

INTERACTIVE WEBCAST MONDAY, SEPTEMBER 28, 2020

INTERACTIVE WEBCAST

Monday, September 28, 2020, 9 AM – 4 PM (PDT)

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

ON-DEMAND WEBCAST

Saturday, October 3, 2020 – Tuesday, November 3, 2020

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Saturday, October 3, 2020 through Tuesday, November 3, 2020. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until August 1, 2022

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: August 1, 2022

ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

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Interactive Webcast with CE Credit: Monday, September 28, 2020

On-Demand Webcast with CE Credit: October 3, 2020 – November 3, 2020

Purchase of Recordings with Home Study CE Credit: through August 1, 2022

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 Registration on the Day of the Program

FOUR WAYS TO REGISTER

- Internet: www.ibpceu.com
- Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
- Fax: (877) 517-5222
- 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 nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential 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 is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential 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 & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 clock hours.

ACE: Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/17 – 11/11/20. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, 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. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0134. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential 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.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-20-064-L04-P and 0492-0000-20-064-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-046-H04-P and 0492-0000-19-046-H04-T. Initial Release Date: 08/01/2019. Planned Expiration Date: 08/01/2022. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.

PACE ACADEMY of GENERAL DENTISTRY PROGRAM APPROVAL FOR CONTINUING EDUCATION
 Institute for Brain Potential Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557. Release Date: 08/01/19. Expiration Date: 08/01/22.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential 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 Texas 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: Institute for Brain Potential 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: Institute for Brain Potential 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 webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: II. Suggested Learning Codes: 6010 and 6020. CDR-approved credit is available for only the webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential 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 Institute for Brain Potential. 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

Interactive Webcast Schedule: The date of the interactive webcast is Monday, September 28, 2020, 9 AM, Pacific Daylight Time. 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 Saturday, October 3, 2020 until Tuesday, November 3, 2020. 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: August 1, 2022. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

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 request a full refund less a \$15 processing 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.

User-Friendly Technical Support: If you are not computer savvy, we can help. Just call us anytime at (650) 458-5532. We have presented webcasts to over 100,000 health professionals since 2013.

24/7 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: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

ADVERSE CHILDHOOD EXPERIENCES: 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 September 28, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting October 3 until November 3. 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 program presents evidence-based methods of overcoming adverse childhood experiences 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 experiences.*
- 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 experiences.*

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

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.