

INTERACTIVE WEBCASTS

Friday, March 3, 2023, 9 AM – 4 PM (EST)

Friday, April 7, 2023, 9 AM – 4 PM (EDT)

Friday, May 19, 2023, 9 AM – 4 PM (EDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Friday, March 3, 2023 – Monday, June 19, 2023

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Friday, March 3, 2023 through Monday, June 19, 2023 to earn home study credit. Release Date: 08/29/22. Planned Expiration Date: 08/29/25.

HOME STUDY RECORDINGS

Valid for CE until August 29, 2025

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 08/29/22. Planned Expiration Date: 08/29/25.

THE HABITS OF STRESS-RESILIENT PEOPLE

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Interactive Webcasts with CE Credit:

Friday, March 3, 2023, 9 AM – 4 PM (EST)

Friday, April 7, 2023, 9 AM – 4 PM (EDT)

Friday, May 19, 2023, 9 AM – 4 PM (EDT)

On-Demand Webcast with CE Credit:

March 3, 2023 – June 19, 2023

Purchase of Recordings with Home Study CE Credit through August 29, 2025:

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) _____

TUITION

\$84 Pre-Registration Rate

\$94 Registration on the Day of the Program

\$29 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages)

— a text that explains how stress-resilient people manage cravings, reduce anxiety, elevate mood, and experience positive states.

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 nursing continuing professional development 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 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 the Florida Board of Psychology. This course provides 6 contact 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 clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

ACE Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

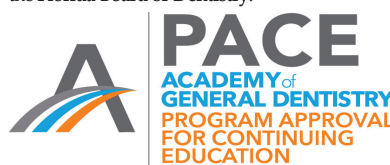
Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168,000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) 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. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

AOTA American Occupational Therapy Association Approved Provider
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 6 contact hours (6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEUs. NAADAC Provider #102949. Institute for Brain Potential is responsible for all aspects of its programming.

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 0492-0000-22-089-L04-P and 0492-0000-22-089-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-22-081-H04-P and 0492-0000-22-081-H04-T. Initial Release Date: 08/29/2022. Planned Expiration Date: 08/29/2025. 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: This program provides 6 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. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.



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: 557
Release Date: 08/29/22. Expiration Date: 08/29/25

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 PIs 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), Approval Expires: 09/18/2023. 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 interactive 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 1 live and distance education CE credit.

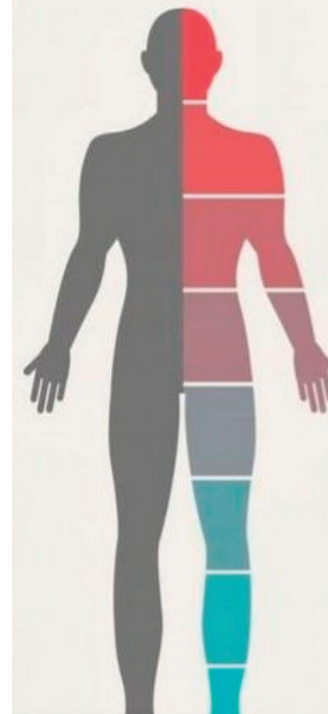
DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 2110, 3080, 4040, and 5370. CDR-approved credit is available for only the interactive 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 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: Sign-in: 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 before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Friday, March 3, 2023 until Monday, June 19, 2023. Registrants who sign up for the interactive 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: August 29, 2025.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 or email info@ibpceu.com to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/srxi.pdf

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 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 March 3 until June 19. 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:

- 1. Discuss at least one habit that protects the brain and body from toxic effects of stress and cortisol.*
- 2. Describe at least one habit as a means of managing stress-related cravings.*
- 3. Review at least one habit that facilitates extinction of fears or management of generalized anxiety.*
- 4. Name one or more cognitive habits to reappraise thoughts that initiate or perpetuate depression.*
- 5. Name one or more habits from positive psychology 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.