

INTERACTIVE WEBCAST FRIDAY, MAY 5, 2017

INTERACTIVE WEBCAST

Friday, May 5, 2017, 9 AM – 4 PM PDT

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

ON-DEMAND WEBCAST

Wednesday, May 10, 2017 – Saturday, June 10, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, May 10, 2017 through Saturday, June 10, 2017. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until July 19, 2018

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 19, 2018

THE HABITS OF STRESS-RESILIENT PEOPLE

✓one:

- Interactive Webcast with CE Credit: Friday, May 5, 2017
- On-Demand Webcast with CE Credit: May 10, 2017 – June 10, 2017

Purchase of Recordings with Home Study CE Credit: through July 19, 2018

- 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**.

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

IBP 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 (IBP) is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP 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: IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this intermediate-level course.

IBP is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Ohio CSWMFT Board**, Provider #RCST030801, 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. This program is 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP 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 (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by **CCAPP-EL**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



PHARMACISTS & PHARMACY TECHNICIANS: IBP 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 0492-0000-15-015-L04-P and 0492-0000-15-015-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-15-017-H04-P and 0492-0000-15-017-H04-T. Initial Release Date: 07/19/2015. Planned Expiration Date: 07/19/2018. This program provides 6 hours (.6 CEU).



DENTAL PROFESSIONALS: IBP 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 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 07/19/2015. Planned Expiration Date: 07/19/2018.

IBP, 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 an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP – an accredited approver of the physical therapy continuing education by the **Physical Therapy Board of California**. IBP is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP 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 has been approved by the **Kentucky Physical Therapy Association (KPTA)**, Approval Expires: 02/09/2018. 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: IBP 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: IBP 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.

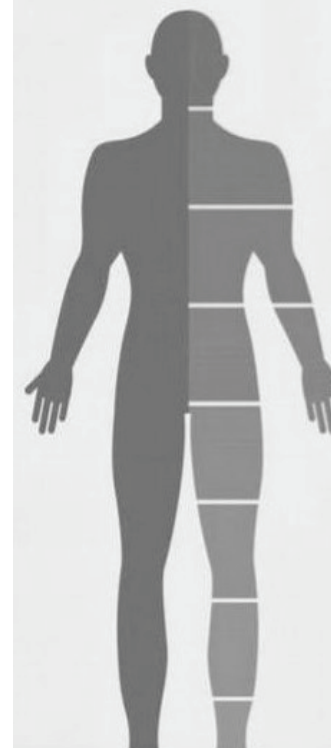
DIETITIANS: IBP is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 2110, 3080, 4040, and 5370. Activity Number: 124149. 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. IBP is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. IBP 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 6 hours.

The effects of stress on the body



Mood issues including anger, depression, irritability. Lack of energy, concentration problems, sleeping issues, headaches. Mental issues including anxiety disorders and panic attacks.



Increased blood pressure, increased heart rate, higher cholesterol and risk of heart attack



In the immune system, there is reduced ability to fight and recover from illness



Stomach cramps, reflux, and nausea



Loss of libido, lower sperm production for men, and increased period pain for women



Aches and pains in the joint and muscles



Lower bone density

THE HABITS OF STRESS-RESILIENT PEOPLE

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, May 5, 2017, 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 Wednesday, May 10, 2017 until Saturday, June 10, 2017. 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: July 19, 2018. 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 receive a tuition refund less a \$15 administrative 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.

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: We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

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 May 5, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting May 10 until June 10. 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.

Stress-resilient habits protect the brain and body by influencing how we think, feel and act almost automatically.

Learn how stress-resilient people managing cravings, reduce fear and anxiety, elevate mood, and experience positive states such as mindfulness.

Health professionals in medical, dental, and behavioral settings completing this new and practical 6-hour program should be able to identify one or more habits that:

- 1. Protect the brain and body from toxic effects of stress and cortisol,*
- 2. Manage stress-related cravings,*
- 3. Overcome fears or generalized anxiety,*
- 4. Produce positive moods, and*
- 5. Experience calm, mindfulness, meaning and happiness.*

Understanding Stress Resilience

- **Toxic Stress and the Brain:** cortisol, impaired short term memory and the hippocampus; fear and the amygdala; impulse control, anxiety, mood regulation and the prefrontal cortex.
- **Toxic Stress and the Body:** chronic stress and immune suppression, chronic inflammation, and metabolic syndrome.
- **Stress-Resilient Mindset:** viewing stressors as challenges rather than stressors by turning off the adrenal "fight-or-flight" response and the cortisol "worry" response.

