

RANDOLPH, MA
LOMBARDO'S, 6 Billings St, 02368. (781) 986-5000

Thursday, April 13

PROVIDENCE, RI
JEWISH ALLIANCE COMMUNITY CENTER, 401 Elmgrove Ave, 02906. (401) 421-4111

Friday, April 28

PLYMOUTH, MA
SPIRE CENTER FOR PERFORMING ARTS, 25 1/2 Court St, 02360. (508) 746-4488
Parking: \$2 per hour

Tuesday, May 9

HYANNIS, MA
DOUBLETREE BY HILTON CAPE COD - HYANNIS, 287 Iyannough Rd, 02601
(508) 771-1700

Wednesday, May 10

FAIRHAVEN, MA
SEAPORT INN AND MARINA, 110 Middle St, 02719. (508) 997-1281

Thursday, May 11

NEWPORT, RI
THE NEWPORT HARBOR HOTEL AND MARINA, 49 America's Cup Ave, 02840
(401) 847-9000. Parking: \$24.50

Friday, May 12

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

LIVE SEMINAR (✓ONE)

- | | | |
|---|---|--|
| <input type="checkbox"/> Randolph, Apr 13 | <input type="checkbox"/> Providence, Apr 28 | <input type="checkbox"/> Plymouth, May 9 |
| <input type="checkbox"/> Hyannis, May 10 | <input type="checkbox"/> Fairhaven, May 11 | <input type="checkbox"/> Newport, May 12 |

UNABLE TO ATTEND?

PURCHASE RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- | | | |
|------------------------------|-------------------------------|---------------------------------|
| <input type="checkbox"/> CDs | <input type="checkbox"/> DVDs | <input type="checkbox"/> Online |
|------------------------------|-------------------------------|---------------------------------|

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

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

Email _____

Profession(s) _____

TUITION

- \$89 Individual Rate
- \$84 Group Rate (3 or More Persons Registering Together)
- \$99 On-Site Registration (if space is available)
- \$39 \$35 *Food For Thought: Changing How We Feel By Changing How We Eat* (2023) (344 pages) – a highly practical neuroscience-based text that presents how making informed decisions about diet can help manage inflammation, stress, mood, and anxiety. Preorder the book to receive it onsite at this discounted rate.

FOUR WAYS TO REGISTER

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

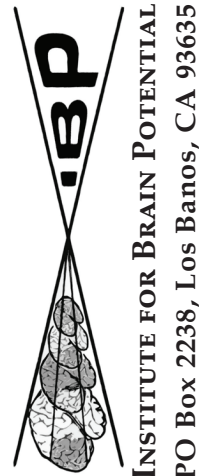
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



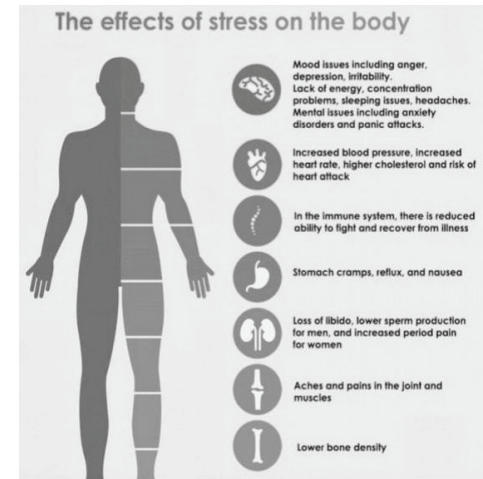
THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION WHO GETS SICK AND WHO STAYS WELL

RANDOLPH, MA: Thursday, April 13
 PROVIDENCE, RI: Friday, April 28
 PLYMOUTH, MA: Tuesday, May 9
 HYANNIS, MA: Wednesday, May 10
 FAIRHAVEN, MA: Thursday, May 11
 NEWPORT, RI: Friday, May 12

Topics Include:

- Psychological and Physical Stress
- Chronic Inflammation
- Anti-inflammatory Lifestyle

A New 6-Hour Program, Spring, 2023: \$89



THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION WHO GETS SICK AND WHO STAYS WELL A 6-Hour Program for Health Professionals

LIVE SEMINARS

Schedule: Check-in: 8:15 – 9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q & A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Some programs sell out. Please register early.

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

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

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

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

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

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

RECORDED PROGRAMS

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

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

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

DEDICATED 24/7 CUSTOMER SERVICE

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

THE IBP EXPERIENCE

Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION

WHO GETS SICK AND WHO STAYS WELL



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. This program provides 6 contact hours.



