

INTERACTIVE WEBCASTS

Friday, July 23, 2021, 9 AM – 4 PM (EDT)

Wednesday, August 25, 2021, 9 AM – 4 PM (PDT)

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

ON-DEMAND WEBCAST

Friday, July 23, 2021 – Saturday, September 25, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Friday, July 23, 2021 through Saturday, September 25, 2021 to earn home study credit. Release Date: 03/10/21. Planned Expiration Date: 03/10/24.

HOME STUDY RECORDINGS

Valid for CE until March 10, 2024

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: 03/10/21. Planned Expiration Date: 03/10/24.

UNDERSTANDING YOGA: FROM NEUROSCIENCE TO PRACTICE

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Interactive Webcasts with CE Credit:

Friday, July 23, 2021, 9 AM – 4 PM (EDT)

Wednesday, August 25, 2021, 9 AM – 4 PM (PDT)

On-Demand Webcast with CE Credit:

July 23, 2021 – September 25, 2021

Purchase of Recordings with Home Study CE Credit through March 10, 2024:

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

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program

FOUR WAYS TO REGISTER

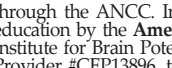
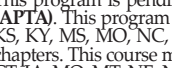
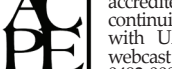
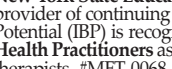
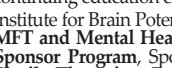
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

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.

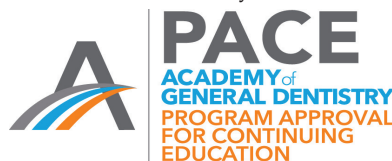
Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168,000183, and by **Texas State Board of Examiners of Marriage & Family 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 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.

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 (6 AOTA CEUs). Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). 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 CE's. 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 0492-0000-21-013-L04-P and 0492-0000-21-013-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-21-014-H04-P and 0492-0000-21-014-H04-T. Initial Release Date: 03/10/2021. Planned Expiration Date: 03/10/2024. 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: 03/10/21. Expiration Date: 03/10/24

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 pending approval by 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 interactive webcast of the program. This program provides 6 CE hours.

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, 4040, 5260, and 5330. 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.



UNDERSTANDING YOGA: FROM NEUROSCIENCE TO PRACTICE

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, July 23, 2021 until Saturday, September 25, 2021. 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: March 10, 2024.

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 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/ysbi.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.

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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 July 23 until September 25. 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 for health professionals describes and demonstrates how yoga can provide interventions for mental and physical health. Topics include how yoga can improve outcomes for stress-related disorders, chronic immune system conditions, acute and chronic pain, anxiety disorders, depression and sleep.

Participants completing this 6-hour program should be able to identify:

- 1. How yoga can treat acute and chronic forms of stress.*
- 2. The role of yoga in preventing and managing chronic conditions including coronary/heart disease, chronic immune conditions, COPD, musculoskeletal pain, and aspects of the aging process.*
- 3. Indications for yoga in the treatment of anxiety disorders, trauma and posttraumatic stress, and depressive disorders.*
- 4. Yoga techniques indicated for relaxation in response to acute and chronic stressors, meditation, posture-related pain, and the promotion of restorative sleep.*

How Yoga Affects the Brain and Body

- **Acute Stress and the Relaxation Response:** the sympathetic (“fight/flight”) and parasympathetic (“rest and digest”) nervous system; how yoga can promote the relaxation response.
- **Chronic Stress and Cortisol:** the stress-related hormone cortisol, elevated glucose, risk of chronic stress-related disorders, and how it varies during the day and night; how yoga can moderate chronic stress.
- **Chronic Inflammation and the Immune system:** acute inflammation is adaptive for fighting infection and healing from injury, but chronic inflammation is related to ongoing pain, sleep loss, mood disorder; indications that yoga can reduce maladaptive inflammation.
- **Accumulated Stress (Allostatic Load):** how these processes can change during acute and chronic stressors, including the consequences of reactivity, total stress load (allostatic load) and its relevance to health and disease.
- **Breathing (Pranayama) and the Relaxation Response:** yoga practices that demonstrate how certain forms of deep breathing have been linked to enhance parasympathetic-related relaxation to counter effects of acute stress.

Yoga and Disease

- **Cardiovascular disease:** modifying risk factors, improving outcomes among those with hypertension, and slowing cardiovascular disease progression
- **Immune Disorders:** improved immune function in individuals living with chronic immune-related conditions including HIV.
- **COPD:** reduction in the incidence and severity of chronic respiratory conditions.
- **Chronic Immune-Related Symptoms:** how can yoga benefit patients with long-hauler symptoms such as chronic fatigue: a review of plausible mechanisms.
- **Reduction of Musculoskeletal Pain:** indications that yoga can relieve muscle contraction headache and back pain.
- **Aging Brain and Body Process:** the speed of life, the aging process, can be identified by biomarkers including neurocognitive aging and the reversible loss of telomeres; how yoga may slow the speed of aging processes.

Psychological Outcomes and Health-Related Behaviors

- **Anxiety Disorders:** indications that yoga can reduce generalized and focal anxiety.
- **Depressive Disorders:** the forms of depression that are most amenable to yoga.
- **Trauma-Related Disorders:** amelioration of the symptoms of traumatic stress symptoms and post-traumatic stress disorder.
- **Sleep:** improving the duration and depth of sleep.
- **Psychological well-being:** how yoga contributes to a mindful mindset and resiliency while improving coping processes.

Evidence-based Practices

- **Breath:** pranayamas to promote the relaxation response through activation of the parasympathetic nervous system.
- **Yoga Nidra:** a conscious relaxation practice similar to guided meditation that draws attention inwards to promote stress-reduction and restoration.
- **Asanas:** a short, basic yoga practice to counteract sitting/screen-time that can be easily incorporated into a workday and at home.
- **Restorative Yoga:** pathways to prepare for and to facilitate sleep.

ABOUT THE INSTRUCTOR



Sally S. Dickerson, Ph.D., Professor of Psychology, Pace University, is an expert in how people respond to stressors. Her research has found that stressors characterized by social threat can lead to changes in inflammation and cortisol, a key hormone associated with chronic stress.

Dr. Dickerson integrates her knowledge of the stress response with evidence-based stress management practices, including yoga and meditation. She is a certified yoga teacher (RYT-500) and breath coach, and incorporates the application and practice of these techniques in her presentations. Dr. Dickerson has served as a Program Director for Social Psychology at the National Science Foundation.

An outstanding and award-winning instructor, audiences appreciate Dr. Dickerson's special ability to translate key research concepts and findings into non-technical yet practical terms and demonstrate their applied application. Health professionals highly commend her presentations for their clarity, enthusiasm, and warmth. Participants receive a detailed outline developed by Dr. Dickerson that includes all lecture topics.