

INTERACTIVE WEBCAST

WEDNESDAY, APRIL 24, 2019

INTERACTIVE WEBCAST

Wednesday, April 24, 2019, 9 AM – 4 PM PDT

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

ON-DEMAND WEBCAST

Monday, April 29, 2019 – Wednesday, May 29, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Monday, April 29, 2019 through Wednesday, May 29, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until January 1, 2022

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

LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

✓one:

- Interactive Webcast with CE Credit: Wednesday, April 24, 2019
- On-Demand Webcast with CE Credit: April 29, 2019 – May 29, 2019
- Purchase of Recordings with Home Study CE Credit: through January 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 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

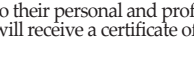
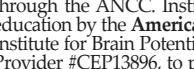
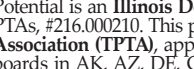
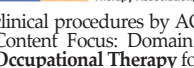
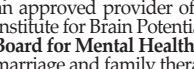
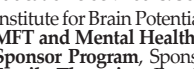
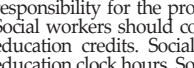
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

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**. 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.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. 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), SW CPE 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 #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. This program provides 6 contact hours.

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), SW CPE 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 #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. 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: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program is 6 CEHs.

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 0492-0000-18-030-L04-P and 0492-0000-18-030-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-002-H04-P and 0492-0000-19-002-H04-T. Initial Release Date: 01/01/2019. Planned Expiration Date: 01/01/2022. 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: Institute for Brain Potential 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 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 01/01/2019. Planned Expiration Date: 01/01/2022. 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**. This program is 6 CE hours.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved by 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. This program is approved by the TX chapter of the **American Physical Therapy Association (IPTA)**, approval #64662TX. 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 I distance education credit.

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: I. Suggested Learning Codes: 5320, 4090, 5120, and 5160. Activity Number: 94163. 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.



LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Wednesday, April 24, 2019, 9 AM, Pacific Daylight 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 Monday, April 29, 2019 until Wednesday, May 29, 2019. 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: January 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.

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.

LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

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 April 24, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting April 29 until May 29. 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.

Stress-related conditions contribute to over half of all visits to health providers. This 6-hour program describes the connection between thoughts, emotions, and symptoms. In addition, this program also provides effective evidence-based treatments.

Participants completing this practical program should be able to list one or more effective approaches for managing stress-related:

- 1. Immune symptoms,*
- 2. Fight-or-flight symptoms,*
- 3. Musculoskeletal symptoms, and*
- 4. Mental states that trigger somatic distress.*

Understanding Stress-Related Symptoms

- **The Stress Experience:** understanding symptoms of the head, jaw, neck, shoulders and lower back, skin, chest, lungs, GI tract; disorders of appetite, pain and sleep.
- **Stress Triggers:** what initiates and sustains stress-related symptoms — the thought-mood-symptom connection.
- **Adrenal Hormones:** norepinephrine, excitement and worry; cortisol and immune, fight-or-flight and musculoskeletal symptoms.
- **Mind-Body Connection:** the forms of emotional stress that are healthy, challenging, or toxic to the brain and body.
- **The Relaxation Response:** activities and mental states that inhibit the fight-or-flight response and promote calming.

Immune System Symptoms

- **Who Gets Sick and Who Stays Well:** how chronic maladaptive thoughts and overwhelming demands increases risk of immune suppression, fatigue and illness.
- **Allergic Reactions:** how stress activates mast cells; tools for managing stress-related triggers.
- **Autoimmune Disorders:** rheumatoid arthritis, hyper- and hypothyroidism, lupus and related disorders.
- **Chronic Inflammation:** role in hypertension, diabetes, heart disease, periodontal disease and arthritis.
- **Immune-Related Fatigue:** what are the best ways to improve immune health: mood therapy, cognitive therapy, diet, exercise or all four?

Fight-or-Flight Symptoms

- **Hypertension:** suppressed anger, emotional exhaustion, perfectionism and burnout; behavioral interventions.
- **Migraine Headache:** compensatory vascular dilation, the role of stress; primary and secondary prevention.
- **Cardiac Symptoms:** hostility, hurry and the heart; separating stress-related symptoms from coronary artery disease; who should be tested?
- **Stress-Related Eating:** the role of comfort foods: excessive appetite for fats and dopamine, sweets and brain opiates, carbohydrates and serotonin.

Musculoskeletal Symptoms

- **Headache:** distinguishing muscle contraction headaches from other headaches: how much is postural?
- **Upper Back/Shoulders:** how much is due to fatigue; key preventive somatic and psychological interventions.

- **Lower Back:** forms of lower back pain; approaches to treating and preventing symptoms; do muscles “remember” stressful events; effective interventions.
- **Sleep:** musculoskeletal pain related to poor sleep; anxiety, shallow sleep and fatigue; depression and early AM awakenings.

Mind-Over-Mood Strategies

- **Stress Detection:** a systematic approach to identifying key situations and automatic thoughts to improve resilience.
- **Rumination:** curtailing recurrent thoughts that perpetuate self-destructive anger, anxiety, depression and shame.
- **Restating Maladaptive Thoughts:** applying targeted cognitive behavioral therapy for somatic symptoms.
- **Resolving Conflict:** saying what needs to be said in a way that leads to meaningful change: four helpful strategies.
- **Somatic Approaches:** aerobic and anaerobic activities that elevate mood; deep tissue and superficial massage and touch.
- **Acceptance-Based Therapies:** creating distance between distress and somatic symptoms.
- **Meditation:** calming effects of passive and active states; effectiveness of Yoga, Tibetan, Zen and Mindfulness-based meditation.
- **Mind Over Pain:** mental imagery, distraction, creating positive expectations; targeted CBT for somatic symptoms to reduce catastrophic symptoms and depression.

ABOUT THE INSTRUCTOR



Bill Sieber, Ph.D., is Associate Clinical Professor in Psychiatry and Family Medicine at UC San Diego. Dr. Sieber, a health psychologist, has extensive clinical and research experience in managing most forms of stress-related symptoms.

An outstanding and dedicated instructor, Dr. Sieber has developed national and international training programs and has presented seminars to nurses and allied health professions for over 20 years. Audiences commend his presentations for their clinical wisdom, effective solutions, clarity, and warmth. In addition to Q & A sessions in class, Dr. Sieber will answer your questions during the second half of the lunch break and by email after the program concludes.