Interactive Webscasts

Monday, January 4, 2021 – Saturday, February 27, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Monday, January 4, 2021 through Saturday, February 27, 2021 to earn home study credit.

Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

Home Study Recordings

Valid for CE until August 1, 2022

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit.

Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

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

Tuition is in US dollars.

Name (please print)

City/State __ Zip

Phone Work (1) __ Home Phone (1)

Fax (1) __ (please print email if available)

Signature

Advise Childhood Experiences: Lifelong Consequences and How to Overcome Them

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. 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 Monday, January 4, 2021 until Saturday, February 27, 2021. Registrants who sign up for the interactive 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: August 1, 2022.

Group Registrations: Rates apply for three or more pre-registered and combined together. Please complete a separate registration form for each person. Members of a group can order interactive webcasts, on-demand webcasts, or home study recordings.

Confirmation Notices and Certificates of Completion: Registration requirements of continuing education, evaluation forms, and postests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel their registration fee for this on-line course must: 1) Transfer to another alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund by submitting a refund request in writing or email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/acxi/cdi

Institute for Brain Potential: Since 1984, our non-profit organization, ID 77-0028530 has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.
**ABOUT THE INSTRUCTOR**

Angelo Pezzote, PharmD, MA, BCPP, RPh, LMHC, LPCC, LMFT, is a Board Certified Pharmacist, a member of the College of Psychiatric and Neurologic Pharmacists and has an extensive background in the behavioral health sciences. He provides specialized information to health professionals concerning the psychological consequences of adverse childhood experiences.

An outstanding and informative speaker, Dr. Pezzote has appeared on CBS News, Montel, E!, and radio programs. Dr. Pezzote has taught continuing education programs to thousands of health professionals. Participants highly recommend his practical and entertaining programs, unique personalized approach, and special ability to communicate practical discoveries with clarity and warmth.

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

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**FREQUENTLY ASKED QUESTIONS**

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting January 4 until February 27. 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.

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**ADVERSE CHILDHOOD EXPERIENCES: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM**

**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, transfatty 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.