Fundamental advances have been made in understanding the link between mental states and immune function. The discipline called psychoneuroimmunology has provided important discoveries concerning who gets sick and who stays well.

Psychological stress, expectancy, mood, sleep, physical activity and inflammatory foods and nutrients play an important role in health and chronic inflammation. New discoveries are revealing how chronic inflammation underlies the onset and progression of the most common chronic disorders.

Participants completing this program should be able to:
1. Identify parts of the immune system that are affected by mental states.
2. Describe how disorders of inflammation influence the development of chronic medical, dental, and psychological disorders.
3. Discuss how chronic stress affects fatigue, stress-related eating and the immune system.
5. List strategies to support immune system health based on current research findings.

### Overview of Immune System
- **Antigens**
- **Macrophages**
- **Helper T-cells**
- **Natural Killer Cells**
- **B-cells**
- **Antibodies**
- **Interferons**
- **Cytokines**

### Chronic Inflammation: Mind-Body Interactions
- **The Silent Epidemic**
- **Chronic Psychological Stress**
- **Sleep Loss and Fatigue**
- **Stress-Related Eating**
- **Periodontal Disease**
- **Stress, the Aging Immune System and Cancer**
- **Alzheimer’s Disease**
- **Mood Disorders - A New Understanding**

### Treatments
- **Anti-Inflammatory Nutrients**
- **Regular Physical Activity**
- **Depression Resistance**
- **The Type-B Personality**
- **Close Relationships**
- **Emotional Resilience**
- **Mindfulness**
- **Optimism and Positive Affect**
- **Meaning**

### Substance Abuse Professionals
Institute for Brain Potential is accredited by the NAADAC Approved Education Provider Program, Provider ID# 002498. Institute for Brain Potential is approved by CCAPP-EL Provider Number 4S-09-128-1217. This program provides 6 CEHs.

### 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). UANs: EU02-0000-19-021-H04-P and EU02-0000-19-021-H04-T. 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 ACE 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 12/01/18 – 11/30/24. Provider ID# 312413. Subject Code: 597. Institute for Brain Potential, provider RP-421, 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 provides 6 hours of CE credit.

### OCCUPATIONAL THERAPISTS
Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #9083. 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 (Client Factors) 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 PTAs, #2116.000210. This program provides contact hours of CE credit.

### MASSAGE THERAPISTS
Institute for Brain Potential is approved as provider of continuing education by the Illinois Department of Professional Regulation, #245.000245, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as ‘General’ credit in Florida.

### SPEECH-LANGUAGE PATHOLOGISTS
Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPA), #113322. This program provides 6 CE Hours.

### EDUCATORS
Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship 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.

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**Initial Release Date:** 01/01/2019  **Expiration Date:** 01/01/2022  **Content Level:** Intermediate

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**ABOUT THE INSTRUCTOR**

Margaret Kemeny, Ph.D., is Professor of Psychiatry and Director of Health Psychology at the University of California, San Francisco. An expert in the immune system and health psychology, she is one of the leading scientists to advance the field of psychoneuroimmunology. Her re-search focuses on how thoughts and emotions affect the response to stress, the immune system and physical health. Her research has been supported by the National Institutes of Health and other major organizations.

Dr. Kemeny is an outstanding teacher and mentor. An acclaimed speaker, she has presented programs to the full spectrum of health professionals throughout North America and is one of our most well-received instructors. Audiences consistently commend Dr. Kemeny for her wealth of practical information, her special ability to make complex concepts easily understood, and her enthusiasm and warmth.
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1. Course materials are delivered to you within 5-7 days from the date we receive your order.
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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.
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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.

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