Habits that Control Cravings

- **Understanding Cravings:** food, alcohol, nicotine, and illicit substances; dopamine and the habit brain of the ventral striatum.
- **Stress-Related Appetite:** comfort foods reduce stress by temporarily lowering cortisol; developing the habit of reward substitution.
- **Retrain and Restrain:** teaching the habit brain to delay immediate gratification by engaging the slower wisdom of the prefrontal cortex.

Habits that Reduce Fear and Anxiety

- **Fearful Brain, Anxious Brain:** fear-based habits depend on how the habit brain interprets traumatic events; anxiety-based habits depend on how the prefrontal cortex imagines the future.
- **Curbing Fear-Based Habits:** confronting rather than avoiding fear-related situations; how resilient people cope with trauma and posttraumatic stress.
- **Curbing Anxiety-Based Habits:** overcoming the habit of "what if;" monitoring and revising thoughts to calm the overactive brain.
- **Saying "No" When Appropriate:** taking on other people's stressors with realistic caution.
- **Saying "Yes" When Appropriate:** anxiety makes us more risk averse; how positive emotions and thoughts stop self-perpetuating worries.

Habits that Elevate Mood

- **Depressed Brain:** major depression and dysthymic disorders; loss of prefrontal control over automatic thoughts of the habit brain.
- **Key Stress-Resilient Habits**
 - **Acting quickly to tame emotional uproar.**
 - **Increasing predictability and control over stressors.**
 - **Replacing negative cognitions with realistic ones.**
 - **Acquired Optimism:** more than a reasoned response but an automatic way of thinking about possibilities.
 - **Adaptive Coping:** habits that inhibit rumination, avoidance of core issues or escape by eating or drinking.
 - **Protecting Against Burnout:** being present during difficult moments and open to "What did I learn about myself."
 - **Energizing and Relaxing Habits:** relaxation and deep sleep increase energy; energizing habits increase relaxation and sleep.

Practicing Positive Psychology and Mindfulness

- **Happy Brain, Healthy Brain:** happiness is more than the absence of negative thoughts, feelings or pain but the activation of endorphins that produce enjoyment of the moment; why happy people tend to live longer.
- **Practicing Positive Psychology – What Happy People Do Differently:** motivation to become happier does not make us happier but the practice of happiness-producing experience does.
 - *Choosing to be happy instead of right: maintaining close relationships.*
 - *Acceptance: accepting in others what is unlikely to change and moving on; accepting our limitations to overcome perfectionism.*
 - *Humor and Laughter: practicing the healing power of humor to make difficult situations more tolerable.*
 - *Immersion in Natural Beauty: solitude, silence, and serenity to balance social stressors*
 - *Learning from the past by viewing stressors as challenges.*
 - *Savoring the moment: "If we take care of the moments, the years will take care of themselves."*
 - *Positive View of the Future: life purpose, goals and beliefs.*
- **Practicing Mindfulness:** calming the mind by attending to the present, witnessing our thoughts without judging them;
 - **Mindfulness-Based Stress Reduction:** using mindfulness to reduce pain, distress and stress.
 - **Mindful Listening:** helping people feel truly heard to reduce anger, anxiety, and resolve conflicts in close relationships.
- **Developing Lifelong Stress-Resilient Habits:** how to practice stress-resilient habits to view stressors as positive challenges with optimism, gratitude and commitment.

ABOUT THE INSTRUCTOR



John D. Preston, Psy.D., ABPP, is Professor at Alliant International University, and has been Associate Clinical Professor at UC Davis. A Board Certified Neuropsychologist, he is the author of numerous texts concerning brain and behavior including Handbook of Clinical Psychopharmacology, and is co-editor of Empirically Validated Approaches to Psychotherapy. Dr. Preston received the Mental Health Association's President's Award for exceptional contributions to the mental health community.

An outstanding and inspiring speaker, Dr. Preston has given over 500 invited seminars to health professionals in North America and abroad. Participants commend his ability to communicate key insights and practical information with clarity, enthusiasm and warmth.

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