

## LIVE SEMINAR

Friday, January 13, 2017 in Rohnert Park, CA

DoubleTree by Hilton Sonoma - Wine Country  
1 Doubletree Dr, 94928. (707) 584-5466

Complimentary parking is available at the venue.  
Please do not contact the venue except for driving instructions.

## LIVE WEBCAST

Friday, January 13, 2017, 9 AM – 4 PM PST

You will need a computer with internet access and speakers to participate in the live webcast.

## ON-DEMAND WEBCAST

Wednesday, January 18, 2017 – Saturday, February 18, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, January 18, 2017 through Saturday, February 18, 2017. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until December 20, 2019

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: December 20, 2019

# ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

✓one:

- Live Seminar with CE Credit: Friday, January 13, 2017 in Rohnert Park, CA
- Live Webcast with CE Credit: Friday, January 13, 2017
- On-Demand Webcast with CE Credit: January 18, 2017 – February 18, 2017

Purchase of Recordings with Home Study CE Credit: through December 20, 2019

- 4 Audio CDs
- 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 4 Audio CDs, \$50
- 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or more persons registering together)
- \$89 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

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

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

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.

**PSYCHOLOGISTS:** Institute for Brain Potential (IBP) 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 is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MARRIAGE AND FAMILY THERAPISTS:** IBP, provider #6342, is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. IBP solely is responsible for all aspects of the program. This program provides 6 clock hours of continuing education credit.

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). Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this intermediate-level course.

IBP is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. This program is 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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by **CCAPP-EL**, Provider Number 45-09-128-1217. This program provides 6 CEHs.



Date: 12/20/2016. Planned Expiration Date: 12/20/2019. This program provides 6 hours (.6 CEU).



**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. Initial Release Date: 12/20/2016. Planned Expiration Date: 12/20/2019.

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 **Florida Board of Dentistry**. This program is 6 CE hours.

**PHYSICAL THERAPISTS:** This program is approved by IBP – an accredited approver of the physical therapy continuing education by the **Physical Therapy Board of California**. IBP is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by the TX chapter of the **American Physical Therapy Association (APTA)**. This program provides 6 CE hours.

The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters.

This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** IBP is approved as a CE provider by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the live webcast and the seminar of the program. This program provides 6 CE hours.

**DIETITIANS:** IBP is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: II. Suggested Learning Codes: 6010 and 6020. CDR-approved credit is available for only the live webcast and the seminar of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. IBP is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. IBP is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.

**EDUCATORS:** Participants completing this program will receive 7.5 clock 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.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



## ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

### A 6-Hour Program for Health Professionals

**Live Seminar Schedule:** Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

**Live Webcast Schedule:** The date of the live webcast is Friday, January 13, 2017, 9 AM, Pacific Standard Time. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Wednesday, January 18, 2017 until Saturday, February 18, 2017. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: December 20, 2019. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after February 18, 2017.

**Group Registrations:** Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

**Transfers and Cancellations:** Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can receive a tuition refund less a \$15 administrative fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

**Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**Institute for Brain Potential:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

# ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on January 13, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting January 18 until February 18. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*Children and youth exposed to neglect, psychological stress and abuse develop impaired attachment styles that undermine the developing brain and immune system.*

*This new program presents evidence-based methods of overcoming adverse childhood events through self-care, lifestyle, and psychological pathways to improved brain function.*

*Participants completing this program should be able to:*

- 1. Identify how adverse childhood experiences can impair the developing brain and alter the response to psychological stress.*
- 2. Distinguish between secure, anxious and avoidant forms of attachment.*
- 3. Describe how maltreatment can impair stress resilience, mood regulation, and impulse control across generations.*
- 4. List several ways that early adversity can undermine the immune system.*
- 5. Discuss how self-care and lifestyle can help overcome adverse childhood events.*
- 6. Identify psychological pathways that can protect the brain from the toxic effects of mood, anxiety, trauma, and memory-related disorders related to adverse childhood events.*

## The Long-Term Effects of Neglect and Abuse

- **Neglect:** how underdeveloped areas of the brain such as the prefrontal cortex become impaired, and its role in affecting attention and goal-directed behavior.
- **Psychological Stress:** why poor social skills and dysfunctional relationships emerge only to stir up more uncontrollable stress.
- **Abuse:** how the risks of anxiety and depression increase; why emotional and event-related memory is compromised.

