Cognition, Successful Aging, and Nutrition

A 6-Hour Home Study Program for Health Professionals

This program presents evidence-based strategies to protect the brain from the toxic effects of stress, mood disorders, age-related cognitive impairment, Alzheimer’s Disease and related dementias.

Advances in neuroscience reveal that it typically takes decades for cognitive decline and dementia to occur. In the absence of disease modifying drugs, recent clinical trials support key lifestyle changes and the adoption of brain-protective nutritional strategies.

Participants completing this program should be able to:
1. Name several forms of memory that are vulnerable to aging and dementia.
2. Identify how chronic stress can impair short-term memory.
3. List key risk factors for Alzheimer’s Disease and Vascular Dementia.
4. Discuss how mental activity, sleep, or exercise affect successful aging.
5. Name one or more brain-protective nutritional strategies.

Memory and Executive Functions
- Emotional Memory
- Short-Term Memory
- Working Memory
- Habit Memory
- Remote Memory and Cognitive Domains

Executive Functions

Neurotoxic Effects of Stress and Cognitive Impairment
- Stress and Cortisol
- Depression
- PTSD
- Age-Related Cognitive Impairment

Understanding Dementia
- Cognitive Domains
- Incidence
- Alzheimer’s Disease
- Vascular Dementia
- Lewy Body and Frontotemporal Dementias
- Cognitive Protection

Brain-Protective Strategies
- Improving Sleep
- Neurogenesis
- Physical Activity
- Mental and Social Activity

Nutritional Strategies for Successful Aging
- Blood Pressure
- Glycemic Control
- Pro- and Anti-Inflammatory Oils
- Anti-Stress, Cortisol-Regulating Nutrients
- Statins
- Drug-Induced Nutritional Deficiencies
- Neuroprotective Diets
- Resveratrol
- Curcumin

ABOUT THE INSTRUCTOR
Mark B. Moss, Ph.D., a Neuro-psychologist, is co-director of the Laboratory for Cognitive Neurobiology and is Chair of Neurobiology at Boston University School of Medicine. His research, supported in part by the NIH, includes the role of the prefrontal cortex in cognition, memory, the aging brain, hypertension, and dementia.

Dr. Moss has received multiple awards for excellence in teaching. An outstanding and inspiring speaker, he explains key concepts in non-technical terms and illuminates them with fascinating case histories.

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 approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP19896. Florida Board of Nursing. This program provides 6 contact hours.

COUNSELORS, PSYCHOLOGISTS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCACE as an Approved Continuing Education Provider, ACEP No. 3042. Programs that do not qualify for NBCC credit are clearly identified. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

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 for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for this program. The program is approved for 6 CE hours.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #02049. Institute for Brain Potential is approved by CCAPP-EL, Provider Number 48-09-128-1217. This program provides 6 clock hours.

PHARMACISTS AND PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 contact hours (0.6 CEUs). UANC#: 089-02-135-05-140-F and 089-02-135-05-141-F. 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/Mastership 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 12/01/11 – 11/30/17. Provider ID: 326413. Subject Code: 597. 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 approved by the Florida Board of Dentistry. This program provides 6 hours of CE credit.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #0680. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours.

Content Focus: Domain of OT (Performance Skills) and Occupational Therapy Process (Outcomes). This course is approved by the Florida Board of Occupational Therapy for 6 hours of credit.

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 PTA’s, #2156030112. This program provides 6 hours of CE credit.

Institute for Brain Potential is approved by the New York State Education Department’s State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program provides 6 contact hours of CE credit.

Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education for 6 hours of continuing education credit.

Institute for Brain Potential is approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

Institute for Brain Potential is approved by the Florida Board of Occupational Therapy for 6 hours of CE credit.

RESPIRATORY CARE PROFESSIONALS: RCPS in New York receive 6 hours of Category III credit through IBP’s accreditation by the ANCC. IBP is approved by the CA Board of Registered Nursing, #CEP19896, and as such CE offerings are accepted by the Respiratory Care Board of CA. This program provides 6 CE hours.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a co-sponsorship agreement between Alliant International University and IBP. 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.

Initial Release Date: 01/31/2018  Expiration Date: 01/31/2021  Content Level: Intermediate

© 2018 IBP
How to Receive Home Study Credit

1. Course materials are delivered to you within 5-7 days from the date we receive your order.
2. For recorded programs, watch or listen to the lecture and review the course outline. For text-based programs, read the written materials.
3. Complete the multiple-choice questions or short-written essays based on the course objectives. A passing score is 70%. In the unlikely event that you need to retake the exam, you may do so without penalty or fee. You have at least one year to complete any of the programs.
4. Submit the completed evaluation and exam to IBP by email at ceu@4brain.org, fax at (209) 710-8306 or mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.
5. Certificates of completion are provided upon receipt of the evaluation form and the post-test. Please let us know whether you wish to receive it by email, fax, or mail.

30-Day Refund and Return Policy

If you are not completely satisfied, you may exchange the materials for a recorded or text-based program of equal value or receive a refund minus a $15 processing fee by sending the materials in resalable condition to: IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about program content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, or submit a formal grievance. IBP complies with ADA requirements.

The IBP Experience

We are the leading provider of accredited programs concerning the brain and behavioral sciences. Programs include fascinating and informative presentations by outstanding and highly qualified instructors. DVDs are an excellent alternative to television and CDs are ideal for long commutes. Our non-profit organization has been providing home study programs since 1985.