

# The Immune System: The Mind-Body Connection: Who Gets Sick And Who Stays Well

## A 6-Hour Home Study Program for Health Professionals

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. List several strategies to support immune system health based on current research findings.



**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 #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.



**COUNSELORS, PSYCHOLOGISTS, 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. 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 credit.



**ACE** Institute for Brain Potential, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this course.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Florida Board of Psychology, 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), SW CPE 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 #0341. This program provides 6 contact hours.



**SUBSTANCE ABUSE PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. Institute for Brain Potential is approved by CCAPP-EI, Provider Number 45-09-128-1217. 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: 0492-0000-16-019-H04-P and 0492-0000-16-019-H04-T. This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.



Academy of General Dentistry



Program Approval for Continuing Education

**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 12/01/14 - 11/30/18. Provider ID# 312413. Subject Code: 557. 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 provides 6 hours of CE credit.



**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 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, #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 provides 6 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, #245.000045, 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. This program provides 6 CE hours

**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, #CEP13896, and as such, its 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 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.

Initial Release Date: 02/12/2016 Expiration Date: 02/12/2019 Content Level: Intermediate

## 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

## 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.