

# INTERACTIVE WEBCAST

## FRIDAY, OCTOBER 18, 2019

### INTERACTIVE WEBCAST

Friday, October 18, 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 23, 2019 – Saturday, November 23, 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 23, 2019 through Saturday, November 23, 2019. The program plus in-class exercises will be available in four convenient segments.

### HOME STUDY RECORDINGS

Valid for CE until July 20, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 20, 2020

## STRESS-RELATED DISORDERS

✓one:

- Interactive Webcast with CE Credit: Friday, October 18, 2019
- On-Demand Webcast with CE Credit: October 23, 2019 – November 23, 2019

Purchase of Recordings with Home Study CE Credit: through July 20, 2020

- 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

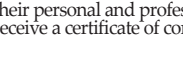
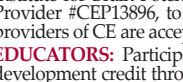
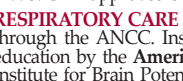
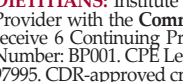
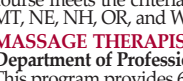
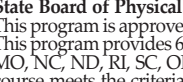
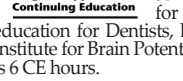
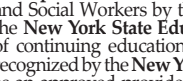
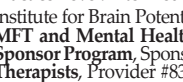
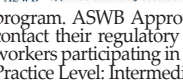
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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](http://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 (Activity Demands). 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 interactive webcast is a knowledge-based activity with UANs 0492-0000-18-025-L04-P and 0492-0000-18-025-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-046-H04-P and 0492-0000-17-046-H04-T. Initial Release Date: 07/20/2017. Planned Expiration Date: 07/20/2020. 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/Membership 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: 07/20/2017. Planned Expiration Date: 07/20/2020. 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 approved by the Texas chapter of the **American Physical Therapy Association (APTA)**. 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 webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the **California Acupuncture Board**, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

**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: 3080, 4090, 5160, and 5190. Activity Number: 97995. CDR-approved credit is available for only the 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.



## STRESS-RELATED DISORDERS

### A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, October 18, 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 23, 2019 until Saturday, November 23, 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: July 20, 2020. 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 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.

# STRESS-RELATED DISORDERS

## 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 18, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting October 23 until November 23. 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.

*Chronic stress suppresses the immune system, undermines the vascular system, and impairs the brain. This program focuses on 21st century discoveries to enable health professionals and educators to better understand, prevent, and manage stress-related disorders.*

*Participants completing this program should be able to:*

- 1. List several regions of the brain that are affected by chronic stress.*
- 2. Identify how chronic stress affects the immune system.*
- 3. Discuss how stress can impair the cardiovascular system.*
- 4. Discuss how stress increases the risk of mood disorders.*
- 5. Outline how sleep, pain, and Alzheimer's disease are related to chronic stress.*
- 6. Identify brain-based strategies for enhancing stress resilience.*

## 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.

## 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.*