

INTERACTIVE WEBCAST WEDNESDAY, MARCH 27, 2019

INTERACTIVE WEBCAST

Wednesday, March 27, 2019, 9 AM – 4 PM PDT

You will need a computer with internet access and speakers to participate in the webcast.

ON-DEMAND WEBCAST

Monday, April 1, 2019 – Wednesday, May 1, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Monday, April 1, 2019 through Wednesday, May 1, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

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

PSYCHOBIOLOGY OF FATIGUE: THE STRESS CONNECTION

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Interactive Webcast with CE Credit: Wednesday, March 27, 2019

On-Demand Webcast with CE Credit: April 1, 2019 – May 1, 2019

Purchase of Recordings with Home Study CE Credit: through January 1, 2021

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) _____

PRE-REGISTRATION

- \$79 Individual Rate
 \$74 Group Rate (3 or more persons registering together)
\$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

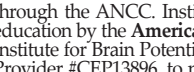
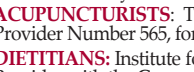
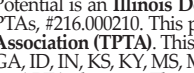
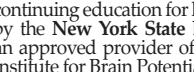
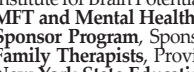
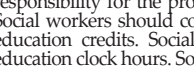
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 continuing nursing education 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 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 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.

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.

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), SW CPE 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 #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. This program provides 6 contact hours.

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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Patterns) and Occupational Therapy Process (Outcomes). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

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

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 0492-0000-18-001-L04-P and 0492-0000-18-001-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-18-002-H04-P and 0492-0000-18-002-H04-T. Initial Release Date: 01/01/2018. Planned Expiration Date: 01/01/2021. 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: 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. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 01/01/2018. Planned Expiration Date: 01/01/2021. 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**. This program is 6 CE hours.

PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of 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. This program is approved by the TX chapter of the **American Physical Therapy Association (IPTA)**. 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 webcast of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category I distance education 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: 1120, 2110, 4090, and 5320. CDR-approved credit is available for only the 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.

3 Types of Fatigue

Physical fatigue- may occur at end of long day or after exercise



Pathological fatigue – tiredness brought on by overworking the body's defense system

Psychological fatigue – can result from constant worry, work, depression, boredom, and isolation



PSYCHOBIOLOGY OF FATIGUE: THE STRESS CONNECTION

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Wednesday, March 27, 2019, 9 AM, Pacific Daylight Time. 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, April 1, 2019 until Wednesday, May 1, 2019. 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 until the expiration date: January 1, 2021. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

Transfers and Cancellations: Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

24/7 Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

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.

PSYCHOBIOLOGY OF FATIGUE: THE STRESS CONNECTION

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on March 27, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting April 1 until May 1. 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 live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

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 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.*

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 perpetuated 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 impair 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.

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.