

# INTERACTIVE WEBCAST FRIDAY, MARCH 22, 2019

## INTERACTIVE WEBCAST

Friday, March 22, 2019, 9 AM – 4 PM PDT

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

## ON-DEMAND WEBCAST

Wednesday, March 27, 2019 – Saturday, April 27, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, March 27, 2019 through Saturday, April 27, 2019. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until September 15, 2019

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: September 15, 2019

# UNDERSTANDING PSYCHOCARDIOLOGY

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Interactive Webcast with CE Credit: Friday, March 22, 2019

On-Demand Webcast with CE Credit: March 27, 2019 – April 27, 2019

Purchase of Recordings with Home Study CE Credit: through September 15, 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

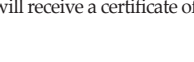
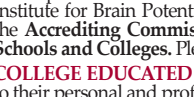
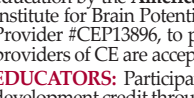
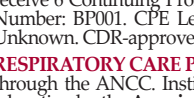
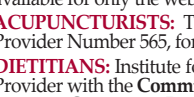
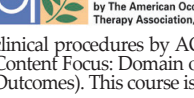
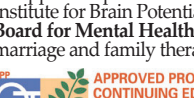
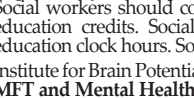
- Internet: [www.ibpceu.com](http://www.ibpceu.com)
- Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
- Fax: (877) 517-5222
- Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 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](http://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, provider #1160, is approved as a provider for occupational therapy continuing education by the **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) and Occupational Therapy Process (Intervention and Outcomes). 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 0492-0000-16-058-L04-P and 0492-0000-16-058-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-16-059-H04-P and 0492-0000-16-059-H04-T. Initial Release Date: 09/15/2016. Planned Expiration Date: 09/15/2019. 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: 09/15/2016. Planned Expiration Date: 09/15/2019. 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 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. This program is pending approval by the TX chapter of the **American Physical Therapy Association (TPTA)**. 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: Unknown, Unknown, Unknown, and Unknown. 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.



# UNDERSTANDING PSYCHOCARDIOLOGY

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, March 22, 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 Wednesday, March 27, 2019 until Saturday, April 27, 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: September 15, 2019. 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.



## 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 March 22, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting March 27 until April 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.

*This program describes how thoughts, emotions and behaviors play an integral role in the progression and regression of coronary artery disease.*

*Learn why women are more likely to die of heart disease (43%) than men (37%), the role of traditional and psychological risk factors, and the importance of cardioprotective habits.*

*Participants completing this program who work in medical, dental, and behavioral health practices should be able to:*

1. Describe differences in coronary artery disease in men and women,
2. List modifiable traditional risk factors,
3. List modifiable psychological risk factors, and
4. Discuss the role of a cardioprotective lifestyle and psychological habits in preventing, managing or reversing coronary artery disease.

## Differences in Coronary Artery Disease: Men and Women

- **Differing Warning Symptoms:** how men and women differ; the importance of unusual fatigue, sleep disturbances, and shortness of breath in women, who are significantly less likely to experience chest discomfort, a hallmark symptom in men.
- **Differing Biological Risk Factors:** women with diabetes are at greater cardiac risk; women's hearts are affected by low levels of estrogen and are more prone to microvascular disease.
- **Differing Psychological Risk Factors:** the role of cynical hostility, and suppressed and expressed anger in men; chronic stress and depression in women.
- **Differing Diagnosis and Treatment Standards:** the incidence of misdiagnosis or underdiagnosis of ischemic heart disease in women and how that affects treatment and mortality.

## Modifiable Biological Risk Factors

- **Chronic Inflammation:** how arterial inflammation fuels the narrowing of the coronary arteries; the role of anti-inflammatory nutrients; biomarkers and the emerging role of anti-inflammatory mental states.
- **Hypertension:** revised guidelines for when blood-pressure-lowering medications are indicated; how hypertension is influenced by weight control, adequate sleep, and stress resilience; benefits of antihypertensive diets.
- **Cholesterol:** current guidelines and treatment protocols for cholesterol; why half of people who have myocardial infarctions have normal lipid profiles; the moderating effects of lifestyle.
- **Insulin Resistance:** stress, diet, physical activity, sleep and mood; type 2 diabetes has a key role in the development and worsening of coronary artery disease; lifestyle can prevent the progression of pre-diabetes into type 2 diabetes.
- **Metabolic Syndrome:** high triglycerides, low HDL, elevated blood pressure, high fasting blood glucose and central adiposity elevate risk of coronary artery disease and a wide variety of cancers.
- **Insomnia:** chronic sleep loss increases insulin resistance and is identified with elevated cortisol, midline weight gain and type 2 diabetes.
- **Sleep Apnea:** obstructive sleep apnea is a major risk factor for hypertension and coronary artery disease; detection and treatment.
- **Alcohol:** risk of coronary artery disease can be reduced roughly 20% by moderate drinking; however, even modest drinking can elevate risk of breast cancer; resveratrol, red wine, and the French paradox.
- **Sedentary Lifestyle:** the right dose of physical activity protects the myocardium and reduces inflammation of the coronary arteries.
- **Diet:** are diets that are plant based, that restrict certain forms of fats, or that are high or low in total protein or carbohydrates cardioprotective?

