (If space is still available.)
- \$125 Workshop Aide (Please e-mail for approval. No other discounts apply.)

Discounts (only one discount per person)

- Group:** Deduct \$15. (Three or more registrations received together.)
- Full-time Student:** Deduct \$25. (Proof of student status must accompany registration.)
- Alumni:** Deduct \$20. (Must have attended an IAHB workshop in the last 12 months.)
- UNA Members:** Deduct \$25.

\$ _____ TOTAL PAYMENT ENCLOSED (U.S. funds)

Payment must accompany registration.

Method of Payment (check one)

- Check enclosed made payable to IAHB (U.S. bank)
- Credit Card: Visa M/C Amer. Expr. Disc.

C.C. # _____

Exp. Date _____ CVV# _____

Cardholder Name _____

Signature _____

Send this completed registration form to:

IAHB, PO BOX 5710, Santa Rosa, CA 95402

Or register by:
 PHONE: (800) 258-8411
 FAX: (707) 566-7474
 ONLINE: www.iahb.org

YOUR PRIORITY CODE

Help us expedite your registration.
 Enter the characters printed above
 your name on the mailing label.

Guarantee

If, at the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to us requesting a refund. Your money will be refunded upon receipt of your written request.

LESSONS FROM NEUROSCIENCE... Use Your Brain to Change Your Age

Daniel G. Amen, M.D.

Learning Objectives

After attending this dynamic workshops participants will be better able to:

- ▲ Employ 10 evidence-based steps to speed the process of therapy and healing
- ▲ Enhance neuroplasticity through nutrition, use of targeted supplements, and brain-boosting exercises
- ▲ Treat brain trauma/damage resulting from alcohol and drug abuse
- ▲ Describe 5 functions of the prefrontal cortex and its contribution to aging
- ▲ List 5 risk factors for Alzheimer's Disease and how to decrease them
- ▲ Describe the value of natural treatments for maximizing longevity and maintaining a healthy brain

Discounts Available! See Registration Page.

"Daniel Amen is a national resource. He presents the application of state-of-the-art neuroscience in a format that is eminently engaging and immediately applicable. I learn valuable things from him each time I invite him to teach for our organization. Learning from Dr. Amen will enhance your practice...and it will better your life."

— Jeffrey K. Zeig, Ph.D., Director, The Milton H. Erickson Foundation

Register Online at www.iahb.org and Save!

Institute for the Advancement of Human Behavior

4370 Alpine Road, Suite 209
 Portola Valley, CA 94028

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Institute
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 of Human
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PROVIDING INNOVATIVE CLINICAL TRAINING
 FOR BEHAVIORAL HEALTHCARE PROFESSIONALS
 SINCE 1977

LESSONS FROM NEUROSCIENCE... Use Your Brain to Change Your Age



Practical Techniques to Help Your Clients Live Longer,
 Look Younger, and Improve Their Memory,
 Mood, Weight, and Mental Focus

Daniel G. Amen, M.D.

Workshop Dates & Locations

- | | |
|---|--|
| September 15, 2011
Chicago, IL | October 7, 2011
Baltimore, MD |
| September 16, 2011
St. Paul, MN | November 3, 2011
Berkeley, CA |
| October 6, 2011
Springfield, VA | November 4, 2011
Newport Beach, CA |

Earn 6 CE/CME Credit Hours

About the Workshop

Your brain is the organ of learning, loving and behaving. When your brain works right, you work right. When your brain is troubled, you are much more likely to have trouble in your life. Unfortunately, many mental health professionals get little to no training in applying practical neuroscience to their every day practices, which holds them back from getting optimal results. Whether you deal with kids, teens, adults, couples or the elderly, anxiety, depression, ADHD, or the problems of aging, having a deeper understanding of brain function and brain optimization strategies is critical to maximizing clinical outcomes.

In this fun, fast paced workshop you will learn the central role of brain function in a mental health practice and specific strategies on how to optimize it. You will learn 7 underlying brain systems related to behavior, the problems associated with each system and how to effectively treat them with natural supplements and various standard and alternative therapeutic interventions. In the process you'll learn about fascinating large-scale studies Dr. Amen has conducted with populations ranging from NFL players to church groups.

Contrary to what many professionals believe, you and your clients are *not* stuck with the brains you have, you can make them better and this workshop will show you how.

Dr. Amen will show you how to optimize brain function to help you look and feel younger next year. He will discuss the role of nutrition, exercise, mental exercise and natural ways to treat anxiety, depression and ADHD, which all contribute to premature aging. In addition, he will give a very clear program to help your patients decrease their risk for Alzheimer's disease and related dementias. With our aging population and 77 million Baby Boomers just starting to hit 65, there is a dramatic need for you to add these skills to your practice.

Workshop Information

Discounts

Group — Organize a group of three or more and save! Mail your registrations together and deduct \$15 from each.

Full-time Student — Full-time students deduct \$25 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate; 6 or more units; or intern) must accompany your registration.

Alumni — If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 from your tuition.

Workshop Aides

Save over 40% on your tuition by working as an aide at the beginning and end of the day and at the breaks. If you would like to be considered for an aide position, please email staff@iahb.org. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

Please note: Only one discount per attendee.

