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

Tuition
- $89 Individual Rate
- $84 Group Rate (3 or More Persons Registering Together)
- $99 On-Site Registration (if space is available)
- $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

Institute for Brain Potential
PO Box 2238, Los Banos, CA 93635

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

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:

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.
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PHYSICAL THERAPISTS: Institute for Brain Potential is approved by the American Physical Therapy Association’s Board of Certification, Inc. (BCT) a Commission on Accreditation in Physical Therapy Education (CAEP) as a provider of continuing education for licensed physical therapists (001-09-2007) and physical therapist assistants (001-09-2007). This program provides 6 CEU hours.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is approved by the American Speech-Language-Hearing Association (ASHA) as a CE provider. The Association identifies this program as appropriate for 6 ASHA ACE clock hours. This program provides 6 CEUs.

MASSAGE THERAPISTS: Institute for Brain Potential is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a provider of continuing education for licensed massage therapists (001-09-2007). This program provides 6 CEUs.

EDUCATORS: This program is a 6-hour continuing education program and is approved by the National Education Association (NEA), the National Council for privy Создать список с проблемой и решений

Problems:
1. Psychological stress
2. Sleep loss
3. Chronic inflammation
4. Disease and infection
5. Stress and the aging immune system

Solutions:
1. Mind-body intervention
2. Anti-inflammatory lifestyle
3. Stress management
4. Diet and nutrition
5. Exercise and physical activity

Chronic Inflammation: Mind-Body Interactions

- 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.

The 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:

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

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, soluble and personal; anti-depressant effects of physical activity.
- Calming the Stress Reaction: viewing stressors as learning opportunities and challenges.
- Resilient (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 analogies.
- Mindfulness: ability to separate oneself from ongoing aversive states; health benefits of mindful listening and non-judgmental awareness.

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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.

The Silent Epidemic: low-grade inflammation contributes to amyloid plaque in the brain, plaque that lines the coronary and cerebral arteries, and oral pulp, 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, while 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.

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.
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