## Modifiable Psychological Risk Factors

- **Chronic Psychological Stress:** lack of predictability and control over key stressors undermines the heart and coronary arteries due to the toxic effect of cortisol and its contribution to metabolic syndrome.
- **Depression:** hopelessness, helplessness and worthlessness accelerate coronary artery disease in multiple ways including impaired sleep, poor eating habits, lack of self-care, and reduced motivation to seek medical care.
- **Anger:** a revision of the Type A personality reveals the importance of cynical hostility and expressed or suppressed anger, inability to forgive or to forget a grudge, and the need for retribution.
- **Maladaptive Anxiety:** how crippling generalized and focal anxiety pose a risk to people who fear being diagnosed or treated.
- **Lack of Social Support:** loneliness can be as cardiotoxic as smoking two packs of cigarettes a day.
- **Impaired Impulse Control:** lack of self-control involving emotional uproar, binge eating or drinking, and use of amphetamines, cocaine, prescribed opiates or illicit heroin.
- **Denial:** people at high risk for coronary heart disease deny or ignore preventive care and often fail to receive emergency care that could protect vulnerable heart muscle and save a life.

## Cardioprotective Habits

- **Emotional Regulation**
  - **Acting on Beneficial Negative Emotions:** anxiety, anger, sadness and loneliness can be beneficial when people make meaningful changes that are cardioprotective.
  - **Obtaining the Right Kind of Emotional Support:** the ability to openly express toxic emotions with confidants reduces cardiotoxic effects.
  - **Mood Regulation:** the ability to reframe thoughts associated with helplessness or hopelessness can be replaced with adaptive coping to help understand and control negative moods.

- **Mood Elevation:** the practice of positive psychology and the generation of positive self-aware emotions such as self-compassion, gratitude, forgiveness, and trust.
- **The Adherent Mindset:** adherence requires the development of multiple skills, practice, and the conversion of these skills into self-regulating habits including pill-taking, exercise, and exercising restraint through the use of executive functions of the prefrontal cortex.
  - **Self-Monitoring:** regular assessment of metabolic risk factors, record keeping, and problem solving to achieve the right amount of physical activity and blood glucose levels.
  - **Healthy Blood Pressure:** the right dose and type(s) of antihypertensives usually require trial and error, discussion with caregivers concerning side effects, and self-monitoring.
  - **Healthy Blood Glucose Control:** regular self-monitoring within a healthy range can significantly reduce progression of type 2 diabetes.
  - **Physical Activity:** why sustainable physical activities can be varied, mood elevating, sleep enhancing, glucose normalizing, appetite regulating, and pleasurable.
  - **Everything in Moderation Except Moderation Itself:** healthy pleasures, adding variety, novelty, and restorative experiences including vacations.
- **The Stress Resilient Mindset**
  - **Interpreting Stressors as Teachable Moments:** replacing "Why did this happen to me?" with "What can I learn from this?" in order to increase predictability and control over stress-related events.
  - **Realistic Optimism:** why it is healthy to be optimistic within reasonable bounds; how this helps the heart, immune system and brain counteract heart attacks and stress-related cardiomyopathy.
  - **Attaining Restorative Sleep:** the habits of people who are able to fall asleep, stay asleep, and wake refreshed—the critical importance of the timing of sleep, meals, and exposure to sunlight; replacing negative thoughts with positive ones; positive distraction; relaxing music to facilitate sleep; normalizing circadian rhythms.
  - **Relaxing and Calming Activities:** meditation, yoga, tai chi, long walks, affirmations and prayer.
  - **Mindfulness:** the ability to maintain focused awareness of ongoing experience without judgment is beneficial for people with cardiovascular disease and for risk factors including hypertension.
- **The Habits of People Who Reverse Coronary Artery Disease**
  - **Comprehensive Lifestyle Changes:** acquisition of key skills that eventually become daily habits can lead to long-term improvement of coronary artery blood flow.
  - **Social Support:** the significance of significant others to improve emotional regulation, stress resilience and adherence.
  - **Physical Activities:** how intense? How frequent? How varied? Identifying personalized, enjoyable and sustainable activities that blend aerobic, resistance training, flexibility and balance.
  - **Emotional Support:** reversal of coronary artery disease is related to the ability to express cardiotoxic emotions in a safe context and in a way that leads to meaningful change.
  - **Nutritional Support:** is the vegan diet advocated by Dr. Ornish necessary for reversing coronary artery disease?
  - **Relaxation:** cardiovascular health is enhanced by a balance between controllable stressors and relaxation, including meditation, yoga or other relaxing practices.
  - **The Power of the Positive:** cardioprotective thoughts and mindful states include present-centered, non-judgmental awareness.

## ABOUT THE INSTRUCTOR



*Doug Cort, Ph.D. is an expert in the study and practice of Psychocardiology. As Director of the Psychology Program for Preventive Cardiology at UC Davis for 19 years, as a researcher and an internationally recognized speaker, Dr. Cort is recognized for his contribution to the treatment of psychological factors underlying cardiovascular disorders.*

*Dr. Cort has presented lectures on Psychocardiology in North America, Europe and Asia. Health professionals attending his workshops appreciate his abundance of practical information expressed with warmth and humor, and his inclusion of authentic, compassionate experiences from working with patients.*

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