**Interactive Webcast**

**Tuesday, September 8, 2020**

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

**On-Demand Webcast**

**Sunday, September 13, 2020 – Tuesday, October 13, 2020**

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Sunday, September 13, 2020 through Tuesday, October 13, 2020. The program plus in-class exercises will be available in four convenient segments.

**Home Study Recordings**

Valid for CE until January 1, 2023

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: January 1, 2023

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**STRESS-RELATED DISORDERS**

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- Interactive Webcast with CE Credit: Tuesday, September 8, 2020
- On-Demand Webcast with CE Credit: September 13, 2020 – October 13, 2020

**Purchase of Recordings with Home Study CE Credit:** through January 1, 2023

- 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.**

**Profession:**

Email (please print)

**Home Address:**

City/State/Zip

**Work Phone:** ( ), **Home Phone:** ( )

**Fax:** ( ) (please print email if available)

**Profession:**

**Pre-Registration**

- $79 Individual Rate
- $74 Group Rate (3 or more persons registering together)

**Registration on the Day of the Program**

- $29 Training Your Brain To Adapt Healthful Habits (2019) (296 pages)

- The text describes and provides practical solutions for the five brain patterns:
  - Hyperactive
  - Inflexible
  - Dropout
  - Independent
  - Stress-induced

**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: (888) 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 ( )**

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**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 the Florida Board of Nursing, Provider #23882888, 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 Psychological Association, Provider ID# 2033. This program provides 6 CE credits.

**HCPs:** Institute for Brain Potential is approved as a provider of 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: 11/11/23 – 11/11/27. Social workers completing this course receive 6 contact hours.

**DENTAL PROFESSIONALS:** Institute for Brain Potential is approved as a provider of Continuing Education by the Dental Board of California, Institute for Brain Potential is approved as a provider of continuing education for licensed dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an accredited provider of continuing education for licensed dental hygienists by the California Dental Hygienists Board. This program provides 6 CE hours. Institute for Brain Potential is approved by the Florida Board of Dentistry. This program provides 6 CE hours. Institute for Brain Potential is approved by the Florida Board of Dentistry.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by ACCP as a provider of continuing education for pharmacists. This program provides 6 contact hours. Institute for Brain Potential is approved by the Florida Board of Pharmacy as an approved provider of continuing education for licensed pharmacists.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is accredited by the American Occupational Therapy Association (AOTA) Provider Code #52671. This program provides 6 contact hours.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by the Florida Board of Pharmacy for 4 CE hours. Institute for Brain Potential is approved by the Florida Board of Pharmacy for Continuing Education for Licensed DIETITIANS, Provider ID# 17-02504, for 6 hours of Category I distance education credit. Please note that live credit is not available. This program is pending approval by Texas chapter of the American Dietetic Association.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential has been approved by the California Speech-Language Pathology and Audiology Board (OFPAB), 1101 N. Wilshire Blvd., #200, Los Angeles, CA 90073, as an approved provider of CE for SLPs and CAs, Provider ID# 1008, for 6 CE hours. Institute for Brain Potential has been approved by the California Speech-Language Pathology and Audiology Board (OFPAB), 1101 N. Wilshire Blvd., #200, Los Angeles, CA 90073, as an approved provider of CE for SLPs and CAs, Provider ID# 1008, for 6 CE hours. This program is pending approval by Texas chapter of the American Speech-Language-Hearing Association.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider by the Illinois Department of Health, 222 E. Dean St., Suite 240, Springfield, IL 62706, as an Illinois Board of Massage Therapy Continuing Education Provider. This program provides 6 CE hours. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the California Acupuncture Board, Provider #3147, for 6 Category I CE hours. This program provides 6 CE hours.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is accredited as a provider of physical therapy continuing education by the Physical Therapy Board of California. This course is approved by the Florida Board of Physical Therapy for 6 CE hours. This course is approved by the Florida Board of Physical Therapy for 6 CE hours. This course is approved by the Florida Board of Physical Therapy for 6 CE hours.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. Institute for Brain Potential, provider KP-481, is authorized to confer continuing dental education for Dental, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an accredited provider of continuing education for the Dental Board of California. This program provides 6 CE hours.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is accredited by the American Occupational Therapy Association (AOTA) Provider Code #52671. This program provides 6 contact hours.

