**Stress-Related Disorders**

**A 6-Hour Program for Health Professionals**

**Stress-Related Disorders**

**Interactive Webcast Schedule:** The date of the interactive webcast is Monday, June 15, 2020, 9 AM – 4 PM EDT

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

**Saturday, June 20, 2020 – Monday, July 20, 2020**

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Saturday, June 20, 2020 through Monday, July 20, 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

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

- 4 Audio-Visual DVDs, $75
- 4 Audio CDs, $75
- Purchase of Recordings with Home Study CE Credit: through January 1, 2023

**Purchase of Recordings without CE Credit:**

- 4 Audio CDs, $50
- 4 Audio-Visual DVDs, $75

**Tuition is in US dollars.**

**Home Address**

City/State Zip

**Work Phone (__)** Home Phone (__) Fax (__) (please print email if available)

Email ________

**Pre-Registration**

- $79 Individual Rate
- $74 Group Rate (3 or more persons registering together)
- $89 Registration on the Day of the Program
- $29 Training Your Brain To Adopt Healthful Habits (2019) (296 pages)

**Four Ways To Register**

1. Internet: www.ibpceu.com (make check payable to IBP)
2. Mail: PO Box 2258, Los Banos, CA 93635
3. Phone: (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 (650) 458-5532. We have presented webcasts to over 100,000 health professionals since 2013.
4. Fax: (888) 652-7414 (open 24 hours a day, 7 days a week)

**Transfer and Cancellations:** Registrants can transfer to another live seminar or on-demand webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less than 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 full refund 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) 458-5532. We have presented webcasts to over 100,000 health professionals since 2013.

**Stress-Related Disorders**

**A 6-Hour Program for Health Professionals**
**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.
- **Protecting Short-Term Memory:** your aging hippocampus loses neurons due to chronic stress; physical and mental habits that contribute to stress; three ways to reprogram your basal ganglia.
- **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.