

PLYMOUTH, MA
HOTEL 1620 PLYMOUTH HARBOR
180 Water St, 02360
(508) 747-4900

Wednesday, April 15

WESTPORT, MA
WHITE'S OF WESTPORT
66 State Rd, 02790
(508) 675-7185

Thursday, April 16

HYANNIS, MA
CAPE CODDER RESORT AND SPA
1225 Iyannough Rd, 02601
(508) 771-3000

Friday, April 17



LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

LIVE SEMINAR (✓ ONE)

- Plymouth, Apr 15 Westport, Apr 16 Hyannis, Apr 17

UNABLE TO ATTEND?

PRE-ORDER 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 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages) — a text that explains how habits that perpetuate stress-related symptoms can be identified and effectively treated. 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

LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

PLYMOUTH: Wednesday, April 15

WESTPORT: Thursday, April 16

HYANNIS: Friday, April 17

Topics Include:

- Thoughts, Emotions and Symptoms
- Inflammation and Mental States
- Treating Stress-Related Symptoms

A New 6-Hour Program, Spring, 2020: \$89



LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS

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: Shipped after April 10, 2020.

Online: Available starting March 11, 2020. Online programs can be played or downloaded 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/understanding_stress_symptoms.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.

LISTENING TO THE BODY: UNDERSTANDING THE LANGUAGE OF STRESS-RELATED SYMPTOMS



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 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. 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: 11/11/17 – 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 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). UAN#: 0492-0000-20-026-L04-P and 0492-0000-20-026-L04-T

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



PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

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).

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 meet the educational needs of physical therapists. Participants will receive a certificate for completing this 6-hour program. Institute for Brain Potential is approved as a provider of physical therapy continuing education by the **Physical Therapy Board of California (PTBC)**. This program is pending approval by the **Texas chapter of the American Physical Therapy Association (APTA)**.

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 by **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 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. CPE Level: I. Suggested Learning Codes: 5320, 4090, 5120, and 5160.

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 PDUs for successfully completing this program.

Stress-related conditions contribute to over half of all visits to healthcare providers.

Understand the stress experience including headache, pain around the neck, shoulders, lower back, chest, GI tract, immune suppression, insomnia, and fatigue.

This updated 6-hour program describes three major ways that stress can impact the body and coping strategies to counter these effects.

Participants completing the program should be able to list one or more effective mind-body treatments for managing:

1. *Fight-or-flight symptoms.*
2. *Musculoskeletal symptoms.*
3. *Immune symptoms.*
4. *Emotions that trigger somatic symptoms.*

Stress and the Brain

- **Stress and the Mind-Body Connection:** forms of psychological stress that are healthy, challenging, or neurotoxic.
- **Your Brain On Stress:** thoughts, emotions, the prefrontal cortex, limbic system, noradrenaline, adrenaline, chronic stress and cortisol.

Autonomic System

- **Hypertension:** suppressed emotions, e.g., anger, how noradrenaline and adrenaline prepare the brain and body for an emergency.
- **Time Pressure and Resentment:** heart rate, rhythm, the vulnerable heart; cardiac and non-cardiac symptoms.
- **Stress-Related Appetite and Eating:** craving for fats and dopamine, sweets and endorphins, carbohydrates and serotonin.

Musculoskeletal System

- **Non-Restorative Sleep:** worry, shallow sleep, waking fatigue; anxiety and difficulty initiating sleep; depression and early morning awakening with difficulty returning to sleep.
- **Low Back, Neck and Shoulders:** thoughts and emotions that maintain tension, e.g., “carrying the weight of the world.”
- **Muscle Contraction Headache:** the most common stress-related headache.

Immune System

- **Who Gets Sick and Who Stays Well:** chronic stress, cortisol, sleep loss, immune suppression, low-grade inflammation, fatigue and illness.
- **Cognitions and Emotions:** sustained anxiety, sadness, depression; cortisol and chronic fatigue disorders.
- **Gut-Brain Inflammation:** how GI inflammation can reach the brain, produce inflammation, lower mood and increase anxiety.

Managing Stress-Related Symptoms

- **Cognitive-Emotional Training:**
 - Identifying cognitive symptom triggers
 - Developing positive emotional habits
 - Mind-over-pain strategies
- **Somato-Psychological Retraining:**
 - Exercising: power of good physical stress
 - Medical Yoga for each type of stress-related symptom
- **Experiencing Calm:**
 - Calming States that Reduce Inflammation
 - Focused Awareness and Somatic Mindfulness
- **Sleep Training and Entraining:**
 - Facilitating Sleep Onset
 - Deepening Restorative Slow-Wave Sleep
 - Improving Circadian Sleep-Rhythm Synchrony

ABOUT THE INSTRUCTOR

Christian Waugh, Ph.D., Associate Professor of Psychology at Wake Forest University, NC, is an expert in the study of stress resilience, emotions, and effective coping habits. His research features resilience as the result of stress, trauma, and the ability to experience positive emotions in times of stress.

Dr. Waugh has been twice honored for teaching excellence at Wake Forest. His presentations at IBP have been praised for their abundance of practical information delivered with enthusiasm, clarity, and humor. Participants receive a detailed outline prepared by Dr. Waugh for all lecture topics and key references.

Dr. Waugh will answer your questions in class, during the second half of the lunch break, and by email after the program adjourns.