Mind-Body Interactions and the Stress-Inflammation Connection

It is remarkable how lifestyle plays an integral role in development and prevention of low-grade chronic inflammation. In this unique class, learn the role of stress, mood, sleep, nutrition, physical activity, and mind-body practices.

Participants completing this program should be able to identify lifestyle factors underlying:

1. the link between chronic stress and inflammation,
2. cardiometabolic risk factors,
3. immune, autoimmune conditions, and sources of chronic inflammation in dental and medical disorders,
4. pro- and anti-inflammatory aspects of brain health and ways to protect the aging brain, and
5. anti-inflammatory lifestyle habits.

Please do not contact venues except for driving instructions. Complimentary parking is available at all sites.
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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.

This program provides 6 contact hours for nurses.

PSYCHOLOGISTS & MARRIAGE AND FAMILY THERAPISTS: Institute for Brain Potential (IBP) has been pre-approved by the American Psychological Association (APA) to provide continuing education for psychologists. Provider ID #1165. Program #50-2629. The assignment of APA credit does not reflect endorsement by APA of the program or any course approval. APA credit is pending approval.

SOCIAL WORKERS: IBP is provider #102949. This program is approved for continuing education clock hours for social workers by the Association of Social Work Boards (ASWB). Provider #0636. The assignment of ASWB credit does not reflect endorsement by ASWB of the program or any course approval.

This program provides 6 continuing education hours for social workers.

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 type have been reviewed and are acceptable for credit by the AGD. The formal continuing dental education programs of this type have been reviewed and are acceptable for credit by the AGD in the accumulation of the credits required for the formal continuing dental education program of the AGD. Approval does not imply AGD endorsement of a course or program.

This program provides 6 continuing education hours for dental professionals.

PHARMACISTS AND PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (0.6 CEUs). UANs: 0498-0000-17-029-LF4 and 0498-0000-17-029-LF4.

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

This program provides 6 CE credits.

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 type have been reviewed and are acceptable for credit by the AGD in the accumulation of the credits required for the formal continuing dental education program of the AGD. Approval does not imply AGD endorsement of a course or program.

This program provides 6 continuing education hours for dental professionals.

OPPORTUNISTIC EDUCATIONAL PROVIDERS: IBP is an American Board of Certification for Occupational Therapy (ABC) Approved Provider #0050. The assignment of AOTA CEUs does not imply endorsement by AOTA of the program or any course approval.

This program provides 6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes).

NURSE ADMINISTRATORS: IBP is a Certificated Sponsor of professional continuing education with the NAAB and has approved a program for providers to sell under its own sponsor agreement with NAAB NCCERs. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: IBP is approved as a provider of physical therapy continuing education by the California Physical Therapy Board and NY Commission onPhysical Therapy Education. This program is approved for 6 contact hours under its sponsor agreement with NAB NCCERs. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: IBP is approved as a provider of physical therapy continuing education by the California Physical Therapy Board and NY Commission on Physical Therapy Education. This program is approved for 6 contact hours under its sponsor agreement with NAB NCCERs. State licensure boards, however, have final authority on the acceptance of individual courses.

PROFESSIONAL LANGUAGE PATHOLOGISTS: This program is pending approval by the NY State Board of Examiners on Audiology and Speech-Language Pathology for 6 hours of continuing education contact hours.

MASSAGE THERAPISTS: IBP is approved by NCBMB as a CE Approved Provider, 4400090.09. This course is pending approval for 6 continuing education hours (CEU) to be reviewed for 6 CE hours.

CASE MANAGERS: This program has been submitted to the Commission for Case Manager Certification for approval to provide board certified case managers with 6 CE contact hours.

DIEETICIANS: IBP is a Continuing Professional Education Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute provider, course, or program approval. Provider Number BD19001. CPE Level II. Suggested Learning Codes: 3050, 5160, 5190, and 5210.

EDUCATORS: This program provides 7.5 CEUs for professional development toward license renewal in NY through a collaboration between IBP and the State University of New York, a regionally accredited institution by the Accreditation Commission for Schools and Colleges. Contact your school district if you need prior approval.

Chronic Inflammation: The Mind-Body Connection

- Understanding Inflammation: acute inflammation is vital for healing injury and killing pathogens; why chronic disorders can be a symptom of or a cause of most chronic disorders.
- Acute Stress: how stress is linked to chronic inflammation and how to reduce stress.
- Chronic Stress: how cortisol is suppressed and low grade chronic inflammation occurs.
- Insulin Resistance: how body, brain and environment interact to increase stress, disrupt sleep, and how to minimize these effects.
- Cardiovascular Disease: how inflammation impacts heart health.
- Cancer: how chronic inflammation impacts the development of cancer.
- Diabetes: how calorie-dense foods and sugar increase inflammation.

- Autoimmune Diseases: why do some individuals develop chronic inflammatory conditions?
- Nutrients: how diet impacts chronic inflammation.
- Physical Activity: how physical activity reduces inflammation.
- Mind-Body Practices: how meditation and mindfulness can reduce inflammation.
- Personalized Nutrition: how nutrients can impact chronic inflammation.

Anti-Inflammatory Lifestyle Habits

- Neuroprotective Mindset: stress-resilient habits that protect the hippocampus against neurotoxic effect of cortisol and loss of short-term memory.
- Sleep: key sleep habits and lifestyle practices to expose the brain and body to a more regular exposure to light, mealtimes, and sleep cycles.
- Avoiding Inflammatory Foods: simple sugars, white flour, white rice, processed foods to prevent inflammatory advanced glycation end products.
- Nutritional Strategies for the Aging Brain: natural sources of trace elements, avoidance of toxic metals; vitamin B complex, CoQ10, lipoic acid; cognitive-protecting nutrients including green tea; indications of alcohol for brain and heart health.
- Anti-Inflammatory Recipes: selection of spices, polyphenols and other foods that can inhibit the inflammatory cytokines specific to key chronic diseases.
- Life-Extending Nutrients: key neuroprotective and longevity-enhancing elements in the Mediterranean and Okinawan diets.

ABOUT THE INSTRUCTOR

Lisa E. Goehler, Ph.D., is Lecturer in Nursing, Neuroimmunology and Behavior at the Center for the Study of Complementary Therapies at the University of Virginia. Dr. Goehler is an expert in the study of mind-body interactions and products of the research on psychological stress, the immune system, and the development of an anti-inflammatory lifestyle.

Dr. Goehler has been the recipient of numerous grants, honors and awards. The author of more than 50 scientific publications, her research demonstrated how anxiety and mood disorders can result from GI inflammation. Her research also describes nutritional pathways to reducing the risks of chronic low-grade inflammation.

An outstanding speaker, Dr. Goehler provides practical insights to her students and healthcare professionals with enthusiasm, clarity and warmth. In addition to Q & A sessions in class, Dr. Goehler will answer your questions during the second half of the lunch break and email after the program concludes.