Cancellation policy

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

Locations

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Newport Beach, CA 92660
(949) 833-0570

Workshop Agenda

- 7:15 am** Registration and CE sign-in
- 8:30 am** **10 Ways Neuroscience Can Help You Look and Feel Younger Every Day**
- Avoid the Dinosaur Syndrome – “As your weight goes up the size of your brain goes down”
 - Know Your Important Numbers for Mental Health and Longevity
 - Amen Clinic/NFL Brain Injury and Rehabilitation Study
- 10:00 am** Break
- 10:15 am** **Brain Typing Your Clients for More Effective Diagnosis and Treatment**
- 7 Brain Systems Underlying Behavior
 - Natural Ways to Optimize Each Brain System
 - Using Natural Supplements in Mental Health Treatment
- 12:00 pm** Lunch
- 1:00 pm** **The Connection Between Physical and Mental Health**
- Brain Typing ADD, Anxiety, Depression and Obesity
 - Using Neuroscience to Help Clients Become Thinner, Smarter, and Happier... and Maintain these Changes Over Time
- 3:00 pm** Break
- 3:15 pm** **Decreasing the Risk for Alzheimer's Disease and Enhancing Longevity**
- Alzheimer's risk assessment profile
 - Avoid the 12 most common preventable causes of death
 - Getting Better Together: The Secret Sauce of Social Support
 - The “Daniel Plan” Healthy Lifestyle Program at Saddleback Church**
- 4:00 pm** Adjourn

***Together with Drs. Mehmet Oz and Mark Hyman, Dr. Amen helped architect this exciting research project, a 10-year plan to get one of America's largest churches healthy in a bio/psycho/social/spiritual way. For more information, see www.iahb.org.*

- ▶ This workshop is presented at a level appropriate for professionals and advanced students. Non-healthcare professionals with a particular interest in the subject matter may also attend.
- ▶ Taping of this workshop is not permitted.
- ▶ Room temperature varies; please dress in layers.

“Dr. Daniel Amen brings to his seminars a wealth of experience in the latest technologies of brain science applied to psychiatry and psychotherapy. He is among the most knowledgeable, entertaining and informative speakers I have heard!”

— John Trudeau, Ph.D.

Continuing Education

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 6 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 6 CEHs. Provider approved by CFAAP/CAADAC, Provider #4S-86-074-0113 for 6 CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states. SACAVA recognizes CAADAC for course approval. This course has been submitted to the IAODAPCA for course approval. Approval Pending.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for 6 PDHs. EACC Approval Number Pending.

COUNSELORS and MFTs: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider #PCE 36). IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB is Co-Sponsor with R. Cassidy Seminars is Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for (6) clock hours, #RCST110701. This course has been submitted to the Minnesota Board of Marriage and Family Therapy. Approval Pending.

Nurses: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. (UNA=6.5 CEHs. Provider Code P09-03). Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 6 CEHs.

Workshop Leader

Dr. Amen is a physician and a licensed psychiatrist who is widely regarded as one of the world's foremost experts on applying brain imaging science to clinical psychiatric practice. He is a Distinguished Fellow of the American Psychiatric Association, and serves as medical director of Amen Clinics, Inc. with offices in in Newport Beach and Fairfield, California; Bellevue, Washington; and Reston, Virginia.

Dr. Amen is the lead researcher for the world's largest brain imaging/brain rehabilitation study on professional football players. The study not only found significant brain damage in a high percentage of retired players, but also suggested the possibility that rehabilitation might be possible for many of the players. Together with Pastor Rick Warren and Drs. Mark Hyman and Mehmet Oz, Dr. Amen is one of the chief architects of Saddleback Church's “Daniel Plan,” a 52 week program to get church members healthy physically, emotionally and spiritually.

Dr. Amen is the author of 42 professional articles and 28 books, including four New York Times bestsellers: *Change Your Brain, Change Your Life, Magnificent Mind At Any Age, Change Your Brain, Change Your Body* and *The Amen Solution*. He is also the co-author of *Unchain Your Brain, Breaking the Addictions That Are Stealing Your Life* as well as the forthcoming book, *Use Your Brain to Change Your Age*.

Dr. Amen is the creator and producer of 5 popular and informative TV documentaries about the brain. Collectively, these programs have raised more than 34 million dollars for public television. He is an extremely talented speaker/educator whose workshops and seminars consistently receive rave reviews. Dr. Amen is married, the father of four children, grandfather to five, and is an avid table tennis player.

For registration and general information call (800) 258-8411. Or visit the IAHB web site at www.iahb.org



Daniel G. Amen, M.D.

“Dr. Amen is one of the most original thinkers in medicine today.”

— Barry Sears, PhD,
Author of *The Zone*

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 live activity for a maximum of 6 *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: IAHB is approved by the State of Maryland Board of Social Work Examiners to sponsor Category I continuing education programs. This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). IAHB is 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, through the Approved Continuing Education (ACE) Program. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clinical social work clock hours for participating in this course. IAHB is Co-Sponsor with R. Cassidy Seminars is Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for (6) clock hours, #RCST110701.

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.