

Monday, October 18, 2021

Spokane, WA

THE CENTENNIAL HOTEL SPOKANE
303 W North River Dr, 99201
(509) 326-8000

Parking: \$6 for first 4 hours and \$2 for each additional hour.



ANXIETY, SLEEP, AND THE BRAIN

LIVE SEMINAR (✓ONE)

October 18, 2021 in Spokane, WA

UNABLE TO ATTEND?

PURCHASE RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- CDs
- DVDs
- Online

Name (PLEASE PRINT) _____

Home Address _____

City/State _____ Zip _____

Work Phone (____) _____ Home Phone (____) _____

Email _____

Profession(s) _____

TUITION

- \$84 Individual Rate
- \$79 Group Rate (3 or More Persons Registering Together)
- \$94 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) — a text that explains how the brain forms new habits that can be attained and maintained to promote better sleep. Preorder the book to receive it onsite at this discounted rate.

FOUR WAYS TO REGISTER

1. Internet: 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)

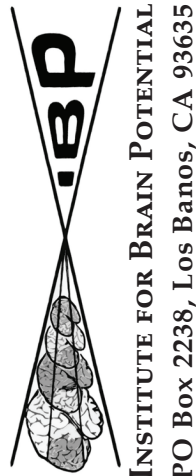
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

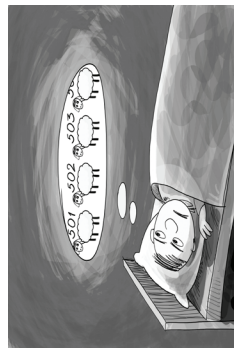
Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



ANXIETY, SLEEP, AND THE BRAIN



SPOKANE: Monday, October 18, 2021

Topics Include:

- Attaining Restorative Sleep
- Nutrition for Better Sleep
- Brain-Protective Sleep Habits

A New 6-Hour Program, Fall, 2021: \$84



ANXIETY, SLEEP, AND THE BRAIN

A 6-Hour Program for Health Professionals

LIVE SEMINARS

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. Some programs sell out. Please register early.

Group Registration: The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

Transfers: You or members of your group can attend on different dates if there is space.

Parking: Complimentary parking is available unless indicated in the brochure.

Unable to Attend? You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a \$15 fee. Refund requests should be made in writing or by e-mail at refund@ibpceu.com.

Rescheduling: In the unlikely event (less than 1%) a seminar cannot be held (e.g., unforeseeable Covid restrictions), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance!

Certificates and Confirmations: Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

RECORDED PROGRAMS

CDs and DVDs: Delivered to you within 5-7 workdays.

Online: Play or download on all devices. Need help? Call (866) 652-7414.

CE Credit: National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: <http://www.ibpceu.com/info/sleep.pdf>

DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

THE IBP EXPERIENCE

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.

ANXIETY, SLEEP, AND THE BRAIN



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**. 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.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: 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 CE clock hours.



SOCIAL WORKERS: 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: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.



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 AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (6 CEUs). UANs: 0492-0000-20-033-L04-P and 0492-0000-20-033-L04-T

DENTAL PROFESSIONALS: This program provides 6 hours of continuing education credit.



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.



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 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Areas of Occupation).

NURSING HOME ADMINISTRATORS: Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the NAB and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: This program is designed to be relevant to physical therapy. Participants will receive a certificate of completion for 6 contact hours. Institute for Brain Potential is approved as a provider of physical therapy continuing education by **Physical Therapy Board of California (PTBC)**.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate of completion for participating in this 6-hour program.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by NCBTMB as a CE Approved Provider, #450939-09. This course provides NCBTMB-approved 6 CE hours.

CASE MANAGERS: This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

PHYSICIAN ASSISTANTS: This educational activity provides 6 hours of Category 2 CME credits.

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 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 1120, 5320, 5420, & 6010.

ALLIED HEALTH PROFESSIONS: Naturopathic Physicians, Veterinarians, Prosthetists, Orthotists, and Chiropractors receive a Certificate of Completion for this 6-hour program. Please contact your regulatory board to determine course approval.

EDUCATORS: Participants will receive a Certificate of Completion for 6 hours.

Learn how anxiety-related disorders interfere with sleep and how to apply mind-body techniques to improve sleep and protect the aging brain.

