

The Institute for the Advancement of Human Behavior

THE  
BRAIN AND  
BEHAVIOR

*A COMPREHENSIVE CLINICAL COURSE ON  
THE NEUROBIOLOGY OF EVERYDAY LIFE*

Presented by

**DANIEL G. AMEN, MD**

**HOME STUDY  
25 CE/CME CREDITS**

*PO BOX 5710  
Santa Rosa, CA 95402  
650-851-8411  
fax 707-566-7474*

## Table of Contents

Guidelines, Instructions, Procedures & Information .....	1
Course Description & Objectives .....	2
ACCME Disclosure Statement .....	3
Accreditation Statement.....	4
<b>CE/CME Materials</b>	
Participation Documentation Form/Certification Statement .....	5
Post-Test .....	6-20
Answer Sheet .....	21
Evaluation Form.....	22-23
About the Institute & Dr. Amen .....	24

# GUIDELINES, INSTRUCTIONS, PROCEDURES & INFORMATION

**After you read these guidelines, simply follow these CE/CME procedures:**

- Please watch all 15 DVDs.
- Complete the participation documentation form, post-test answer sheet and evaluation. Please sign the Certification Statement (at the end of the participation documentation).
- Mail or fax the participation documentation form with the signed Certification Statement, post-test answer sheet and evaluation to IAHB. Please retain a copy for your records.

IAHB  
**Attn: Home Study**  
PO BOX 5710  
Santa Rosa, CA 95402  
*Fax: 707-566-7474*

- If you passed the post test with 75% or above, IAHB will send you the CE/CME certificate within four (4) weeks of receiving the CE/CME materials.
- 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.
- If you do not pass the second test, you will get a third and final test, also to be returned within 6 months.
- 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 five years as a personal record and reference.

## COURSE DESCRIPTION

The brain is involved in everything you do. When your brain works right, you work right and when your brain has trouble, you have trouble in your life. Developing an intimate knowledge of neuroscience is essential to understanding others and having the best life possible. *The Brain and Behavior* is an entertaining, practical, 15-week, master's-level university course taught by Dr. Amen. It's filled with practical neuroscience to make you a better clinician and a more effective person.

## STATEMENT OF NEED

Complex psychiatric patients are becoming the norm for mental health practitioners. The straightforward patients are being treated by primary care physicians, and experienced mental health practitioners are routinely seeing patients with 2-5 DSM-IV diagnoses. In order to be effective with complex cases it is essential to move beyond the DSM-IV diagnostic labels and include brain system pathology in the mix of understanding. Needs assessment data collected from a variety of sources indicate training in neuroscience would be of ongoing value to professional therapists. Daniel Amen's course, *The Brain and Behavior*, was developed to address these needs. This home study will allow professionals for whom attending a live workshop is difficult or inconvenient to receive the same training benefit and increase their clinical skills.

## GOALS & OBJECTIVES

### EDUCATIONAL TARGETS AND GOALS OF THE COURSE

This course engages students in the educational targets and goals of:

- **Intellectual Engagement**, as they learn to apply neuroscience principles to the counseling profession.
- **Professional Excellence**, as they learn how neuroscience applies to their clinical work in the field of psychological counseling.
- **Socio-cultural Responsiveness**, as they learn how neuroscience applies to culture (political and social problems, such as crime, racism, family issues).
- **Responsible Stewardship**, by becoming more competent providers in the mental health system with new, relevant information.
- **Spiritual Formation**, as they develop and maintain a deeper understanding of the brain's importance to behavior and the concepts of good and evil and the possible role in the health of one's soul.

### COURSE OBJECTIVES

#### Participants will be better able to:

- Summarize information on brain function as it relates to cognition, emotions and behavior
- Discuss the relationship between nutrition and brain function
- Distinguish between the primary functions of the temporal lobes and the parietal lobes
- Describe the primary functions of the prefrontal cortex
- Demonstrate how to take a brain system history and apply it to clinical practice
- Illustrate how the brain interacts in relationships
- Describe a host of psychiatric illnesses from a brain dysfunction perspective
- List three functions of the basal ganglia
- Utilize various tools (from psychotherapy, supplements, exercise, mental exercises and medication) to optimize brain function
- Discuss the value of spirituality, meditation, and prayer from a neurobiological perspective
- Implement ways to slow the progression of Alzheimer's Disease and other age-related problems
- Work effectively with interdisciplinary treatment teams in the diagnosis and treatment of brain-related problems

**Date of Original Release:**  
September 2005

**Revised:**  
December 2008

**Termination Date:**  
June 2012

### **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.

## 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, December 2008. ***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 25 educational credits (NAADAC Education Provider #187). Provider approved by CAADAC, Provider #4S-86-074-0111, an ICRC member which has reciprocity with *most* ICRC member states for 25 CEHs.

***COUNSELORS & 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). IAHB is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider #BAP-261) for 25 CEUs. CE Broker Tracking #10-926206. 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:*** The Institute for the Advancement of Human Behavior is an approved provider of continuing nursing education by the Utah Nurses Association, as accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (UNA=26 CEHs; UNA Provider Code P09-03). Provider approved by the California Board of Registered Nursing (BRN Provider CEP# 2672) for 25 contact hours.



***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 25 *AMA PRA Category I 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 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. 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 25 continuing education clinical social work clock hours for participating in this course. IAHB is approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (Provider #BAP-261) for 25 CEUs. CE Broker Tracking #10-926206; and 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 has been approved by the State of Texas Board of Social Work Examiners to provide continuing education activities for social workers. Provider No. 3876. MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521.