

# Stress and Metabolism: Mind-Body Connections: Appetite, Mood, Cognition, and Sleep

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

*This program presents psychological and nutritional strategies for key stress-related metabolic conditions.*

*Designed for health professionals working in medical, dental, and behavioral health practices, participants completing this new and unique program should be able to identify:*

- 1. The role of stress in habit-related eating.*
- 2. Mood disorders associated with abnormal brain metabolism and chronic inflammation.*
- 3. The contribution of metabolic syndrome to cognitive impairment and Alzheimer's disease and pathways to successful aging.*
- 4. Effective approaches to improving sleep.*

### 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](http://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 45-09-128-1217. 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: 0492-0000-16-011-F104-P and 0492-0000-16-011-F104-T.



**Academy of General Dentistry**



**Program Approval for Continuing Education**

**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 (Client Factors and Performance Patterns) 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: 02/12/2016 Expiration Date: 02/12/2019 Content Level: Intermediate

### Stress and Stress-Related Eating

- Chronic Stress
- Habit Brain
- Restraining and Retraining the Habit Brain
- Cortisol Regulation

### The Mood-Metabolism Connection

- Understanding Brain Mood Regulation
- Mood-Appetite Connection
- Improving Mood by Normalizing Brain Metabolism
- Mood Regulation

### Protecting the Aging Brain

- Inflamed Brain
- Neurotoxic Effects of Cortisol Impair Memory
- Metabolic Syndrome and Alzheimer's Disease
- Preventing and Managing Metabolic Syndrome
- Promoting Successful Cognitive Aging
- Reducing Neuroinflammation
- Improving Sleep

### Stress-Related Eating

- Anxiety
- Depression
- Metabolic Syndrome
- Protecting the Aging Brain
- Mindfulness-Based Sleep Meditation
- Slowing the Aging Clock
- Summary

### ABOUT THE INSTRUCTOR



Aric A. Prather, PhD, is an Assistant Professor in the Department of Psychiatry and Associate Director of the Center for Health and Community at UC San Francisco. He is an expert in the study of stress resilience, inflammation, depression, sleep and longevity. He helps direct the UCSF Stress Measurement Center and is affiliated with Osher Center for Integrative Medicine and the UCSF Center for Obesity Assessment, Study, and Treatment (COAST). Dr. Prather has received multiple awards for his research and is funded by several organizations including the NIH.

An engaging, informative, and fascinating speaker, health professionals recommend his presentations for their wealth of practical information and lifestyle solutions that can lead to a meaningful change in health and wellbeing.