

HAUPPAUGE, NY
RADISSON HOTEL HAUPPAUGE LONG ISLAND
110 Vanderbilt Motor Pkwy, 11788
(631) 231-1100

Wednesday, March 4

WAPPINGERS FALLS, NY
VILLA BORGHESE CATERERS
70 Widmer Rd, 12590
(845) 297-8207

Friday, March 27

UNIONDALE, NY
LONG ISLAND MARRIOTT
101 James Doolittle Blvd, 11553
(516) 794-3800

Wednesday, April 1

TARRYTOWN, NY
WESTCHESTER MARRIOTT HOTEL
670 White Plains Rd, 10591
(914) 631-2200

Friday, April 17



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

LIVE SEMINAR (✓ONE)

- ☐ Hauppauge, Mar 4
- ☐ Wappingers Falls, Mar 27
- ☐ Uniondale, Apr 1
- ☐ Tarrytown, Apr 17

UNABLE TO ATTEND?

PURCHASE RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- ☐ CDs
- ☐ DVDs
- ☐ 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)
- ☐ \$29 \$20 *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. 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)

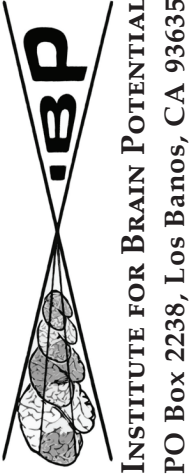
Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards are accepted:

Card # _____ Exp Date _____ / _____

Signature _____

PLEASE POST



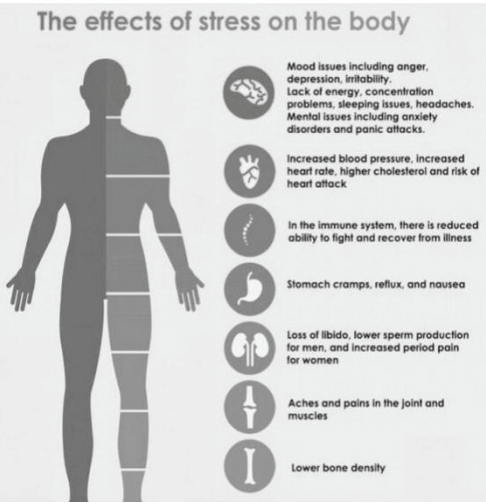
THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION
WHO GETS SICK AND WHO STAYS WELL

HAUPPAUGE: Wednesday, March 4
WAPPINGERS FALLS: Friday, March 27
UNIONDALE: Wednesday, April 1
TARRYTOWN: Friday, April 17

Topics Include:

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

A New 6-Hour Program, Spring, 2020: \$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 (less than 1%) a seminar cannot be held (e.g., inclement weather), 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 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 continuing nursing education 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 (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 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 of CE credit.

SOCIAL WORKERS: 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. This program provides 6 contact hours.

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: 11/11/17 – 11/ 11/20. 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 CE's. 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: 0492-0000-19-028-L04-P and 0492-0000-19-028-L04-T

DENTAL PROFESSIONALS: This program provides 6 hours of continuing education credit.

PACE 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.

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: 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 provides 6 contact hours of CE credit.

SPEECH-LANGUAGE PATHOLOGISTS: This 6-hour program is designed to meet the needs of speech-language pathologists. Participants will receive a certificate for completing this program.

MESSAGE 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 NY 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., Associate Professor of Psychology, Pace University, is an expert in how the immune system responds to social threat. She discovered that social rejection increases cortisol, the adrenal hormone associated with chronic stress, and mind-body connections involving chronic low-grade inflammation. Dr. Dickerson has been the Director of the National Science Foundation Social Psychology Program and is one of the founders of the field of Social Neuroscience.

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.