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**STRESS-RELATED DISORDERS**

A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Tuesday, September 8, 2020, 9 AM, Eastern Daylight Time. 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 Sunday, September 13, 2020 until Tuesday, October 13, 2020. 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: January 1, 2021. 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 traveling 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 the post-test. In order to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program

**Stress-Related Disorders**

**Transfers and Cancellations:** Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a scheduled program may elect to take the on-demand webcast if space is available. Registrants 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.

**User-Friendly Technical Support:** If you are not computer savvy, we can help. Just call us anytime at (650) 458-5332. We have presented webcasts to over 100,000 health professionals since 2013.

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**24/7 Customer Service:** Call (888) 202-2938 to ask about course content, instructors, requested 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.
Understanding Stress-Related Disorders

- **The Language of Stress-Related Symptoms**: listening to the body: musculoskeletal, fight-or-flight and immune symptoms; how our thoughts trigger symptoms.
- **The Double-Edged Sword**: the lifesaving benefits of the fight-or-flight response and the life-threatening consequences of chronic stress.
- **The Cortisol “Worry” Hormone**: chronic stress and the adrenal hormone, cortisol; what triggers its release.
- **Trauma**: how early life stress can lead to stress-related diseases in midlife.
- **Short-Term Memory**: how elevated cortisol damages the hippocampus and impairs short-term memory.
- **Threat**: how the amygdala, the brain’s “watch dog,” is sensitized by threatening memories and PTSD.
- **Energy Storage**: how elevated cortisol and insulin increase craving for comfort foods, lead to excess abdominal fat and insulin resistance.
- **Reproductive Hormones**: effects of acute and chronic stress on hormonal balance and sexual function.
- **Inflammation**: why chronic inflammation occurs in chronic conditions; how mind-body connections affect immune and autoimmune disorders.
- **Autoimmune Disorders and Stress**: lungs, kidneys, joints, bones, skin and white matter of the brain.
- **Periodontal Disease**: salivary cortisol and dry mouth; plaque-related inflammation, bruxism, and stress.
- **Vascular Inflammation**: how psychological states including hurry and hostility contribute to the occlusion of coronary and cerebral arteries; the role of hypertension-evoking thoughts.
- **Mood Disorders**: depression and bipolar disorders are linked to the stress-related effects of pain, disordered sleep, and mood altering beliefs.
- **Sleep Disorders**: major and minor depression are linked to early morning awakenings; generalized anxiety is linked to difficulty in initiating sleep.
- **Chronic Pain**: poorly managed pain, insufficient sleep, immune suppression, and lowered mood; how corticosteroids can alter mental states.
- **Accelerated Aging**: psychological stress is linked to and accelerates cellular aging of the heart, lungs, brain, kidneys due to telomere shortening.
- **Alzheimer’s Disease**: stress-related risk factors include insufficient sleep, hypertension, metabolic syndrome, and Type II diabetes.

Using Your Brain To Increase Stress Resilience

- **Reframing Threat-Based Beliefs**: identifying maladaptive expectations that perpetuate chronic stress; using your lateral temporal lobes to reframe these beliefs.
- **Prioritizing Actions**: taking proactive steps to anticipate and adapt to recurrent stressors; developing flexible plans with the help of your lateral prefrontal cortex.
- **Reward Substitution**: substituting unhealthy temptation for healthy pleasures, a systematic approach to remain motivated; using your anterior cingulate cortex.
- **Social Support — Why Will Power Is Not Enough**: recruiting family, friends and peers to support stress-reduction activities and habits; engaging the social intelligence abilities of your orbitofrontal cortex.
- **How The Brain Forms New Habits**: learn to identify physical and mental habits that contribute to stress; three ways to reprogram your basal ganglia.
- **Protecting Short-Term Memory**: your aging hippocampus loses neurons due to chronic stress; physical and mental activities that lead to neurogenesis.
- **Beliefs and Meaning**: the healing power of living in accord with our values and faith and by helping others in need.

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**ABOUT THE INSTRUCTOR**

Ted Dumas received his Ph.D. in Physiological Psychology from the University of Virginia and is Assistant Professor of Molecular Neurobiology at George Mason University. His research concerns ways to protect the brain against the damaging effects of chronic stress in early life, post-traumatic stress in midlife, and disorders of the aging brain. In addition, he is studying how the brain forms new habits.

An outstanding and inspiring speaker, Dr. Dumas has presented CE programs for over a decade to nurses, behavioral health and allied health professions. Dr. Dumas communicates key discoveries in terms that are at once clear, practical, and stress-free.

To help assure that your learning objectives are met for all participants, Dr. Dumas will answer your questions in class, during the second part of the lunch break, and following the program by email.