

**CONCORD, CA** **Wednesday, June 14**  
CROWNE PLAZA CONCORD/WALNUT CREEK  
45 John Glenn Dr, 94520  
(925) 825-7700

**BERKELEY, CA** **Thursday, June 15**  
HOTEL SHATTUCK PLAZA  
2086 Allston Way, 94704  
(510) 845-7300  
Parking: \$15 before 8 am; \$23 (daily max) after 8am in Allston Garage

**PALO ALTO, CA** **Friday, June 16**  
SHERATON PALO ALTO HOTEL  
625 El Camino Real, 94301  
(650) 328-2800  
Parking: \$18 for self parking; \$21 for valet.

Please do not contact venues except for driving instructions.  
Complimentary parking is available unless otherwise noted.

## ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

✓one:

Concord, Jun 14       Berkeley, Jun 15       Palo Alto, Jun 16

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### PRE-REGISTRATION

- \$79 Individual Rate  
 \$74 Group Rate (3 or More Persons Registering Together)  
\$89 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

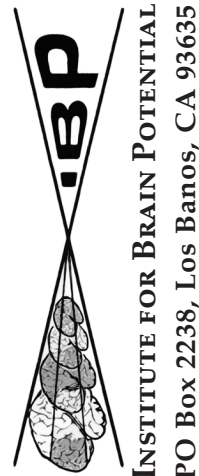
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

All major credit cards accepted: \_\_\_\_\_ Type of card \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



## ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

CONCORD: Wednesday, June 14

BERKELEY: Thursday, June 15

PALO ALTO: Friday, June 16

A New 6-Hour Seminar for Health Professionals, Spring, 2017 \$79

PLEASE POST

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LOS ALTOS, CA  
PERMIT #131



## ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

### A 6-Hour Seminar for Health Professionals

**Schedule:** Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

**Group Registrations:** Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

**Transfers and Cancellations:** Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

**Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**Institute for Brain Potential:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

# ADVERSE CHILDHOOD EVENTS: LIFELONG CONSEQUENCES AND HOW TO OVERCOME THEM

**NURSES:** Institute for Brain Potential (IBP) is approved by the CA Board of Registered Nursing, Provider #CEP13896. This program is offered for 6 contact hours.

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 awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

**PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, AND MFTs:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

Institute for Brain Potential (IBP) 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, 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. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical continuing education clock hours for participating in this intermediate-level course.

**SUBSTANCE ABUSE PROFESSIONALS:** IBP is approved as a provider by CCAPP-EI, Provider Number 4S-09-128-1217. IBP is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 CEHs.

**PHARMACISTS AND PHARMACY TECHNICIANS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (6 CEUs). UANs: 0492-0000-16-068-L04-P and 0492-0000-16-068-L04-T

**DENTAL PROFESSIONALS:** IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of CA. IBP 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. This program is 6 CE hours.

**OCCUPATIONAL THERAPISTS:** IBP 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 Level: Intermediate. Content Focus: Domain of OT (Client Factors).

**NURSING HOME ADMINISTRATORS:** This program has been approved by the California Nursing Home Administrator Program (NHAP) for 6 CE hours.

**PHYSICAL THERAPISTS:** IBP is approved as a provider of physical therapy continuing education by the Physical Therapy Board of California. This program provides 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is approved as a provider of CE by CA Speech-Language Pathology & Audiology Board (SLPAB), #PDP247. This program provides 6 contact hours.

**MASSAGE THERAPISTS:** IBP is approved by NCBTMB as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

**CASE MANAGERS:** This program has been pre-approved by the Commission for Case Manager Certification to provide 6 CE contact hours to CCM® board certified case managers.

**ACUPUNCTURISTS:** Approval is pending by CA Acupuncture Board for 6 CE hours of Category I credit.

**DIETITIANS:** IBP is a Continuing Professional Education (CPE) Accredited Provider with CDR. RDs and DTRs will receive 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001.

