

INR Homestudy Titles offering ASWB Credits	Hours
Addiction: Alternatives to Abstinence	3
Autism Spectrum Disorders	3
Brain and Stress: PTSD	3
Caring for Patients with Alzheimer's	3
Caring for the Caregiver	3
Cognitive Behavior Therapy	3
Emotional and Social Intelligence	3
Emotions, Moods & Pain	3
Hospice & Palliative Care	3
Humor & Healing	3
Loss of Control	3
Medical Ethics	3
Non-Traditional Approaches to Stress, Anxiety & Depression	3
On Loss & Grief	3
Paradise Regained: Achieving Remission in Depression	3
Poles Apart: Unipolar and Bipolar Disorders	3
Positive Psychology	3
Psychology of Relationships	4
Reducing Stress	3
Social Anxiety	3
Stop Losing Sleep	3
Stress and Depression	3
Successful Aging	4
The Hungry Brain	5
The Psychology of Aging	3
Understanding Anger	3
Understanding Anxiety	3
Understanding Dementia--DVD	6
Understanding Emotions	3
Women's Health: Depression	3
Women's Health: Insomnia	3
Women's Health: Menopause	3