

# INTERACTIVE WEBCAST FRIDAY, DECEMBER 3, 2021

## INTERACTIVE WEBCAST

Friday, December 3, 2021, 9 AM – 4 PM (EST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

## ON-DEMAND WEBCAST

Wednesday, December 8, 2021 – Saturday, January 8, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Wednesday, December 8, 2021 through Saturday, January 8, 2022 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.

# UNDERSTANDING THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD

✓ one

Interactive Webcast with CE Credit: Friday, December 3, 2021

On-Demand Webcast with CE Credit: December 8, 2021 – January 8, 2022

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) \_\_\_\_\_

### TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program

### FOUR WAYS TO REGISTER

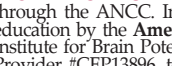
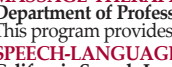
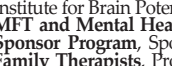
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 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 recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 contact 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. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

**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: 11/11/20 – 11/11/23. 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 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 (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Occupational Therapy Process (Outcomes). 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 0492-0000-20-062-L04-P and 0492-0000-20-062-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-056-H04-P and 0492-0000-19-056-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**.

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 interactive webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved 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: 3080, 5120, 5220, and 5320. Activity Number: 120858. CDR-approved credit is available for only the interactive 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 THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, December 3, 2021, 9 AM, Eastern Standard 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 Wednesday, December 8, 2021 until Saturday, January 8, 2022. 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.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests 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 have four options: 1) Transfer to 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 minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto: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/guti.pdf](http://www.ibpceu.com/info/guti.pdf)

**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.



# UNDERSTANDING THE GUT BRAIN: STRESS, APPETITE, DIGESTION, AND MOOD

## 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 December 3, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting December 8 until January 8. 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.

*The enteric nervous system, the gut brain, plays a pivotal role in regulating inflammation, stress, metabolism, appetite, and mood.*

*This unique evidence-based program is designed for health professionals working in medical, dental and behavioral settings and allied health professions.*

*Participants completing this program should be able to:*

- 1. Describe key functions of the gut brain.*
- 2. List several ways the gut brain regulates appetite.*
- 3. Identify how stress contributes to digestive disorders.*
- 4. Describe how inflammation of the gut can affect mood and anxiety.*
- 5. List several disorders that can be effectively treated with probiotics.*

## The Gut Brain: The Mind-Body Connection

- **The Hidden Brain:** the enteric nervous system includes the esophagus, stomach, pancreas, and GI tract; how the gut brain communicates with the central nervous system.
- **Inflammation:** the link between chronic stress, cortisol and chronic GI inflammation.
- **Listening to the Gut:** the language of the gut brain includes sensations involving digestion, appetite, anxiety and mood.

## Stress, Appetite, and the Gut Brain

- **“Starvation” Response:** the gut brain interprets caloric restriction or skipped meals as food scarcity and stress as impending famine.
- **Diet, Chronic Stress and Cortisol:** dieting increases cortisol and ghrelin, a key appetite-stimulating hormone.
- **Ghrelin:** Fulfilling but not Full: ghrelin, a stomach hormone, stimulates the dopamine reward center, enhances short-term memory, and stimulates opiate receptors in the stomach to make food more rewarding, more memorable, and less filling.
- **Leptin:** Full but not Fulfilling: a key appetite-suppressing stomach hormone; how it malfunctions in people with leptin resistance.
- **Pre-Diabetes and Diabetes:** the role of leptin and insulin resistance; abnormal bacterial strains in diabetics; bypassing the gut brain.
- **Foods that Inhibit Ghrelin and Suppress Appetite:** fiber (especially apples and pears), flax oil and omega-3s, eggs, seeds and nuts; outsmarting the ghrelin with small, low glycemic meals.

## Stress and Digestive Disorders

- **Stress and the GI Tract:** chronic stress increases the diversity and number of harmful bacteria in the GI tract.
- **Inflamed Gut—Inflamed Brain:** how inflammatory cytokines in the blood reach the prefrontal cortex and hippocampus; role in generalized anxiety and low grade dysthymic depression.
- **Irritable Bowel Syndrome:** chronic stress inhibits the upper intestine and stimulates the lower intestine; role of bacterial overgrowth, inflammation and autoimmunity.
- **Food Allergies:** gut histamine and allergic reactions to proteins in egg, milk, peanut, tree nuts, shellfish and wheat; celiac disease and sensitivity, the role of gluten; a fact check on “wheat belly.” Is there a link between autism and gluten?
- **GERD:** reflux plays a role in dental erosion, obesity, sleep apnea and COPD; foods that trigger reflux and heartburn; side effects of protein pump inhibitors; benefits of complementary medicines, e.g., licorice.
- **Inflammatory Bowel Disorders:** Crohn’s disease and Ulcerative Colitis: symptoms and treatments; how stress affects relapse.
- **Nutritional Approaches:** Resveratrol and Quercetin in grapes; Curcumin in curry; Capsaicin in chili; Gingerol in ginger; nutrients that inhibit cortisol and reduce stress.

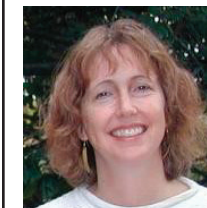
## Mood and Anxiety Disorders

- **Inflammatory Effects of White Adipose Cells:** cytokines trigger the release of stress-related cortisol by targeting the prefrontal cortex and hippocampus; role in anxiety and depression; benefits of brown fat.
- **Antidepressants and the GI Tract:** beneficial and detrimental effects; do selected antiinflammatory drugs act as antidepressants?
- **Anti-inflammatory Foods:** marine sources of omega-3s are linked to lower rates of depression in fish-eating countries; omega-3s can inhibit inflammatory cytokines and elevate mood.
- **Anxiety:** people with acute and chronic anxiety tend to have specific bacterial strains; indications for probiotics.

## Understanding and Using Probiotics

- **Probiotics:** composed of live organisms, they help the growth of healthful bacterial strains when administered in adequate amounts.
- **Immune Disorders:** probiotic bacterial strains that reduce inflammation and allergy-specific antibodies.
- **GI Tract Disorders:** Lactobacillus acidophilus, Bifidobacteria and others are selectively indicated for IBS as well as irregularity and diarrhea, celiac disease, and inflammatory bowel disorders.
- **Stress-Related Disorders:** chronic stress, cortisol and the growth of harmful bacterial strains linked to anxiety and depression; strains linked to MI and to stroke; probiotics that can reduce cortisol, e.g., Lactobacillus.
- **Oral Health:** benefits of probiotics for oral and sinus health; probiotic lozenges that reduce levels of three pathogens involved in periodontics, e.g., L Reuteri inhibits plaque formation and gum bleeding.
- **Prebiotics:** strains of bacteria that support the GI tract; foods rich in prebiotics are fermented by the gut microbiota.
- **Evidence-Based Guidelines:** selecting foods that are rich in probiotics; guidelines for purchasing high quality prebiotics and probiotics.

## ABOUT THE INSTRUCTOR



*Lisa E. Goehler, Ph.D., is Lecturer in Nursing, Neuroimmunology and Behavior at the Center for the Study of Complementary Therapies at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions as they affect the gut brain. She has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders result from inflammation of the GI tract.*

*An outstanding speaker, Dr. Goehler presents practical discoveries to her students and health professionals with enthusiasm, clarity and warmth.*

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