

WINSTON-SALEM, NC
DOUBLETREE WINSTON SALEM-UNIVERSITY
5790 University Pkwy, 27105
(336) 767-9595

Wednesday, September 27

DURHAM, NC
DURHAM CONVENTION CENTER
301 W Morgan St, 27701
(919) 956-9404
Parking: \$5

Friday, October 6

GREENSBORO, NC
MARRIOTT GREENSBORO DOWNTOWN
304 N Greene St, 27401
(336) 379-8000
Parking: \$2

Friday, October 20

RALEIGH, NC
DOUBLETREE RALEIGH BROWNSTONE-UNIVERSITY
1707 Hillsborough St, 27605
(919) 828-0811

Friday, October 27

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

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U.S. POSTAGE
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PERMIT #131

PLEASE POST

UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

✓ one:

- | | |
|--|--|
| <input type="checkbox"/> Winston-Salem, Sep 27 | <input type="checkbox"/> Durham, Oct 6 |
| <input type="checkbox"/> Greensboro, Oct 20 | <input type="checkbox"/> Raleigh, Oct 27 |

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

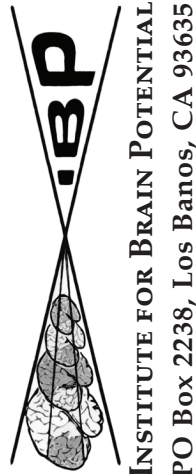
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

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

All major credit cards accepted: _____ Type of card _____

Card # _____ Exp Date _____ / _____

Signature _____



UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

WINSTON-SALEM: Wednesday, September 27

DURHAM: Friday, October 6

GREENSBORO: Friday, October 20

RALEIGH: Friday, October 27

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



UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

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.

UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

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

This program provides 6 contact hours for nurses.



PSYCHOLOGISTS: 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.



COUNSELORS & MARRIAGE AND FAMILY THERAPISTS: 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 of CE credit.



SOCIAL WORKERS: IBP, 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 by the **NAADAC** Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (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 provides 6 contact hours (.6 CEUs). UANs: 0492-0000-17-031-L04-P and 0492-0000-17-031-L04-T



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. 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: IBP is a *Certified Sponsor* of professional continuing education with the **NAB** and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

PHYSICAL THERAPISTS: IBP is approved as a provider of physical therapy continuing education by **Physical Therapy Board of California** and **Illinois Department of Professional Regulation**, Sponsor #216.000210. The **North Carolina Board of Physical Therapy Examiners** accepts courses approved by the physical therapy licensing boards of other states. This program provides 6 contact hours.

SPEECH-LANGUAGE PATHOLOGISTS: This program is designed to meet the needs of speech-language pathologists in NC. Participants will receive a certificate for completing this 6-hour program.

MESSAGE THERAPISTS: Institute for Brain Potential 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 submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

DIETITIANS: IBP 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 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. CPE Level: I. Suggested Learning Codes: 6010 and 6020.

EDUCATORS: This program provides .75 CEUs of professional development toward license renewal in NC through a cosponsorship 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.

Participants will acquire an understanding of how mindfulness-based meditation works, health-related benefits, and how to practice and teach mindfulness.

Health professionals completing this program should be able to:

- 1. Identify key experiential features of the mindfulness-spectrum states.*
- 2. Describe how to practice awareness of breath, mindfulness-based body scan, waking mindfulness, and tailored practices to improve mood, anxiety, and sleep.*
- 3. Discuss how mindfulness training can relieve pain,*
- 4. Identify how mindfulness alters the brain.*
- 5. List key features of a mindful lifestyle.*
- 6. Describe mindfulness techniques indicated for clients in medical, dental, and behavioral health practices.*

Mindful Spectrum States

- **Experiencing Mindfulness:** a present focused, non-judgmental and non-reactive awareness.
- **Mindfulness-Based Stress Reduction (MBSR):** an 8-week program developed by Dr. Kabat-Zinn, for treating stress, anxiety and depression.
- **Mindfulness-Based Mental Training:** a rapid mindfulness intervention developed by Dr. Zeidan; at the invitation of the Dalai Lama, Dr. Zeidan recently travelled to Mongolia to present his research.

Mindfulness-Spectrum Techniques

- **Breath Awareness:** non-judgmental awareness of the moment.
- **Mindfulness-Based Body Scan:** the translation of breath awareness to the rest of the body and beyond.
- **Walking Mindfulness:** a present-centered approach to mindful movement.
- **Tailored Interventions:** mood elevation is often the initial shift; reduction of worry and rumination, and sleep induction.

Mindfulness-Based Pain Reduction

- **How Mindful Pain Reduction Works:** mindfulness can produce a long lasting and stable analgesia by depersonalizing and reducing emotional aspects of pain.
- **Preparing Patients for Medical, Dental and Surgical Procedures:** keys to calming the client; helping the patient stay centered.
- **Acceptance of the Past, Present and Future:** how anxiety and depression can be directly improved through mindfulness via unique brain mechanisms.

How Mindfulness Alters the Brain

- **You Don't Have to be a Monk:** mindfulness impacts the brain and health almost immediately; a voyage through the brain activity of the novice to the adept meditator.
- **Improving Attention:** tuning out distractions and the thalamus.
- **Elevating Mood:** motivation, mood, and the cingulate cortex.
- **Non-Judgmental Awareness:** social-emotional reasoning and the orbitofrontal cortex.
- **Reducing Somatic Distress:** the gut-brain and the insula.
- **Inhibiting Pain Sensitivity:** a non-reactive state that engages a pain relief mechanism not reliant on brain opioids.

The Mindful Lifestyle

- **Detaching from Negative Emotions:** focused observation by noting what is occurring at any one time.
- **Emotional Resilience:** taming reactive emotions.
- **Acceptance:** accepting traits in self/others unlikely to change and moving on.
- **Extending Healthy Cognitive Aging:** protecting the aging brain through mastery of executive functions that improve concentration, working memory and clarity of thought.

ABOUT THE INSTRUCTOR

Fadel Zeidan, Ph.D. is Associate Director of Neuroscience at the Wake Forest University Center for Integrative Medicine. Dr. Zeidan is a leading expert in the study of how mindfulness-spectrum states reduce pain and anxiety, and improve health. His research is supported by the National Institutes of Health.

An outstanding speaker, he has presented at TED talks, scientific conferences, and to the Dalai Lama. Health professionals highly recommend his practical and inspiring interactive presentations and the demonstration of mindfulness-based practices throughout the day. In addition to Q & A, Dr. Zeidan will answer your questions by email after the program concludes.