Psychobiology of Fatigue: The Stress Connection
A 6-Hour Home Study Program for Health Professionals

Understanding the Psychobiology of Fatigue

- The Stress-Cortisol Connection
- The Cortisol-Inflammation Connection
- The Inflammation-Brain-Body Connection
  - Neuroinflammation
  - Arterial Inflammation
  - Periodontal Inflammation
  - GI Tract Inflammation
- The Inflammation-Pain-Mood Connection
- The Pain-Mood-Sleep Connection
- The Sleep-Immune-Fatigue Connection
- Reversing the Vicious Cycle Linking Stress, Inflammation, Mood-Anxiety-Pain and Sleep

Understanding Selected Fatigue Syndromes

- Major Depression
- Chronic Fatigue Syndrome
- Psychophysiological Insomnia
- Profession-Related Fatigue

Evidence-Based Approaches for Reducing Fatigue

- Addressing Cognitive Factors
- Addressing Interpersonal Factors
- Motivational Interviewing
- Addressing Physical Activity
  - Mood Elevation
  - Stress Resilience
  - Sleep Depth
  - Pain Relief
  - Reduced Inflammation
- Addressing Positive Psychology
- Conscientious Eating
- Prioritizing Restorative Sleep
- Calming Traditions

ABOUT THE INSTRUCTOR
Bill Sieber, Ph.D., Clinical Professor in the Departments of Psychiatry and in Family Medicine at the University of California, San Diego, directs their Collaborative Care Program. With over 25 years of clinical, research, and teaching experience, Dr. Sieber is an expert in the behavioral management of disorders of anxiety, mood and fatigue. He blends evidence-based research with practical strategies to directly enhance the wellbeing of health professionals and to help calm their clients.

An outstanding and dedicated instructor, Dr. Sieber is recognized for excellent teaching at UCSD School of Medicine and for developing national training programs. Health professionals commend his clinical wisdom, wit, and warmth.
Policies and Procedures

1. You may order the audio CDs or audio-visual DVDs before the planned expiration date listed on the program brochure. You will have at least one year from the date you placed your order to complete the program for continuing education credit.

2. Course materials including CDs or DVDs, course outline and handouts, evaluation form, and post-test are delivered to you within 5-7 days from the date we receive your order. You will need a CD player to listen to the lecture on CDs and a DVD player to view it on DVDs.

3. Successful completion to receive continuing education credit includes 1) watching or listening to the recorded lecture and reviewing the course handouts, 2) submission of the evaluation form and post-test, and 3) receiving a passing score of 70% on the posttest. No partial credit is given.

4. Post-tests are usually scored within 5 workdays of their receipt; please allow 10 workdays. You may retake the posttest without penalty or fee.

5. Course evaluation form and completed posttest can be submitted to us by email at ceu@4brain.org, fax at (209) 710-8306, or by mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

6. A certificate of completion is provided upon successful completion. Please indicate whether you wish to receive the certificate by email, fax, or mail on the registration form.

7. If you are not completely satisfied, you may return the course materials in a resalable condition within 30-days of your purchase and exchange it for another home study program of equal value or obtain a full refund minus a $15 processing fee by submitting a refund request in writing or by email at refund@ibpceu.com. Tuition for continuing education credit is not refundable. Course materials should be returned to us at IBP Distance Learning, 245 W Pacheco Blvd. Ste. C, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about course content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. Institute for Brain Potential complies with ADA requirements.

The IBP Experience

Our non-profit organization, tax ID 77-0026830, is the leading provider of accredited programs concerning the brain and behavioral sciences. We have been providing informative and practical continuing education programs since 1984. Our programs include fascinating and informative presentations by outstanding and highly qualified faculty.