

# The Intertwined Biology and Psychology of Depression

## A 3-Hour Home Study Program for Health Professionals



**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**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 3 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 3 CE credit. 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 **FL Board of Psychology**. This course provides 3 contact hours of CE credit.



**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/23 - 11/11/26. Social workers completing this course receive 3 clinical continuing education credits.

Institute for Brain Potential is approved as a provider of CE by **FL Board of Clinical Social Work, MFT and Mental Health Counseling** and by **IL Dept. of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183. 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. The **Ohio CSWMFT Board** accepts ASWB-approved continuing education programs for social workers. This program provides 3 contact hours.



**CHEMICAL DEPENDENCY PROFESSIONALS:** 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**. IBP is approved as a provider of continuing education by the **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 3 contact hours.



**PHARMACISTS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity is designated for 3 contact hours (0.3 CEUs). UAN: 0492-0000-23-056-H04-P. This program has been pre-approved by the **Florida Board of Pharmacy** for 3 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 3 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**. IBP is approved as a provider of CE by the **Florida Board of Dentistry**.



**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: 550.



**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 3 contact hours (0.3 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the **Florida Board of Occupational Therapy** for 3 hours of credit.

**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)** for 3 contact hours of continuing education credit. Approval Expires: 02/26/2025. 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 program meets the criteria for physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA. This program provides 3 contact hours of continuing education credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as provider of continuing education by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 3 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is approved as a provider of continuing education by the **CA Speech-Language Pathology and Audiology Board (SLPAB)**, #PPDP247, and by **KS Health Occupations Credentialing**. This program provides 3 CE hours.

**ACUPUNCTURISTS:** This course is approved by the **California Acupuncture Board**, Provider Number 565, for 3 hours of Category 1 distance education (home study) credit. Approval Expires: 10/13/2024.

**NURSING HOME ADMINISTRATORS:** IBP is approved as a provider of continuing education by the **Kansas Health Occupations Credentialing**. This program provides 3 CE hours.

**DIETITIANS:** Institute for Brain Potential is accredited as a CE provider by **American Nurses Credentialing Center's Commission on Accreditation** and **Accreditation Council for Pharmacy Education**. The **Commission on Dietetic Registration (CDR)** accepts enduring (home study) activities from CE providers accredited by these organizations. IBP is approved as a CE provider by the **Florida Dietetics and Nutrition Practice Council** and **Kansas Department of Health and Environment**, Provider# LTS D1270. This program provides 3 CE hours.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 3 hours of Category III credit through the ANCC. Institute for Brain Potential 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 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 IBP. 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 3 hours.

This program is designed to enable health professionals to acquire an in-depth understanding of depression. Dr. Sapolsky is internationally recognized for his discoveries concerning how stress affects the brain.

Topics include what produces a depressive event just prior to onset of symptoms, what occurred in the preceding days, weeks, and years, childhood experiences, fetal life, epigenetics, and genetics. The program also includes routes to developing resilience.

Participants completing this program concerning major depressive disorder should be able to:

1. Describe key symptoms.
2. List key depression-related neurotransmitters and hormones.
3. Identify brain structures and functions.
4. Cite major predisposing adversities.
5. Identify genetic susceptibility and origins.
6. Discuss sources of resilience.

## An Introduction: Disastrous Symptoms, Disastrous Demographics

- Disastrous Demographics
- Depression as a Neuropsychiatric Disorder
- Key Symptoms
- Vegetative Symptoms that Scream Biology
- The Pandemic of Depressive Disorders

## Minutes to Days Before a Depressive Moment

- Traditional Neurochemical Players
- Newer Players
- Metabolic Changes
- Desperate Interventions

## Hours to Days Before A Depressive Moment

- Neuroendocrinology of Depression
- Reproductive Hormones
- Thyroid Hormones
- Stress and Glucocorticoids

## Weeks to Years Before Structure during Depression

- Atrophy of the Hippocampus
- Atrophy of Frontal Cortex

## Back to Childhood and Fetal Life

- Psychological Stress and Learned Helplessness
- Enduring Effects of Childhood Adversity
- Epigenetics

## Back to Your Genome

- Genetic Vulnerability and Stress
- Serotonin Transporter Gene
- Routes Toward Resilience

## The Evolution of Depression

- Darwinian Fitness
- We are Not Alone
- Evolution of Resilience

## ABOUT THE INSTRUCTOR



Robert M. Sapolsky, Ph.D., is a world-renowned neuroscientist, author, and one of the greatest teachers of science today. Dr. Sapolsky is John A. and Cynthia Fry Gunn Professor of biology, neurology and neurosurgery at Stanford University.

Dr. Sapolsky received numerous awards including MacArthur Fellowship (the "genius award") for revealing how chronic stress can harm key brain structures underlying short-term memory, cognition, and mood.

He is author of several acclaimed books including *Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Disease and Coping*; *Behave: The Biology of Humans at Our Best and Worst*, and his upcoming *Determined: Towards a Science of Life Without Free Will*.

In this accessible and informative program, Dr. Sapolsky weaves science-storytelling with clarity and humor.