

LIVE WEBCAST FRIDAY, OCTOBER 11, 2019

LIVE WEBCAST

Friday, October 11, 2019, 9 AM – 4 PM PDT

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

ON-DEMAND WEBCAST

Wednesday, October 16, 2019 – Saturday, November 16, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, October 16, 2019 through Saturday, November 16, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until September 1, 2022

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: September 1, 2022

THE HABITS OF STRESS-RESILIENT PEOPLE

✓one:

- Live Webcast with CE Credit: Friday, October 11, 2019
- On-Demand Webcast with CE Credit: October 16, 2019 – November 16, 2019
- Purchase of Recordings with Home Study CE Credit: through September 1, 2022
 - 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

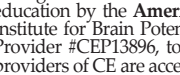
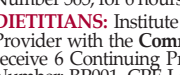
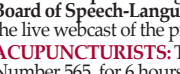
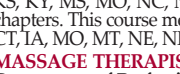
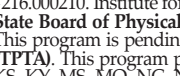
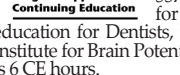
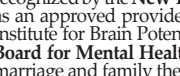
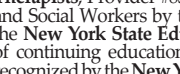
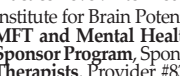
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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 is approved as a provider of CE for Counselors and Social Workers by the **Ohio CSWMFT Board**. 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. 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 (Areas of Occupation and Performance Patterns). Please note that webcast does not qualify for AOTA CEUs. 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 live webcast is a knowledge-based activity with UANs 0492-0000-19-078-L04-P and 0492-0000-19-078-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-077-H04-P and 0492-0000-19-077-H04-T. Initial Release Date: 09/01/2019. Planned Expiration Date: 09/01/2022. 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: 09/01/2019. Planned Expiration Date: 09/01/2022. 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 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 pending approval by the TX chapter of the **American Physical Therapy Association (TPTA)**. 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 live webcast of the program. This program provides 6 CE hours.

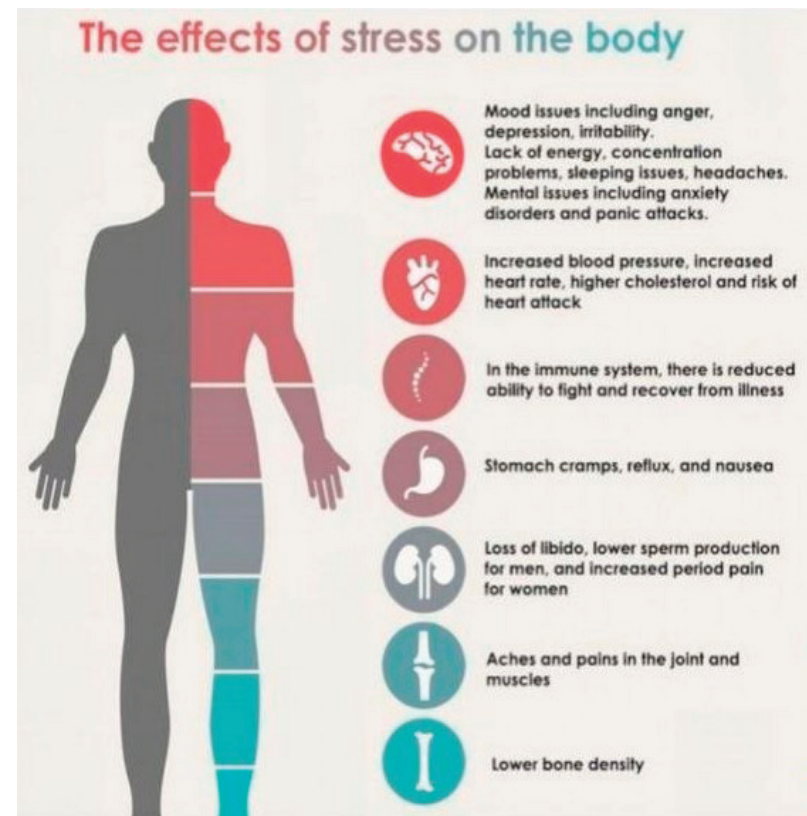
ACUPUNCTURISTS: This course is pending approval by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category I live and distance education credit.

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: 2110, 3080, 4040, and 5370. CDR-approved credit is available for only the live 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.