## Attachment

- **Secure Attachment:** more than just bonding, a critical aspect of normal brain development and the development of resilience in adults.
- **Anxious Attachment:** why the infant who is anxious around his or her primary caregiver is more likely to have stress-related disorders as an adult.
- **Avoidant Attachment:** the infant who does not seem to notice when his or her caregiver leaves the room—how that affects brain organization and pathology.

## How the Trauma of Parents and Grandparents Can Be Inherited

- **Maltreatment:** why adults who were severely maltreated as youngsters often have alterations in the “on and off” switches for serotonin and cortisol.
- **Cortisol and Chronic Stress:** the gene for cortisol, a key stress-related hormone, is altered by prolonged or severe childhood stress.
- **Mood Disorders and Harsh Childhood Maltreatment:** impaired expression of serotonin receptors and impulse control.

## How Early Adversity Can Undermine the Immune System

- **Inflammation:** why chronic, low-grade inflammation is a common result of early adversity.
- **Weight Gain:** appetite, cortisol, inflammation, and metabolism.
- **Autoimmune Disorders:** how they can develop and complicate disorders of mood and cognition.
- **GI Health:** how gut bacteria can be out of balance and promote inflammation and leaky gut syndrome.

## Self-Care and Lifestyle as Critical Foundations for Mental Health

- **Resilience:** a set of habits that can restore balance by reframing how we experience the past and imagine the future.
- **Conscientious Food Choices:** how simple carbohydrates, trans fatty acids and saturated fats undermine mood and cognition.

- **Conscientious Physical Activity:** how mood elevation and cognitive enhancement follow the right types and amounts of activities that can provide endurance, strength, flexibility, and balance.
- **Sleep:** how developing sleep hygiene skills promotes a healthy brain.

## Psychological Pathways to Improved Brain Function

- **Neuroplasticity:** the mental processes that can improve cognitive-enhancing habits and help regrow lost hippocampal neurons.
- **Ameliorating Anxiety:** altering the habit brain from the faster, automatic, fear-based amygdala circuit to slower, wiser prefrontal control over the amygdala.
- **Elevating Mood:** the thought habits that can lift depression and increase optimism.
- **Resolving Trauma:** how to encode brain messages that can reduce the effects of trauma.
- **Enhancing Adaptive Long-Term Memory:** acquiring thought habits that enable people to encode information in a way that improves recall of positive memories.
- **Mindful Brain:** how mindfulness-based meditation and habitual mindful states can alter the brain in ways that reduce pain and suffering, and enhance well-being and the experience of the here and now.

## ABOUT THE INSTRUCTOR



*John Arden, Ph.D. is an internationally acclaimed speaker and author of works that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He is the Chief Academic Officer for IBP. Previously as Director of Training of Mental Health Professionals of 24 medical centers in Northern California, Dr. Arden supervised over 1000 postdoctoral fellows and interns and had developed training programs that promoted behavioral medicine at Kaiser Permanente.*

*The author of 14 evidence-based texts, Dr. Arden is working on a 15th text that forms the basis of the lecture he will be presenting. In the last year, Dr. Arden has presented programs throughout the United States as well as invited lectures in Canada, Italy, Spain, China, Korea, New Zealand and Australia. Audiences appreciate his innovative teaching style and rare ability to humanize advances in the brain sciences with clinical wisdom, clarity, and warmth..*

*In addition to Q & A sessions in class, Dr. Arden will answer your questions during the second half of the lunch break and by email after the program concludes.*