

# Memory, Aging, Stress, Diet and Cholesterol: Current Brain Controversies and Discoveries

## A 6-Hour Home Study Program for Health Professionals

A revolution is occurring in our understanding of how memory, stress, diet and cholesterol affect brain health and cognition. This new understanding provides critical information for health professionals working in medical, dental and behavioral health practices.

Participants completing this program should be able to identify key issues and discoveries regarding:

1. Different forms of memory and the causes of forgetting.
2. Maladaptive effects of stress-related hormones on the regulation of mood, trauma and post-traumatic stress.
3. Evidence-based benefits and risks of fats, grains, sugars, diets, and select nutraceuticals on brain health, disease risk and longevity.
4. Benefits and risks of current and next generation statins for managing and preventing disorders affecting the brain and heart.

### CONTINUING EDUCATION



**NURSES:** Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

IBP is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.



**IBP, Provider #1160,** is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/14 – 11/11/17. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

IBP is approved as a provider of CE by the FL Board of Psychology, by the FL Board of Clinical Social Work, MFT and Mental Health Counseling, by the OH CSWMFT Board, Provider #RCST030801, by the IL Dept. of Professional Regulation MFT CE Sponsor Program, #168.000183, and by TX State Board of Examiners of MFTs, Provider #830. This program provides 6 CE hours.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by provider by CCAPP-EI, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANs: 0492-0000-15-031-H04-P and 0492-0000-15-031-H04-T.



**DENTAL PROFESSIONALS:** IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. IBP, Provider #RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program provides 6 CE hours.



**OCCUPATIONAL THERAPISTS:** IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Intervention). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**PHYSICAL THERAPISTS:** This program is approved by IBP, which is an accredited provider by the Physical Therapy Board of CA. IBP is an IL Dept. of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the NY State Board of Physical Therapy as an approved sponsor of physical therapy CE. This program provides 6 CE hours.

**MASSAGE THERAPISTS:** IBP is an approved CE provider by IL Dept. of Professional Regulation, #245.000045. This course provides 6 CE hours. This course is approved for 6 hours of "General" CE Credit by the FL Board of Massage Therapy.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the CA SLPAB, # PDP247. This program provides 6 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through IBP's accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP13896, and as such, its CE offerings are accepted by Respiratory Care Board of CA. This program provides 6 CE hours.

**EDUCATORS:** Participants completing this program will receive 7.5 contact hours of professional development credit through a cosponsorship agreement between Alliant International University and IBP. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

Initial Release Date: 07/30/2015 Expiration Date: 07/30/2018 Content Level: Intermediate

## Memory, Emotion and Tragic Forgetting

- Emotional Memory
- Short-Term Memory, Alcohol, and Binge Drinking
- Long-Term Memory
- Habit Memory
- Everyday Subconscious Memory Processing
- Brain Training Programs
- Tragic Forgetting

## Understanding Stress

- Neurotoxic Stress
- Adrenal Stress Hormones
- Depression
- PTSD

## Controversies in Nutrition:

### What is Healthful and Harmful?

- Myths, Government Intervention and Bad Science
- Fats, Grains and Sugars
- Healthful and Harmful Diets
- Nutraceuticals and Supplements
- Longevity

## Cholesterol:

### Friend or Foe of Heart and Brain Health

- Myths on Cholesterol and Clogged Arteries
- Are Statins "Wonder Drugs?"
- How Common are Adverse Effects of Statins?
- Cholesterol, Cancer and Dementia

## ABOUT THE INSTRUCTOR



David Diamond, Ph.D., is Professor of Psychology, Pharmacology and Physiology at the University of South Florida and Director of the USF Collaborative Neuroscience Program. Dr. Diamond is an expert in the study of memory, stress, heart disease, diet and brain function.

An outstanding instructor, Dr. Diamond has received accolades for teaching excellence at USF and is an invited speaker at scientific conferences around the world. Dr. Diamond has taught programs for continuing education to health professionals for close to a decade and is one of the highest rated speakers teaching on behalf of IBP. Audiences highly recommend his programs for their wealth of valuable information, insightful reviews of current controversies, and ability to impart key concepts with clarity and enthusiasm.