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

A 6-HOUR PROGRAM FOR HEALTH PROFESSIONALS

**Listening to the Body: Understanding the Language of Stress-Related Symptoms**

**Institute for Brain Potential**

PO Box 690004, Orlando, FL 32869

A New 6-Hour Program, Spring, 2020: $79

**Topics Include:**

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

**PLEASE POST**

**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)
- $20 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 690004, Orlando, FL 32869 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (888) 652-7414 (open 24 hours a day, 7 days a week)

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

**Unable To Attend?**

Pre-Order Recordings with Home Study CE Credit (one)

- CDs
- DVDs
- Online

**Charlotte, Feb 19**

**Hickory, Feb 20**

**Asheville, Feb 21**

Live Seminar (one)

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**


**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

Stress-related conditions contribute to over half of all visits to healthcare providers. Understand the stress-related conditions 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: anxiety, 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.

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 form of stress-related symptom
- Experiencing Calm:
  - Calming States that Reduce Inflammation
  - Focused Awareness and Somatic Mindfulness
- Sleep Training and Entaining:
  - 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.