

## INTERACTIVE WEBCASTS

Tuesday, October 5, 2021, 9 AM – 4 PM (PDT)

Thursday, October 28, 2021, 9 AM – 4 PM (PDT)

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

## ON-DEMAND WEBCAST

Tuesday, October 5, 2021 – Sunday, November 28, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Tuesday, October 5, 2021 through Sunday, November 28, 2021 to earn home study credit. Release Date: 05/13/19. Planned Expiration Date: 05/13/22.

## HOME STUDY RECORDINGS

Valid for CE until May 13, 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: 05/13/19. Planned Expiration Date: 05/13/22.

# THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION WHO GETS SICK AND WHO STAYS WELL

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### Interactive Webcasts with CE Credit:

Tuesday, October 5, 2021, 9 AM – 4 PM (PDT)

Thursday, October 28, 2021, 9 AM – 4 PM (PDT)

### On-Demand Webcast with CE Credit:

October 5, 2021 – November 28, 2021

### Purchase of Recordings with Home Study CE Credit through May 13, 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

\$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) – a text that provides guidelines for developing stress-resilient habits that help manage mood, appetite, and inflammation.

### 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

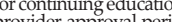
Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



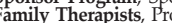
ASWB approved continuing education



American Occupational Therapy Association



Approved Provider



American Occupational Therapy Association



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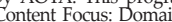
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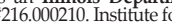
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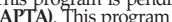
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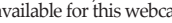
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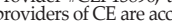
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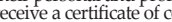
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Approved Provider

**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.

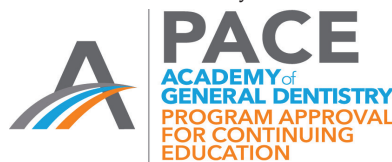
Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, 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 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.

**AOTA** American Occupational Therapy Association 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: Domain of OT (Client Factors) and 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 CE's. 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 0492-0000-19-028-L04-P and 0492-0000-19-028-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-033-H04-P and 0492-0000-19-033-H04-T. Initial Release Date: 05/13/2019. Planned Expiration Date: 05/13/2022. 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: 05/13/19. Expiration Date: 05/13/22

**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: I. Suggested Learning Codes: 5110, 5120, 5220, and 5270. 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.



## THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION WHO GETS SICK AND WHO STAYS WELL

A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** 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 Tuesday, October 5, 2021 until Sunday, November 28, 2021. 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: May 13, 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/inyi.pdf](http://www.ibpceu.com/info/inyi.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.

# THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION WHO GETS SICK AND WHO STAYS WELL

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?**

Yes! First, register for the program. You will receive a link to view the program starting October 5 until November 28. 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.

*Fundamental advances have been made in understanding the link between mental states and immune function.*

*The discipline called psychoneuroimmunology reveals the link between mental states including who gets sick or stays well.*

*Psychological stress, expectancy, mood, sleep, physical activity and diet underlie how chronic inflammation can influence the onset and progression of most chronic disorders.*

*Participants completing this updated six-hour program should be able to:*

- 1. Identify how the immune system responds to psychological and physical stress.*
- 2. Describe how chronic inflammation affects chronic medical, dental, and psychological disorders such as anxiety and depression.*
- 3. List strategies to support an anti-inflammatory lifestyle that can protect the aging brain and body.*

## Brief Overview of the Immune System

- **Antigens:** enemy invaders; how the immune system recognizes pathogens and is misled by allergens.
- **Patrolling Monsters:** macrophages that seize and eat bacteria and viruses.
- **Helper T-Cells:** waging war against new pathogens.
- **Natural Killer Cells:** early defense against cancer.
- **Friendly Fire:** allergic and autoimmune disorders.
- **Putting Out Fires:** anti-inflammatory masterminds.

## Chronic Inflammation: Mind-Body Interactions

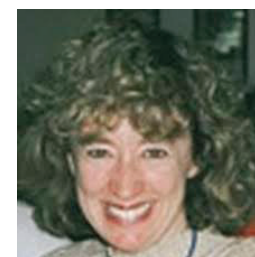
- **Chronic Psychological Stress:** threat, cortisol, nor-adrenaline, and chronic inflammation.
- **Sleep Loss and Fatigue:** impairments of anxiety, mood, appetite, and inflammation; disorders of maintaining sleep.
- **Stress-Related Eating:** disorders of emotional suppression, depression, appetite, insulin resistance, hypertension, arterial disease, and inflammation.
- **Periodontal Disease:** the most common chronic inflammation; link to heart disease and autoimmune disorders.
- **Stress and the Aging Immune System:** caregiver stress, white blood cells, telomeres, and longevity.
- **Disorders of Mood and Anxiety: The Gut-Brain Connection:** inflammation in brain and body; gut bacteria link generalized anxiety and persistent depression.

## Developing an Anti-inflammatory Lifestyle

- **Anti-Inflammatory Nutrients:** pro- and anti-inflammatory proteins, fruits, vegetables, starches, and fats; fish and mood; polyphenols in turmeric, garlic, cocoa, green tea, and grapes.
- **Regular Physical Activity:** exercises that enhance endurance, strength, and flexibility and reduce chronic inflammation; the dose response of exercise—how much, how often, how intense?

- **Restorative Sleep:** reducing brain inflammation, improving amyloid clearance; misuse of melatonin and hypnotics; immune-protective sleep habits.
- **Depression Resistance:** viewing challenges as temporary, solvable and impersonal; anti-depressant effects of physical activity.
- **Calming the Stress Response:** viewing stressors as learning opportunities and challenges.
- **Habits of Emotionally Resilient People:** mind over mood practices; what happy people do differently to improve immune health.
- **Optimism and Positive Affect:** acquired optimism and positive expectations; reduction of immune symptoms and need for analgesics.
- **Mindful Mindset:** developing the everyday ability to separate oneself from daily hassles and chronic stress; health benefits of mindful listening and non-judgmental awareness.

## ABOUT THE INSTRUCTOR



*Margaret Kemeny, Ph.D. has been Director of the Health Psychology Program at the University of California and Professor of Psychiatry. She is one of the founders of the field of Psychoneuroimmunology and has studied how stress undermines immune health and the benefits of an anti-inflammatory lifestyle.*

*Audiences commend her special ability to make complex concepts easily understood and her use of ingeniously simplified cartoons. Health professionals recommend her wealth of practical information, enthusiasm, clinical wisdom and warmth.*

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