

LIVE WEBCAST FRIDAY, JULY 14, 2017

LIVE WEBCAST

Friday, July 14, 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, July 19, 2017 – Saturday, August 19, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, July 19, 2017 through Saturday, August 19, 2017. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until July 3, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: July 3, 2020

UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

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Live Webcast with CE Credit: Friday, July 14, 2017

On-Demand Webcast with CE Credit: July 19, 2017 – August 19, 2017

Purchase of Recordings with Home Study CE Credit: through July 3, 2020

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

- Internet: www.ibpceu.com
- Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
- Fax: (877) 517-5222
- 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 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.

IBP 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 (IBP) 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.

IBP 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 (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.

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. 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.

IBP is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, 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. 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 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the **NAADAC Approved Education Provider Program**, Provider #102949. IBP is approved by **CCAPP-EL**, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



PHARMACISTS & PHARMACY TECHNICIANS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The live webcast is a knowledge-based activity with UANs 0492-0000-17-031-L04-P and 0492-0000-17-031-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-032-H04-P and 0492-0000-17-032-H04-T. Initial Release Date: 07/03/2017. Planned Expiration Date: 07/03/2020. This program provides 6 hours (.6 CEU).



DENTAL PROFESSIONALS: 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. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 07/03/2017. Planned Expiration Date: 07/03/2020.

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 **Florida Board of Dentistry**. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP – an accredited approver 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 (APTA)**. 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: IBP 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: IBP 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 live webcast of the program. This program provides 6 CE 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 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: I. Suggested Learning Codes: 6010 and 6020. CDR-approved credit is available for only the live 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.



UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

A 6-Hour Program for Health Professionals

Live Webcast Schedule: The date of the live webcast is Friday, July 14, 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, July 19, 2017 until Saturday, August 19, 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 3, 2020. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after August 19, 2017.

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.

UNDERSTANDING AND EXPERIENCING MINDFULNESS-SPECTRUM STATES

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 July 14, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting July 19 until August 19. 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.

Mindfulness meditation is a practice based on developing cognitive flexibility and maintaining nonjudgmental awareness of the present moment. Advances in neuroscience are revealing a spectrum of mindful states.

This program is designed to enable participants to acquire an understanding of how mindfulness-based meditation works, its health-related benefits, and how to practice and teach mindfulness.

Participants 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 produce 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.*

There Is No Time Like The Present

- **Past and Future:** how ancient meditative traditions of India and Tibet are being understood by the neuroscience of the self-regulation of consciousness.
- **The Experience of Mindfulness Meditation**
 - **Sustained Focus:** improving concentration over distracting thoughts, feelings, and emotions or in the presence of outside distractions,
 - **Present Focus:** staying calm in the present tense without being tense about the past or future.
 - **Non-judgmental Awareness:** observing one's thoughts, feelings and sensations through meta-awareness, an awareness of being aware.
 - **Non-Reactive:** reducing stress arousal by experiencing a calming state.
 - **The Brain On Silent:** understanding mindfulness spectrum states.
- **Mindfulness-Based Stress Reduction (MBSR):** developed by Dr. Kabat-Zinn, an eight-week training program that can reduce symptoms of stress including anxiety and depression.
- **Mindfulness-Based Mental Training:** a brief mindfulness intervention that was developed by Dr. Zeidan. At the invitation of the Dalai Lama, Dr. Zeidan recently travelled to Mongolia to present his research.

Mindfulness-Spectrum Techniques:

There Is No Time Like the Present.

- **Nonjudgmental Breath Awareness:** a gateway to non-judgmental awareness of the present moment.
- **Mindfulness-Based Body Scan:** translation of breath awareness to the rest of the body and beyond.
- **Walking Mindfulness:** a present-centered approach of mindful movement.
- **Eating Mindfulness Technique:** making conscientious choices, improving impulse control, reducing cravings, and savoring.
- **Tailored Interventions**
 - **Mood Elevation:** improvement of mood is often the initial shift that results from mindfulness practice.
 - **Anxiety Reduction:** the mindfulness experience teaches the practitioner that worry and rumination are reflections of the past that can fade by centering focus.
 - **Sleep Induction:** a pathway to reducing the thoughts that keep us awake.

Mindfulness-Based

Pain Reduction and Health Promotion

- **How Mindful Pain Reduction Works:** mindfulness can produce long lasting and stable analgesia by depersonalizing and reducing the emotional component of pain.
- **Indications:** types of acute pain and chronic pain (e.g., lower back) visceral pain, fibromyalgia, IBS, and other forms of pain.
- **An Adjunct to Opioid Medication:** mindfulness engages a pain system that does not involve endogenous opioids, therefore, opiate medication will not result in cross-tolerance.
- **Preparing Patients for Medical, Dental and Surgical Interventions:** keys to calming the client and helping the patient remain 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 thalamic reticular nucleus.
- **Elevating Mood:** motivation, mood regulation and the anterior cingulate cortex.
- **Enhancing Nonjudgmental Awareness:** self-aware social and emotional cognition and the orbitofrontal cortex
- **Reducing Somatic Distress:** sensory awareness of the GI tract, viscera, and the insula.
- **Inhibiting Pain Sensitivity:** how mindfulness alters regions of the brain that affect attention, mood, nonjudgmental awareness and somatic distress.
- **The Mindfulness Habit is Not Habit Forming:** mindfulness does not rely on the endogenous opioid system to reduce pain; the habit brain is active during and following mindfulness training.

The Mindful Lifestyle

- **Detaching from Negative Emotions:** focused observation by noting what is occurring at any one time .
- **Improving Emotional Resilience:** how mindfulness can aid in taming runaway emotions.
- **Acceptance:** accepting traits in self and others that are unlikely to change and then moving on.
- **Extending Healthy Cognitive Aging:** mindfulness protects the aging brain through a mastery of key executive functions that can improve concentration, facilitate working memory, and enhance clarity of thought.

ABOUT THE INSTRUCTOR



Fadel Zeidan, Ph.D. is Associate Director of Neuroscience at Wake Forest's Center for Integrative Medicine. Dr. Zeidan is a leading expert in the study of how mindfulness-based states can reduce pain, anxiety and improve health. He is a member of the prestigious Mind and Life Institute and his research is supported by

grants including the National Institutes of Health.

An outstanding speaker, he has presented his research at numerous scientific conferences and invited presentations including TED talks. [Click here](#) to view his TED talk presentation. He makes his lectures inspiring and practical by presenting key findings in non-technical terms. Health professionals also appreciate the demonstration of multiple mindfulness-based techniques. Dr. Zeidan will also share what he presented to the Dalai Lama and the results of his extensive evidence-based research.

This program includes mindfulness-focused scientific lectures, Q & A sessions, and mindfulness-based meditation practices throughout the day including techniques developed by Dr. Zeidan. In addition to Q & A during the day of the lecture, Dr. Zeidan will answer your questions by email after the program concludes.