PSYCHOLOGISTS: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides 6 CE clock hours. This program is pending certification by NEAFAST for 6 contact hours of professional continuing education of MFTs licensed in Massachusetts.



ACE SOCIAL WORKERS: Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.



CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.



PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (.6 CEUs). UANs: 0492-0000-22-010-L04-P and 0492-0000-22-010-L04-T



DENTAL PROFESSIONALS: This program provides 6 hours of continuing education credit. Institute for Brain Potential is a Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557.



OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes).

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

PHYSICAL THERAPISTS: This program has been approved by the Texas chapter of the **American Physical Therapy Association (APTA)**. The RI Board of Physical Therapy accepts CE courses approved by APTA chapters of other states. This program provides 6 contact hours of CE.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the educational needs of speech-language pathologists. Participants will receive a certificate for completing this 6-hour program. Institute for Brain Potential is approved as a CE provider by **California Speech-Language Pathology & Audiology Board (SLPAB)** and **Florida Board of Speech-Language Pathology and Audiology**.

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

CASE MANAGERS: This program has been pre-approved by the **Commission for Case Manager Certification** to provide 6 CE contact hours to CCM® board certified case managers.

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

DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 5110, 5120, 5220, and 5270.

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

EDUCATORS: educators in MA can earn 7.5 PDU's and in RI can earn 7.5 PD Hours for successfully completing this program.

This program describes fundamental advances in understanding the connection between the immune system and mental states.

The new field of psychoneuroimmunology reveals the link between mental states: who gets sick and who 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.
- **Macrophages:** monster guardians that eat bacteria and viruses.
- **Helper T-Cells:** waging war against new pathogens.
- **Natural Killer Cells:** early defense against cancer.
- **The War Within:** stress, allergic and autoimmune disorders.
- **Putting Out Fires:** pro- and anti-inflammatory immune signals.

Chronic Inflammation: Mind-Body Interactions

- **The Silent Epidemic:** low-grade inflammation contributes to amyloid plaque in the brain, plaque that lines the coronary and cerebral arteries, and oral plaque, the most common chronic infection.
- **Chronic Psychological Stress:** threat, cortisol, noradrenaline, and low-grade inflammation.
- **Sleep Loss and Fatigue:** impairments of mood, appetite, and inflammation; disorders of initiating and maintaining sleep.
- **Stress-Related Eating:** how emotional suppression, depression, and chronic stress affect insulin resistance, hypertension, arterial disease and inflammation.
- **Stress and the Aging Immune System:** caregiver stress, white blood cells, telomeres, and longevity.
- **Disorders of Mood, Anxiety, and the Enteric Nervous System:** inflammation in brain and body; gut bacteria linked to wellbeing and depression.

Developing an Anti-inflammatory Lifestyle

- **Diet:** anti-inflammatory proteins, fruits, vegetables, and fats; fish and depression; polyphenols in cocoa, garlic, turmeric, green tea, red grapes, and the brain.
- **The Habit of Regular Physical Activity:** endurance, strength, and flexibility guidelines that rely on health risk profiles and risk reduction strategies
- **Depression Resistance:** viewing challenges as temporary, solvable and impersonal; anti-depressant effects of physical activity.
- **Calming the Stress Reaction:** viewing stressors as learning opportunities and challenges.
- **Restorative (Stage 4) Sleep:** reducing brain inflammation, improving amyloid clearance; misuse of melatonin and hypnotics; immune-protective sleep habits.
- **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.
- **Mindfulness:** ability to separate oneself from ongoing aversive states; health benefits of mindful listening and non-judgmental awareness.

ABOUT THE INSTRUCTOR



Sally S. Dickerson, Ph.D., Professor of Psychology, Pace University, is an expert in how people respond to social threat. Her research has found that social evaluation increases markers of inflammation and cortisol, a hormone associated with chronic stress. Dr. Dickerson has been the Director of the National Science Foundation Social Psychology Program and was on the faculty at the University of California, Irvine.

An outstanding and award-winning instructor, audiences appreciate her special Dr. Dickerson's special ability to translate key concepts in non-technical yet practical terms the concept of an anti-inflammatory lifestyle. Health professionals high commend her presentations for their clarity, enthusiasm and her warmth. Participants receive a detailed outline developed by Dr. Dickerson that includes all lecture topics. She will answer your questions during the program including the second half of the lunch break and by email after the program adjourns.