**EDUCATORS:** This program provides 7.5 PGs of professional development toward license renewal in CA through a sponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

*Children and youth exposed to neglect, psychological stress and abuse develop impaired attachment styles that undermine the developing brain and immune system.*

*This new program presents evidence-based methods of overcoming adverse childhood events through self-care, lifestyle, and psychological pathways to improved brain function.*

*Participants completing this program should be able to:*

- 1. Identify how adverse childhood experiences can impair the developing brain and alter the response to psychological stress.*
- 2. Distinguish between secure, anxious and avoidant forms of attachment.*
- 3. Describe how maltreatment can impair stress resilience, mood regulation, and impulse control across generations.*
- 4. List several ways that early adversity can undermine the immune system.*
- 5. Discuss how self-care and lifestyle can help overcome adverse childhood events.*
- 6. Identify psychological pathways that can protect the brain from the toxic effects of mood, anxiety, trauma, and memory-related disorders related to adverse childhood events.*

## The Long-Term Effects of Neglect and Abuse

- **Neglect:** how underdeveloped areas of the brain such as the prefrontal cortex become impaired, and its role in affecting attention and goal-directed behavior.
- **Psychological Stress:** why poor social skills and dysfunctional relationships emerge only to stir up more uncontrollable stress.
- **Abuse:** how the risks of anxiety and depression increase; why emotional and event-related memory is compromised.

## Attachment

- **Secure Attachment:** more than just bonding, a critical aspect of normal brain development and the development of resilience in adults.
- **Anxious Attachment:** why the infant who is anxious around his or her primary caregiver is more likely to have stress-related disorders as an adult.
- **Avoidant Attachment:** the infant who does not seem to notice when his or her caregiver leaves the room—how that affects brain organization and pathology.

## How the Trauma of Parents and Grandparents Can Be Inherited

- **Maltreatment:** why adults who were severely maltreated as youngsters often have alterations in the “on and off” switches for serotonin and cortisol.
- **Cortisol and Chronic Stress:** the gene for cortisol, a key stress-related hormone, is altered by prolonged or severe childhood stress.
- **Mood Disorders and Harsh Childhood Maltreatment:** impaired expression of serotonin receptors and impulse control.

## How Early Adversity Can Undermine the Immune System

- **Inflammation:** why chronic, low-grade inflammation is a common result of early adversity.
- **Weight Gain:** appetite, cortisol, inflammation, and metabolism.
- **Autoimmune Disorders:** how they can develop and complicate disorders of mood and cognition.
- **GI Health:** how gut bacteria can be out of balance and promote inflammation and leaky gut syndrome.

## Self-Care and Lifestyle as Critical Foundations for Mental Health

- **Resilience:** a set of habits that can restore balance by reframing how we experience the past and imagine the future.
- **Conscientious Food Choices:** how simple carbohydrates, trans fatty acids and saturated fats undermine mood and cognition.
- **Conscientious Physical Activity:** how mood elevation and cognitive enhancement follow the right types and amounts of activities that can provide endurance, strength, flexibility, and balance.
- **Sleep:** how developing sleep hygiene skills promotes a healthy brain.

## Psychological Pathways to Improved Brain Function

- **Neuroplasticity:** the mental processes that can improve cognitive-enhancing habits and help regrow lost hippocampal neurons.
- **Ameliorating Anxiety:** altering the habit brain from the faster, automatic, fear-based amygdala circuit to slower, wiser prefrontal control over the amygdala.
- **Elevating Mood:** the thought habits that can lift depression and increase optimism.
- **Resolving Trauma:** how to encode brain messages that can reduce the effects of trauma.
- **Enhancing Adaptive Long-Term Memory:** acquiring thought habits that enable people to encode information in a way that improves recall of positive memories.
- **Mindful Brain:** how mindfulness-based meditation and habitual mindful states can alter the brain in ways that reduce pain and suffering, and enhance well-being and the experience of the here and now.

## ABOUT THE INSTRUCTOR



*John Arden, Ph.D. is an internationally acclaimed speaker and author of works that translate advances in the brain and behavioral sciences into terms that can be applied by health professionals to create meaningful change. He is the Chief Academic Officer for IBP. Previously as Director of Training of Mental Health Professionals of 24*

*medical centers in Northern California, Dr. Arden supervised over 1000 postdoctoral fellows and interns and had developed training programs that promoted behavioral medicine at Kaiser Permanente.*

*The author of 14 evidence-based texts, Dr. Arden is working on a 15th text that forms the basis of the lecture he will be presenting. In the last year, Dr. Arden has presented programs throughout the United States as well as invited lectures in Canada, Italy, Spain, China, Korea, New Zealand and Australia. Audiences appreciate his innovative teaching style and rare ability to humanize advances in the brain sciences with clinical wisdom, clarity, and warmth.*

*In addition to Q & A sessions in class, Dr. Arden will answer your questions during the second half of the lunch break and by email after the program concludes.*