

EMOTIONAL CONTROL DIFFICULT PERSONALITIES

A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Broken Brains and Damaged Psyches:** Will We Ever Be Happy Again?
- **Overreactions:** Reality Vs. Perception. The Natural-Nurture "Milkshake."
- **The Story of Stress,** Productivity, and Mutual Bullying.
- **An OCEAN of Neurotransmitters:** How Specific Imbalances in the Brain Affect Openness, Conscientiousness, Extroversion, Agreeableness, and Neuroticism.
- **When Human Brains Abide by Primitive Impulses** and Emotions. Recognizing and Avoiding Road Rage.
- **Violent Eruptions:** Lessons Learned from the Attacks at Virginia Tech, Columbine, Arizona, Fort Hood, Aurora, and Wisconsin.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Diet and Human Emotions:** Many Nutrients to Assimilate.
- **Committing Dangerous Patients:** Legal and Professional Obligations.
- **Preserving One's Own Personal Complexity** and Psychological Health in the Modern World.
- **Overcoming Instincts:** How We Learn to Suppress Competition and Concentrate on Cooperation.
- **Dealing with Uncooperative Persons and Patients.**
- **The Top Ten Psychological Strategies** for Difficult Patients, Customers, Co-Workers, and Family Members.
- **Feelings of Connectedness and Bliss.** Does Electrical Activity of the Brain Reflect Spirituality and Meaningfulness? The Biological Basis of Spiritual Pursuits.

Lunch: 11:30 AM – 12:20 PM

- **Sex, Gender, And Dementia:** Are There Sex Differences In Many Dementias? Do More Women Develop Alzheimer's Disease? Some Surprising Facts.
- **Teeth, Gums, and Dementia.** Does Gum Disease Raise the Risk of Dementia? How to Evaluate and Treat Dental Patients with Dementia.
- **The Road to Parkinson's Disease:** Alpha Synuclein Protein Unfolding To Lewy Bodies To Substantia Nigra Deterioration To Basal Ganglia Malfunction.
- **Football, Boxing, and Dementia:** Multiple Concussions. Traumatic Brain Injury and Alzheimer's Disease. Military Implications.
- **The Great Mystery:** What Triggers Alzheimer's Disease? Amyloid Hypothesis. Tau Hypothesis. Acetylcholine Depletion. Inflammation. Vascular Changes. Oxidative Stress. Excitotoxicity. Myelin Sheath Deterioration. Blood-Brain Barrier Dysfunction.

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Veins and Brains:** The Cardiovascular-Alzheimer's Connection.
- **Can Alzheimer's Disease Be Prevented?** Reducing the Risk of Alzheimer's.
- **Early Warning Signs of Alzheimer's Disease:** What To Look For.
- **Can Alzheimer's Disease Be Accurately Diagnosed** Years Before Symptoms Appear?
- **Treatments For Alzheimer's Disease:** What Are They? Do They Work?
- **New Experimental Treatments for Alzheimer's.** Do They Work? Can We Be Vaccinated? The Future of Alzheimer's Research.
- **Ten Signs of Caregiver Stress: Coping with Exhaustion and Heartache.**

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

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MEETING TIMES & LOCATIONS

EDMONTON, AB	RED DEER, AB	CALGARY, AB	EDMONTON, AB	CALGARY, AB
Wed., April 15, 2015	Thu., April 16, 2015	Fri., April 17, 2015	Wed., May 6, 2015	Thu., May 7, 2015
8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM	8:30 AM to 3:30 PM
Radisson Hotel & Conv. Ctr.	I-Hotel 67 Street	Executive Royal Inn	Radisson Hotel & Conv. Ctr.	Holiday Inn Calgary
4520 76th Avenue	6500 67 Street	2828 23rd Street NE	4520 76th Avenue	4206 Macleod Trail South
Edmonton, AB	Red Deer, AB	Calgary, AB	Edmonton, AB	Calgary, AB

INSTRUCTOR

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

During his 30-year career, Dr. Howard has been on the faculty of three medical schools, headed three neuro-psychology departments, and directed treatment programs for individuals with brain injury, dementia, addiction, chronic pain, psychiatric disorders, and other disabilities.

He currently lectures throughout the United States and abroad on these topics and on his current areas of research, which include life expectancy and successful aging, disease prevention, physical and mental fitness, and stress management. His most recent book is *Living to be 100*.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed these courses. This activity is co-provided with INR.

Biomed is an approved provider of continuing nursing education by the Arizona Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140**

TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS: Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus and a receipt for tuition payment.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express, or Discover by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express, or Discover Number—to (925) 687-0860. Or register online at: www.biomedglobal.com.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

Please check course date:

- Wed., April 15, 2015 (Edmonton, AB)
 Thu., April 16, 2015 (Red Deer, AB)
 Fri., April 17, 2015 (Calgary, AB)
 Wed., May 6, 2015 (Edmonton, AB)
 Thu., May 7, 2015 (Calgary, AB)

**PLEASE RETURN FORM TO
Biomed
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FAX: (925) 687-0860**



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(needed for confirmation & receipt)

Please enclose full payment with registration form. Check method of payment.

Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)
 Charge the equivalent of \$109.00 (CANADIAN) to my Visa MasterCard American Express Discover
Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.
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(enter all raised numbers) (card security code)
 Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.