PSYCHOBIOLOGY OF FATIGUE: THE STRESS CONNECTION

- Interactive Webcast with CE Credit: Monday, June 22, 2020
- On-Demand Webcast with CE Credit: June 22, 2020 – July 20, 2020
- Purchase of Recordings with Home Study CE credit through January 1, 2021
- 4 Audio CDs
- 4 Audio-Visual DVDs
- $4 Audio CDs, $50 4 Audio-Visual DVDs, $75
- Tuition is in US dollars.

Name (please print)
Address
City/State Zip
Work Phone (____) Home Phone (____)
Fax (____) (please print email if available)
Email
Profession(s)

Pre-Registration
- $79 Individual Rate
- $74 Group Rate (3 or more persons registering together)

PSYCHOBIOLOGY OF FATIGUE: THE STRESS CONNECTION

Interactive Webcast Schedule: The date of the interactive webcast is Monday, June 22, 2020, 9 AM – 4 PM PDT. Sign-ins: 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 prior to the program start.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Saturday, June 26, 2020 until Monday, July 27, 2020. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2021.

FACULTY INSTRUCTIONAL TEAM

Institute for Brain Potential, ACE Approval Number 1100, is approved by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP12996, and Florida Board of Nursing. This program provides 6 contact hours.

Institute for Brain Potential, 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 credit. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as a Continuing Education Sponsor, ACE #024949. 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.

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: #0091-0080-18-1112-I049 and #0091-0080-18-1112-I049. Initial Date: 01/10/18. Planned Expiration Date: 01/10/21. This program provides 6 hours of contact hours. Content Level: Intermediate.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider #DE1287, is authorized to deliver continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is approved for the Florida Board of Dentistry.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing education by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP12996, 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 credit. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

RECEIVE 6 CEHOURS FOR COMPLETION OF THIS ACTIVITY. Provider #: 1, Title: I. Suggested Learning Objectives: 1210, 2110, 4909, and 5020. LOD (Live Online Delivery) is available for the webinar presentation.

Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider #1360310160. This program provides 6 contact hours. Content Level: Intermediate.

Institute for Brain Potential is approved by the American Board of Occupational Therapy (ABOT) as a provider of continuing education for occupational therapists and occupational therapy assistants. This program provides 6 contact hours. Content Level: Intermediate.

Institute for Brain Potential is approved by the American Speech-Language-Hearing Association as a provider of Continuing Education Units (CEUs) for the American Speech-Language-Hearing Association. This program provides 6 CEUs. Content Level: Intermediate.

Institute for Brain Potential is approved by the Commission on Dietetic Registration (CDR) to provide continuing professional education. This program provides 6 CEUs. Content Level: Intermediate.

You may view the program in segments at your convenience from Saturday, June 26, 2020 until Monday, July 27, 2020. The program plus in-class exercises will be available in four convenient segments.

Valid for CE until January 1, 2021
You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2021.

PSYCHOLOGY OF FATIGUE: THE STRESS CONNECTION

Interactive Webcast:
Monday, June 22, 2020, 9 AM – 4 PM PDT
You will need a computer with internet access and speakers to participate in the webinar.

On-Demand Webcast:
Saturday, June 27, 2020 – Monday, July 27, 2020
Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Saturday, June 27 through Monday, July 27, 2020. The program plus in-class exercises will be available in four convenient segments.

Home Study Recordings
Understanding the Psychobiology of Fatigue

- The Stress-Cortisol Connection: cortisol, the adrenal hormone associated with acute stress, is elevated; chronic stress produces cortisol resistance. Psychological stress is perpetrated by a loss of sense of control and predictability.
- The Cortisol-Inflammation Connection: chronic stress undermines the anti-inflammatory effects of cortisol, increasing low-grade chronic inflammation.
- The Inflammation-Brain-Body Connection: chronic inflammation is critically involved in stress-related disorders involving fatigue.
  - Neuroinflammation: cortisol is toxic to the hippocampus and lateral prefrontal cortex, impairing short-term and working memory, and increasing the rate of cognitive decline.
  - Arterial Inflammation: role in arterial stenosis, coronary artery disease, and stroke.
  - Periodontal Inflammation: the most chronic inflammation; produces widespread blood-borne inflammatory cytokines.
  - GI Tract Inflammation: where most neurotransmitters such as serotonin and dopamine are synthesized; GI inflammation can produce generalized anxiety and mood disorders.
- The Inflammation-Pain-Mood Connection: how chronic inflammation increases pain and lowers mood; chronic pain and depression are tightly linked.
- The Pain-Mood-Sleep Connection: chronic pain and lowered mood impair restorative sleep (stage 3 and stage 4 sleep); sleep loss also increases inflammation and is a major driver of fatigue.
- The Sleep-Immune-Fatigue Connection: a key function of restorative sleep is to remove inflammatory waste products of the brain such as amyloid; reduced sleep impairs immune surveillance and affects who gets sick and who stays well.
- Reversing the Vicious Cycle Linking Stress, Inflammation, Mood-Anxiety-Pain and Sleep: psychobiological interventions at any point in the cycle can produce an upward spiral of improvement.

