

# INTERACTIVE WEBCAST FRIDAY, SEPTEMBER 1, 2017

## INTERACTIVE WEBCAST

Friday, September 1, 2017, 9 AM – 4 PM PDT

You will need a computer with internet access and speakers to participate in the webcast.

## ON-DEMAND WEBCAST

Wednesday, September 6, 2017 – Friday, October 6, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, September 6, 2017 through Friday, October 6, 2017. The program plus in-class exercises will be available in four convenient segments.

## HOME STUDY RECORDINGS

Valid for CE until July 15, 2018

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 15, 2018

# MEDITATION: A PROGRAM FOR HEALTH PROFESSIONALS

✓one:

- Interactive Webcast with CE Credit: Friday, September 1, 2017
- On-Demand Webcast with CE Credit: September 6, 2017 – October 6, 2017

Purchase of Recordings with Home Study CE Credit: through July 15, 2018

- 4 Audio CDs
- 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 4 Audio CDs, \$50
- 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

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

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

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

Signature \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

**PSYCHOLOGISTS:** 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 credits. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

**COUNSELORS, 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. Institute for Brain Potential 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](http://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 intermediate-level 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 Ohio CSWMT 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.

**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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Areas of Occupation) and Occupational Therapy Process (Intervention and Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**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 4S-09-128-1217. This program provides 6 CEHs.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-15-012-L04-P and 0492-0000-15-012-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-15-013-H04-P and 0492-0000-15-013-H04-T. Initial Release Date: 07/15/2015. Planned Expiration Date: 07/15/2018. This program provides 6 hours (.6 CEU). 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. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 07/15/2015. Planned Expiration Date: 07/15/2018. IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. IBP is an approved provider with the FL Board of Dentistry. This program is 6 CE hours.

**PHYSICAL THERAPISTS:** This program is approved by as a provider of the physical therapy continuing education by the Physical Therapy Board of California. IBP is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. IBP 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 is pending approval by the TX chapter of the American Physical Therapy Association (TPTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider 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, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the webcast of the program. This program provides 6 CE hours.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: undefined. Suggested Learning Codes: undefined. CDR-approved credit is available for only the webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. IBP is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). IBP is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

**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.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



# MEDITATION

## A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** The date of the interactive webcast is Friday, September 1, 2017, 9 AM, Pacific Daylight Time. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Wednesday, September 6, 2017 until Friday, October 6, 2017. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: July 15, 2018. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists.

**Group Registrations:** Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings 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. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

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

**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.

# MEDITATION: A PROGRAM FOR HEALTH PROFESSIONALS

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on September 1, the date of the broadcast?**

Yes! First, register for the program. You will receive a link to view the program starting September 6 until October 6. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*This new program is designed to help you understand and experience various forms of meditation from ancient healing traditions of the East to contemporary Western practices.*

*Participants completing this program should be able to:*

- 1. Distinguish between two major forms of meditation, mindfulness-related states and focused awareness.*
- 2. Identify selected features of meditative traditions originating in India, Tibet and Japan.*
- 3. Name several evidence-based health-related benefits of contemporary meditative practices.*
- 4. Describe how to develop a personalized meditation program to improve health and wellbeing of clients in medical, dental, behavioral or other health professions.*

## Understanding Meditation

- **Mindfulness (Open Monitoring):** awareness of thoughts, feelings, and sensations as a present-centered, non-judgmental state to manage habitual cravings, fears, and anxiety.
- **Focused Attention (Closed Monitoring):** present-centered states attained by attention to the breath, an image, sound, sensation, or idea.
- **The Mindful Brain:** mindfulness, anxiety reduction, and calming the amygdala (part of the habit brain); from mind wandering to sustained focus and the prefrontal cortex; compassion, loving-kindness, and the self-aware brain.
- **Minding the Body by Embodying the Mind:** how the relaxation response calms the adrenaline fight-or-flight response and the cortisol chronic stress response; reducing oxygen consumption, respiratory rate, blood pressure; improving blood flow and immune function.

