

Understanding the Gut Brain: Stress, Appetite, Digestion, and Mood

A 6-Hour Home Study Program for Health Professionals

The enteric nervous system, the gut brain, plays a pivotal role in regulating inflammation, stress, metabolism, appetite, and mood.

This unique evidence-based program is designed for health professionals working in medical, dental and behavioral settings and allied health professions.

Participants completing this program should be able to:

1. Describe key functions of the gut brain.
2. List several ways the gut brain regulates appetite.
3. Identify how stress contributes to digestive disorders.
4. Describe how inflammation of the gut can affect mood and anxiety.
5. List several disorders that can be effectively treated with probiotics.



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 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: 0492-0000-16-051-H04-P and 0492-0000-16-051-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: 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.

The Gut Brain: The Mind-Body Connection

- The Hidden Brain
- Inflammation
- Listening to the Gut

Stress, Appetite, and the Gut Brain

- "Starvation" Response
- Diet, Chronic Stress and Cortisol
- Ghrelin: Fulfilling but not Full
- Leptin: Full but not Fulfilling
- Pre-Diabetes and Diabetes
- Foods that Inhibit Ghrelin and Suppress Appetite

Stress and Digestive Disorders

- Stress and the GI Tract
- Inflamed Gut—Inflamed Brain
- Irritable Bowel Syndrome
- Food Allergies
- Inflammatory Bowel Disorders
- Nutritional Approaches

Mood and Anxiety Disorders

- Inflammatory Effects of White Adipose Cells
- Antidepressants and the GI Tract
- Anti-inflammatory Foods
- Anxiety

Understanding and Using Probiotics

- Probiotics
- Immune Disorders
- GI Tract Disorders
- Stress-Related Disorders
- Oral Health
- Prebiotics
- Evidence-Based Guidelines

ABOUT THE INSTRUCTOR



Merrily Kuhn, RN, Ph.D., ND, is an expert in the study of complementary medicines. In her first career, Dr. Kuhn received her doctoral degree in Physiology (SUNY, Buffalo) and wrote extensively on topics including Pharmacotherapeutics: A Nursing Process Approach, Manual of Intravenous Medications, and Manual of Critical Care. Drawing upon her background in nursing, medicine, and physiology, she has reviewed best practices in complementary medicines.

Dr. Kuhn is an outstanding teacher and presenter of continuing education programs for health professionals. In this informative and practical program, participants will receive a detailed outline including updated information on the safety and effectiveness of complementary medicines and nutrients used to treat a wide range of conditions and a consumer's guide to quality control.