THE HABITS OF STRESS-RESILIENT PEOPLE

A 6-Hour Program for Health Professionals

Live Webcast Schedule: The date of the live webcast is Friday, October 11, 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 Wednesday, October 16, 2019 until Saturday, November 16, 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: September 1, 2022. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after November 16, 2019.

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.

THE HABITS OF STRESS-RESILIENT PEOPLE

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 October 11, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting October 16 until November 16. 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 program presents the science of stress resilience, how to attain and maintain stress-resilient habits.

Learn how stress-resilient people manage cravings, fear, anxiety, and sadness, and experience positive states.

Health professionals completing this program should be able to identify one or more habits that can help:

- 1. Protect the brain and body from toxic effects of stress and cortisol.*
- 2. Manage stress-related cravings.*
- 3. Extinguish fears or manage generalized anxiety.*
- 4. Reappraise thoughts that can initiate or perpetuate depression.*
- 5. Experience positive states that can calm an overactive brain.*

Understanding the Science of Stress Resilience

- **Toxic Stress and the Brain:** how chronic stress and elevated cortisol impair short-term memory, threat appraisal, and mood.
- **Toxic Stress and the Body:** immune suppression, chronic inflammation, and stress-related disorders.
- **Stress-Resilient Mindset:** viewing stressors as challenges by turning off the adrenaline “fight-or-flight” response and the cortisol “worry” response.

Habits that Help Manage Cravings

- **Understanding Cravings:** comfort foods, alcohol, nicotine, and illicit substances all involve dopamine, reward expectation and the basal ganglia, where habit memories are stored.
- **Cortisol-Related Blood Sugar:** caloric-dense comfort foods reduce stress by temporarily lowering cortisol; developing the habit of reward substitution.
- **Retrain and Restrain:** delaying gratification by engaging the slower wisdom of the prefrontal cortex.

Habits that Reduce Fear and Anxiety

- **Fearful Brain, Anxious Brain:** trauma, emotional memory, and the amygdala; the “what if” mindset, limbic system and prefrontal cortex.
- **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” thinking by appraising “what is” and reframing thoughts to calm an overactive brain.

Thought Habits that Improve Mood

- **Identifying Mood Triggers:** ways to increase predictability and control; replacing toxic thoughts with realistic ones.
- **Depression-Resistant Mindset:** transitioning from sad to glad by learning to manage expectations.
- **Reducing Self-Criticism:** taming the beast within, our inner critic; validating core strengths to increase self-confidence and motivation.
- **Acceptance and Commitment:** accepting flaws in self or others that are unlikely to change and moving on.
- **Learned Optimism:** more than a reasoned response, optimism can become an automatic way of thinking.
- **Pain Relief:** psychological approaches to reducing pain and low-grade inflammation by stimulating endogenous opioids.
- **Effective Coping Habits:** ways to curtail rumination and participate in activities that sustain positive habits.

Developing Positive States of Mind

- **Calming States that Reduce Inflammation:** anti-inflammatory mental states that normalize adrenal stress.
- **Developing Positive Emotional Habits:** pathways to overcoming emotional upset, threat, mood swings, and elevated cortisol; preventing downward emotional spirals by empowering uplifting thoughts.
- **Happy Brain, Healthy Brain:** happiness is more than the absence of stress, anxiety or sadness; happiness involves activating brain centers that increase satisfaction and enhance meaning; what happy people do differently.
- **Practicing Positive Psychology:** it is not the motivation to be happier but instead, happiness-enhancing experiences.
- **Humor and Laughter:** how they reduce the neurotoxic effects of stress that affect the hippocampus and short-term memory, the amygdala and threat appraisal, and the prefrontal cortex and flexible thinking.
- **Natural Mindfulness:** activities of people who live longer include present-centered experiences that engage the mind and body; negative judgments of self or others are less likely to be part of the mindset of stress-resilient people
- **Practicing Both Energizing and Relaxing Habits:** energy is increased by relaxation, restorative sleep, and the right dose of physical activity.
- **Restorative Sleep:** a key function of slow-wave sleep is the removal of toxins such as amyloid; how REM sleep aids long-term memory.
- **Keys to Developing Sustainable Stress-Resilient Habits:** step-by-step guidelines for viewing stressors as positive challenges with optimism, gratitude and commitment.

ABOUT THE INSTRUCTOR



Christian Waugh, Ph.D., Associate Professor of Psychology at Wake Forest University, is an expert in the study of stress resilience, emotions, and effective coping habits. His research has been featured in scientific journals and on television and reveals individual differences in 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.