

**The Institute for Better Health**

**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

**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, email, or fax the following documents to IBH--** Please retain a copy for your records.
  1. Only the one page indicating your test score
  2. Participation Documentation form with the signed Certification Statement
  3. Completed evaluation

**IBH**

**Attn: Home Study**

**PO BOX 5710, Santa Rosa, CA 95402**

**Fax: 707-755-3133**

**[ydonaghy@ibh.com](mailto:ydonaghy@ibh.com)**

- Upon receipt of these materials, IBH 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 IBH 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 IBH 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:

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

**Termination Date**

March 2019

## 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. 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, October 2018.

### **\*\* 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.

**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.

**PSYCHOLOGISTS:** Institute for Better Health is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health maintains responsibility for this program and its content.

**SOCIAL WORKERS:** Institute for Better Health, #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. Institute for Better Health responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory

board to determine course approval for continuing education credits. Social workers participating in this course will receive 50 clinical continuing education clock hours.

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.

### 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 (650) 851.8411.