## Meditative Traditions of the East

- **Thinking Without Judging:** the Indian origin of mindful awareness.
- **Thinking in the Here and Now:** Yoga breathing (Pranayama), postures (Asanas), and deep state of focused awareness (Samadhi).
- **Thinking Without Suffering:** suffering is linked to habit-based desire and cravings; meditative pathways through serenity and insight.
- **Tibetan Self-Aware Positive Emotions:** compassionate mental states including loving-kindness and how this alters brain wave coherence.
- **Zen: Thinking About Not Thinking:** counting one's breaths up to ten repeatedly; full absorption in what we experience; sitting meditation and Zazen.

## Meditative Adaptations of the West

- **The Relaxation Response:** the role of a constant mental stimulus (e.g., a sound, word, phrase or prayer repeated silently or audibly, or fixed gazing), a passive attitude, comfortable posture, and quiet environment—connecting meditative traditions of East and West.
- **Transcendental Meditation:** adaptation of Mantra meditation by Maharishi Mahesh Yogi practiced 15-20 minutes twice daily while sitting with one's eyes closed; beneficial effects including for hypertension, cortisol related to stress, depression, PTSD and generalized anxiety.
- **Yoga:** reducing back and musculoskeletal pain, primary and secondary prevention of cardiovascular disease; improving quality of life for cancer patients and survivors; benefits for healthy people.
- **Teachings of the Dalai Lama:** focus on reducing suffering in ourselves and others by cultivating self-aware emotions of empathy and compassion including self-compassion; beyond craving, a dopamine-driven state, to liking, a present-centered endogenous opioid state.
- **Zen:** practicing sitting and walking meditations; focusing on the eternal moment of the here and now to appreciate the timeless.
- **Mindfulness-Based Stress Reduction:** practicing nonjudgmental awareness and its benefits for patients with chronic pain, heart disease, cancer, depression, anxiety, and for healthy people.

- **Mindfulness-Based and Acceptance-Based Cognitive Therapy:** benefits of adding mindfulness to psychological interventions for major depression, bipolar disorder and anxiety disorders.
- **Neurofeedback:** awareness of one's brain wave activity and benefits for ADHD, anxiety, depression, epilepsy, headaches and insomnia; states of awareness associated with alpha, beta, gamma and theta feedback.

## Developing a Personalized Meditation Program

- **Taking Time to Experience Timelessness:** pathways to identifying meditative states specific to one's needs.
- **Finding Ourselves by Losing Ourselves:** selecting from individual and group practices; key resources, books, centers and retreats.
- **Judging the Benefits of Non-Judgmental States:** combining different meditative traditions including open and closed monitoring, introducing variety and flexibility versus focusing on one tradition at a time.
- **Acquiring the Habit of Non-Habitual Thinking:** developing a regular meditative practice that enables us to recognize automatic thoughts, feelings, and cravings and replace them with positive, life-affirming habits.
- **Replacing Fast Thinking with Slow Wisdom:** returning to the meditative practice by reminding ourselves that the fast-thinking automatic centers of our habit-driven brain require the slow wisdom of the prefrontal cortex and the non-judgmental mindset.

## ABOUT THE INSTRUCTOR



*Dennis Marikis, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, and researcher, with expertise in using meditation and neurofeedback to treat a wide range of disorders occurring in patients seen in medical, dental, and behavioral health practices.*

*Dr. Marikis has developed and presented training programs for health professionals throughout the United States for over 20 years. An outstanding speaker, Dr. Marikis has appeared on many radio programs and has been known as the "radio psychologist." Participants appreciate the use of innovative teaching methods including the use of film and the opportunity to practice and experience different meditative practices.*

*Participants will be able to practice different forms of meditation, view film clips, and develop an experiential and practical understanding of evidence-based practices they can apply to help their clients and to enrich the lives of healthy individuals.*

*The outline developed by Dr. Marikis for this new program will include key findings for all of the lecture topics, references, books, resources and retreats. In addition to Q & A sessions in class, Dr. Marikis will answer your questions during the second half of the lunch break and by email after the program concludes.*