Understanding Selected Fatigue Syndromes

- Major Depression: cortisol suppression impairs sleep; impaired sleep and lowered mood also impairs concentration; how chronic inflammation lowers mood and affects cortisol, stress, cognition and mood.
- Chronic Fatigue Syndrome: fatigue with minimal exertion is also identified with lowered mood, fatigue-related muscular pain, triggered by inflammatory events (infections, IBS, pain) and maintained by inactivity, lowered mood, and probable ongoing sources of inflammation.
- Psychophysiological Insomnia: threat, specific fears and generalized anxiety are cognitions that delay sleep onset; lowered mood, which often coexists with anxiety, impairs sleep duration and depth; excessive daytime fatigue and lack of restorative sleep can be cumulative.
- Profession-Related Fatigue: stress is related to loss of sense of control and predictability regarding excessive demands and expectations imposed by others and unrealistic expectations imposed by the health professional themselves, e.g., perfectionism; this relates to lowered mood, chronic fatigue, and psychophysiological insomnia.

Evidence-Based Approaches for Reducing Fatigue

- Addressing Cognitive Factors: how cognitive distortions can be untwisted through cognitive-behavioral therapies—powerful techniques that enable people to dispute automatic, habitual thoughts and the emotions they trigger.
- Addressing Interpersonal Factors: making meaningful lifestyle changes to address maladaptive habits.
- Motivational Interviewing: how to use this technique to overcome encourage others to make fatigue-reducing changes.
- Addressing Physical Activity: one of the most reliable methods of reducing fatigue by the right dose of graded physical activity.
  - Mood Elevation: multiple studies show that the right amount and intensity of physical activity improves mood.
  - Stress Resilience: physical activity produces positive stress, since we have predictability and control over the stressors.
  - Sleep Depth: the right dose of physical activity increases restorative sleep.
  - Pain Relief: the right dose elevates levels of endogenous opioids produced by the brain and spinal cord.
- Reduced Inflammation: while physical activity initially increases inflammation, it reduces it over the longer-term.
- Addressing Positive Psychology: fatigue is reduced by positive and realistic expectations; how the practice of positive psychology puts people in touch with natural sources of meaning, joy, gratitude, and happiness.
- Conscientious Eating: under-nutrition and over-nutrition both impair cortisol and increase stress; conscientious eating of anti-inflammatory, low glycemic, and appetite-regulating fiber and proteins improve energy; seven different classes of anti-inflammatory nutrients.
- Prioritizing Restorative Sleep: managing pain, light, temperature, time of sleep onset and duration, and thoughts that keep us awake; meals that elevate tryptophan/serotonin and naturally sedate; allowing enough time to sleep without the pressure to fall asleep.
- Calming Traditions: how to experience the calming yet energizing benefits of healing traditions including Yoga, Tai Chi, and mindfulness-based stress reduction.

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 June 27 until July 27. 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, if 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! First, register for the program. You will receive a link to view the program starting June 27 until July 27. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: My profession is not included on the brochure. Can I receive this seminar.
Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: Can I attend this program live?
Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: How long does it usually take to receive a certificate of completion?
Typically, within 3 or 4 business days.

This innovative program reviews the mind-body connection underlying common fatigue-related conditions, the critical role of inflammation, stress, mood, anxiety, pain, and sleep. Advances in reducing fatigue and increasing energy are presented.

Throughout the program, Dr. Sieber will demonstrate practical and evidence-based approaches to reducing fatigue. Participants completing the program should be able to:
1. Discuss how psychological stress contributes to fatigue including the role of inflammation, mood, anxiety, pain, and sleep.
2. Compare and contrast fatigue as it occurs in major depression, chronic fatigue, psycho-physiological insomnia, and profession-related fatigue.
3. Outline an approach involving psychological modalities for treating a selected fatigue-related disorder.
4. Outline an approach involving lifestyle factors, such as physical activity, conscientious eating, restorative sleep, and meditative traditions for managing a fatigue-related disorder.

About the Instructor

Bill Sieber, Ph.D., Clinical Professor in the Departments of Psychiatry and in Family Medicine at the University of California, San Diego, directs their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety, mood and fatigue. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help calm their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.

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

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