

INTERACTIVE WEBCASTS

Monday, March 6, 2023, 9 AM – 4 PM (EST)

Friday, March 24, 2023, 9 AM – 4 PM (EDT)

Friday, May 12, 2023, 9 AM – 4 PM (EDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Monday, March 6, 2023 – Monday, June 12, 2023

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Monday, March 6, 2023 through Monday, June 12, 2023 to earn home study credit. Release Date: 08/29/22. Planned Expiration Date: 08/29/25.

HOME STUDY RECORDINGS

Valid for CE until August 29, 2025

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 08/29/22. Planned Expiration Date: 08/29/25.

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

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Interactive Webcasts with CE Credit:

Monday, March 6, 2023, 9 AM – 4 PM (EST)

Friday, March 24, 2023, 9 AM – 4 PM (EDT)

Friday, May 12, 2023, 9 AM – 4 PM (EDT)

On-Demand Webcast with CE Credit:

March 6, 2023 – June 12, 2023

Purchase of Recordings with Home Study CE Credit through August 29, 2025:

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (_____) _____ Home Phone (_____) _____

Fax (_____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

TUITION

\$84 Pre-Registration Rate

\$94 Registration on the Day of the Program

\$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.

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

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. 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. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: 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 clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.



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: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP) 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 #SW-0341. 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. The **Ohio CSWMFT Board** accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.



OCCUPATIONAL THERAPISTS AND ASSISTANTS: 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 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

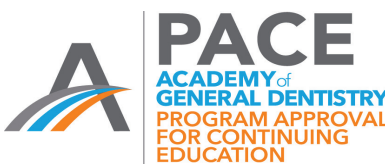


CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a **NAADAC** Approved Education Provider, for 6 CEs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.



PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-23-002-L04-P and 0492-0000-23-002-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-22-073-H04-P and 0492-0000-22-073-H04-T. Initial Release Date: 08/29/2022. Planned Expiration Date: 08/29/2025. This program provides 6 hours (.6 CEU). This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**.



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
Release Date: 08/29/22. Expiration Date: 08/29/25

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. 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 is approved by **Texas chapter of the American Physical Therapy Association (APTA)**. Approval Expires: 02/17/2024. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

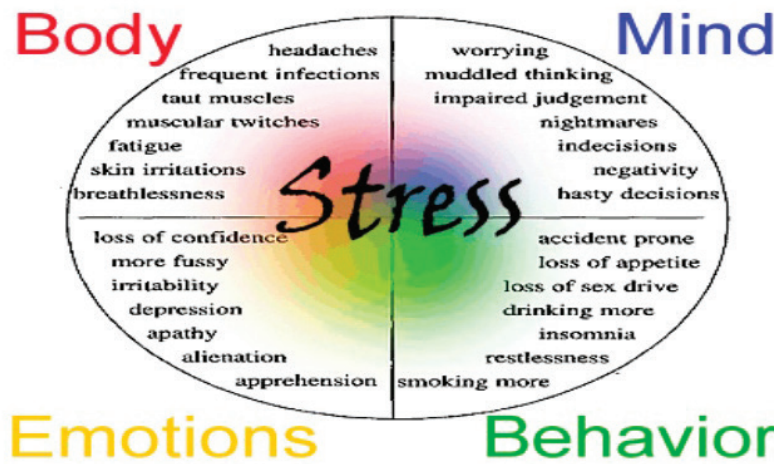
ACUPUNCTURISTS: This course is approved by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 live and distance education CE credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 5320, 4090, 5120, and 5160. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. Institute for Brain Potential is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between **Alliant International University** and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



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

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Monday, March 6, 2023 until Monday, June 12, 2023. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: 11/29/2025.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 or email info@ibpceu.com to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/lboi.pdf

Institute for Brain Potential: 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

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting March 6 until June 12. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program in-person?

Yes, but only if you live near a city where IBP is currently presenting this program as an in-person seminar.

Q: My profession is not included in the brochure. Can I receive continuing education credit for completing this program?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 to 4 business days.

Stress-related conditions contribute to over half of all visits to health providers. This 6-hour program describes the connection between thoughts, emotions, and symptoms. In addition, this program also provides effective evidence-based treatments.

Participants completing this program concerning evidence-based treatments for stress-related symptoms should be able to:

- 1. Identify mind-body treatments for fight-or-flight symptoms.*
- 2. List mind-body treatments for musculoskeletal symptoms.*
- 3. Discuss mind-body treatments for immune symptoms.*
- 4. Describe mind-body treatments for 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.