Participants completing this new 6-hour program should be able to identify:

1. *Aspects of poor sleep in people with anxiety-related disorders.*
2. *Brain-related impairments associated with insufficient sleep.*
3. *Cognitive-behavioral and mindful approaches to improving sleep.*
4. *Nutritional approaches to enhance sleep.*
5. *Guidelines for developing and maintaining positive sleep habits.*

Sleep Deprivation and Anxiety Disorders

- **A Night of Restorative Sleep:** slow wave sleep, REM sleep, circadian rhythms, and healthy cortisol rhythm; how much sleep do we need and the epidemic of insufficient sleep.
- **How Anxiety-Related Disorders Interfere with Sleep**
 - **Generalized Anxiety Disorder**
 - **Obsessive Compulsive Disorder**
 - **Posttraumatic Stress Disorder**
 - **Mixed Anxiety and Depression**
- **The Significance of Different Aspects of Sleep Disturbance**
 - **Lying Awake for Extended Time Before Sleep Onset**
 - **Shallow Sleep Indicated By Stage 1 and 2 Slow-Wave Sleep**
 - **Multiple Awakenings**
 - **REM Behavior Disorder, Depression and Parkinson's Disease**
 - **Difficulty Returning to Sleep**
 - **Total Sleep Time**
 - **Excessive Daytime Fatigue**
- **Cortisol and Stress-Related Symptoms:** cortisol, the adrenal hormone associated with chronic stress, is elevated with sleep deprivation, and is associated with neuro-inflammation and hypertension.
- **Anxiety and the Vigilant Brain:** increased time lying awake; reduced restorative slow-wave sleep and less total sleep.
- **Anxiety and Depression:** anxiety is associated more with difficulty falling asleep whereas depression is related to early awakening with inability to return to sleep; REM sleep occurring at the time of sleep onset and cortisol suppression.
- **Sleep Loss and Memory Impairments:** how insufficient slow wave or REM sleep impairs short-term memory, long-term memory and memory for habits.
- **Short-Term Memory Consolidation:** elevated cortisol strips hippocampal neurons of their dendrites.
- **Fear, Anxiety and the Sensitized Amygdala:** elevated cortisol enlarges the amygdala, the brain's "watch dog."
- **Regret, Rumination, and "What If" Thinking:** how a region of the frontal lobes sensitive to aging is critical for producing restorative slow-wave sleep and "what if" thinking.
- **Removal of Neurotoxins:** a key function of restorative slow wave sleep is the removal of waste products including beta-amyloid and tau, biomarkers of Alzheimer's Disease.

A Brain-Based Approach to Improve Sleep

- **A New Approach:** by identifying the parts of the brain that impair sleep, optimal mind-body interventions can be practiced.
- **Calming the Alerting System—Tired But Wired:** exercises that help us habituate to the bedroom by mindfully focusing on thoughts, feelings and sensations to quiet the reticular formation.
- **Reducing Pain:** mind-body approaches to calm the pain matrix.
- **Reducing Hunger:** hormones that keep us awake; low glycemic snacks that help to relax.
- **Cooling the Environment:** to fall asleep, the body must cool itself by 2 degrees; role of room temperature and the hypothalamus.
- **Resetting Circadian Rhythms:** time markers (light-dark, meal time), cortisol rhythm in sleep-phase disorders (e.g., night owls).
- **Reducing Fear:** calming the amygdala by the slower, wiser frontal cortex by visualizing more realistic expectations.
- **Reducing Rumination:** calming the fronto-polar region involved in "what if" reasoning.
- **Reducing Anticipatory Anxiety:** parts of the prefrontal cortex "invent" the future; how a sleep journal can distance us from thoughts that keep us awake.
- **Cognitive-Behavioral Approaches for Insomnia:** CBT engages the parieto-temporal cortices to modify how we think about sleep; the mindset of stress-resilient people.
- **Mindfulness-Based Sleep Meditation:** unfocused attention (open monitoring) involves non-judgmental awareness of sensations, feelings and thoughts and diminished activity in anxiety-related brain areas.
- **Food, Neurotransmitters, Hormones and Sleep**
 - **GABA,** gabapentin, sedation and lavender.
 - **Serotonin,** tryptophan, and reducing wakefulness.
 - **Melatonin:** misuse and use for setting the time of sleep onset.
 - **Orexin:** selected lipids that act like hypnotics.
 - **Cortisol:** nutritional and botanical modification.
- **Adopting Brain-Protective Sleep Habits of SuperAgers:** how to attain and maintain positive habits.

ABOUT THE INSTRUCTOR

Michele Okun, Ph.D., a psychologist, teaches and is an Associate Professor of Research in the Department of Psychology, University of Colorado, Colorado Springs. She is an expert in the study of disturbed sleep, inflammation, and depression. Dr. Okun has authored or co-authored over three dozen scientific articles and book chapters and has presented her research as an invited speaker at numerous conferences and lectures in the North America and England.

Dr. Okun, the recipient of many honors and awards, is recognized for teaching excellence. Health professionals recommend her outstanding presentations for her personable and stimulating teaching style presented with clinical wisdom, wit, and warmth. In addition to Q & A in class, Dr. Okun will answer your questions during the second half of the lunch break and by email after the program concludes.