

Stress and Metabolism: Mind-Body Connections: Appetite, Mood, Cognition, and Sleep

A 6-Hour Home Study Program for Health Professionals

This program presents psychological and nutritional strategies for key stress-related metabolic conditions.

Designed for health professionals working in medical, dental, and behavioral health practices, participants completing this and unique program should be able to identify:

- 1. The role of stress in habit-related eating.*
- 2. Mood disorders associated with abnormal brain metabolism and chronic inflammation.*
- 3. The contribution of metabolic syndrome to cognitive impairment and Alzheimer's disease and pathways to successful aging.*
- 4. Effective approaches to improving sleep.*



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 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.



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 **Ohio CSWMFT Board**, Provider #RCST030801, 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: 0492-0000-16-011-H04-P and 0492-0000-16-011-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 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 Performance Patterns) and Occupational Therapy Process (Intervention). 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.

Stress and Stress-Related Eating

- Chronic Stress
- Habit Brain
- Restraining and Retraining the Habit Brain
- Cortisol Regulation

The Mood-Metabolism Connection

- Understanding Brain Mood Regulation
- Mood-Appetite Connection
- Improving Mood by Normalizing Brain Metabolism
- Mood Regulation

Protecting the Aging Brain

- Inflamed Brain
- Neurotoxic Effects of Cortisol Impair Memory
- Metabolic Syndrome and Alzheimer's Disease
- Preventing and Managing Metabolic Syndrome
- Promoting Successful Cognitive Aging
- Reducing Neuroinflammation
- Improving Sleep

Stress-Related Eating

- Anxiety
- Depression
- Metabolic Syndrome
- Protecting the Aging Brain
- Mindfulness-Based Sleep Meditation
- Slowing the Aging Clock
- Summary

ABOUT THE INSTRUCTOR



Aric A. Prather, PhD, is an Assistant Professor in the Department of Psychiatry and Associate Director of the Center for Health and Community at UC San Francisco. He is an expert in the study of stress resilience, inflammation, depression, sleep and longevity. He helps direct the UCSF Stress Measurement Center and is affiliated with Osher Center for Integrative Medicine and the UCSF Center for Obesity Assessment, Study, and Treatment (COAST). Dr. Prather has received multiple awards for his research and is funded by several organizations including the NIH.

An engaging, informative, and fascinating speaker, health professionals recommend his presentations for their wealth of practical information and lifestyle solutions that can lead to a meaningful change in health and wellbeing.