

STATE COLLEGE, PA Friday, September 27
RAMADA HOTEL AND CONFERENCE CENTER-STATE COLLEGE
1450 S Atherton St, 16801
(814) 238-3001

PITTSBURGH, PA Friday, October 11
RIVERS CASINO
777 Casino Dr, 15212
(412) 231-7777

LATROBE, PA Thursday, October 17
FRED M. ROGERS CENTER AT ST. VINCENT'S COLLEGE
300 Fraser Purchase Rd, 15650
(724) 532-5030

WASHINGTON, PA Friday, October 18
DOUBLETREE BY HILTON PITTSBURGH-MEADOW LANDS
340 Racetrack Rd, 15301
(724) 222-6200

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U.S. POSTAGE
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LOS ALTOS, CA
PERMIT #131

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

LIVE SEMINAR (✓ONE)

- State College, Sep 27 Pittsburgh, Oct 11
 Latrobe, Oct 17 Washington, Oct 18

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

- \$79 Individual Rate
 \$74 Group Rate (3 or More Persons Registering Together)
 \$89 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



INSTITUTE FOR BRAIN POTENTIAL
PO Box 2238, Los Banos, CA 93635

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

STATE COLLEGE: Friday, September 27

PITTSBURGH: Friday, October 11

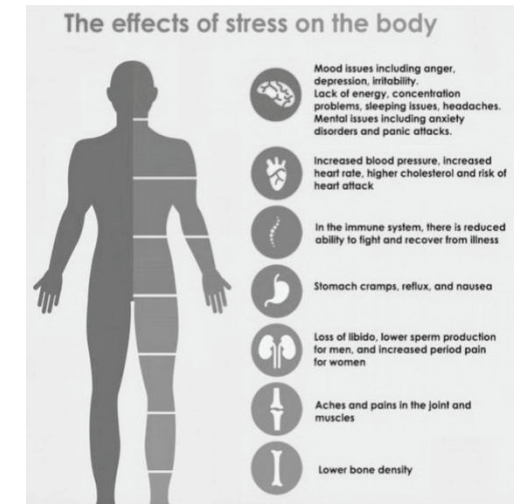
LATROBE: Thursday, October 17

WASHINGTON: Friday, October 18

Topics Include:

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

A New 6-Hour Program, Fall, 2019: \$79



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 for nurses.



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 is 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 is 6 clock hours.



SOCIAL WORKERS: Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.



CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



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: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/18 – 11/30/24. Provider ID# 312413. Subject Code: 557. This program is 6 CE hours.



APPROVED PROVIDER OF CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

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 is designed to be relevant to physical therapy. Participants will receive a certificate for successfully completing this 6-hour program.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate for successfully completing this 6-hour program.

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 submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

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. 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 PA can earn 7.5 CEUs 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

Christopher Engeland, Ph.D., a neuroscientist, is Associate Professor in the Department of Biobehavioral Health at The Pennsylvania State University (PSU). Dr. Engeland is an expert in how stress, age, gender and hormones affect immunity, inflammation and health. These findings have direct relevance to the field of nursing, periodontics, behavioral health and allied health professions. The recipient of multiple awards from the NIH, Dr. Engeland is currently studying the role of inflammation and social stressors, cognitive performance, aging and cognitive decline.

An outstanding instructor, Dr. Engeland has academic positions with the College of Nursing, Graduate Program for Neuroscience, Biobehavioral Health and Center for Healthy Aging. Dr. Engeland presents practical research discoveries with clarity and enthusiasm. Participants will receive a detailed outline prepared by Dr. Engeland that includes all the lecture topics, key references, and links.

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