

**ROANOKE, VA**  
QUALITY INN ROANOKE AIRPORT  
6626 Thirlane Road NW, 24019  
(540) 366-8861

Monday, October 9

**LYNCHBURG, VA**  
HOLIDAY INN LYNCHBURG  
601 Main St, 24504  
(434) 528-2500

Tuesday, October 10

**CHARLOTTESVILLE, VA**  
DOUBLETREE BY HILTON CHARLOTTESVILLE  
990 Hilton Heights Rd, 22901  
(434) 973-2121

Wednesday, October 11

**RICHMOND, VA**  
DELTA HOTELS BY MARRIOTT RICHMOND DOWNTOWN  
555 East Canal St, 23230  
(804) 788-0900  
Parking: \$5 discounted

Thursday, October 12

**NEWPORT NEWS, VA**  
NEWPORT NEWS MARRIOTT AT CITY CENTER  
740 Town Center Dr, 23606  
(757) 873-9299

Friday, October 13

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

## THE HABITS OF STRESS-RESILIENT PEOPLE

✓ one:

- Roanoke, Oct 9   
 Lynchburg, Oct 10   
 Charlottesville, Oct 11  
 Richmond, Oct 12   
 Newport News, Oct 13

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](http://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

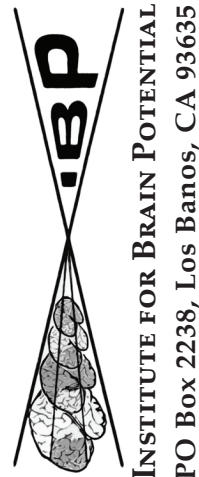
All major credit cards accepted: \_\_\_\_\_ Type of card \_\_\_\_\_

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

Signature \_\_\_\_\_



PLEASE POST



# THE HABITS OF STRESS-RESILIENT PEOPLE

ROANOKE: Monday, October 9

LYNCHBURG: Tuesday, October 10

CHARLOTTESVILLE: Wednesday, October 11

RICHMOND: Thursday, October 12

NEWPORT NEWS: Friday, October 13

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

## THE HABITS OF STRESS-RESILIENT PEOPLE

### A 6-Hour Seminar for Health Professionals

*In this new program, learn to protect the brain and body from the toxic effects of stress and cortisol by developing a stress-resilient mindset.*

*Learn how stress-resilient people manage cravings, reduce fear and anxiety, elevate mood and experience positive states.*

*Health professionals in medical, dental, and behavioral settings completing this practical 6-hour program should be able to identify one or more habits that:*

- 1. Protect the brain and body from toxic effects of stress and cortisol,*
- 2. Manage stress-related cravings,*
- 3. Overcome fears or generalized anxiety,*
- 4. Produce positive moods, and*
- 5. Experience calm, mindfulness, meaning and happiness.*



**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.

# THE HABITS OF STRESS-RESILIENT PEOPLE

**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: 0492-0000-15-015-L04-P and 0492-0000-15-015-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/Membership 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:** 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 Level: Intermediate. Content Focus: Domain of OT (Areas of Occupation and Performance Patterns) and Occupational Therapy Process (Intervention).

**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 the **CA Physical Therapy Board** and **NY State Board of Physical Therapy**. The **Virginia Board of Physical Therapy** accepts courses from the providers approved by the physical therapy licensing boards of other states. 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)**, #PDF247, by **FL Board of Speech-Language Pathology and Audiology**, and by **KS Department of Health and Environment**, Provider# LTS S1271. The **VA Board of Audiology and Speech-Language Pathology** accepts courses approved by the physical therapy licensing boards of other states. This program provides 6 contact hours of continuing education credit.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved by **NCBTMB** as a CE Approved Provider, #450939-09. This course provides **NCBTMB**-approved 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: 2110, 3080, 4040, and 5370.

**EDUCATORS:** This program provides 7.5 PD Points of professional development toward license renewal in VA 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.

## Understanding Stress Resilience

- **Stress-Resilient Mindset:** viewing stressors as challenges rather than as threats by turning off the adrenal "fight-or-flight" response and the cortisol "worry" response.
- **Stress-Resilient Brain:** protecting short-term memory and the hippocampus; reducing emotional threats and the amygdala; preventing confusion, anxiety and mood swings and the prefrontal cortex.
- **Stress-Resilient Body:** preventing immune suppression, chronic inflammation, and metabolic syndrome.

## Habits that Control Cravings

- **Understanding Cravings:** comfort foods, alcohol, nicotine and illicit substances all involve dopamine, reward expectation, and the habit brain.
- **Stress-Related Appetite:** caloric-dense comfort foods reduce stress by temporarily lowering cortisol; developing the habit of reward substitution.
- **Retrain and Restrain:** teaching the habit brain to delay immediate gratification by engaging the slower wisdom of the prefrontal cortex.

## Habits that Reduce Fear and Anxiety

- **Fearful Brain, Anxious Brain:** traumatic events are stored as emotional memories in the amygdala, part of the habit brain; anxiety-evoking events are organized in frontal and limbic areas and have to do with how we imagine the future.
- **Curbing Fear-Based Habits:** confronting rather than avoiding fear-related situations; why exposure-based therapy is highly successful; how resilient people cope with trauma and PTSD.
- **Curbing Anxiety-Based Habits:** overcoming the habit of "what if" thinking by analyzing "what is" and reframing thoughts to calm the overactive brain.

## Habits that Elevate Mood

- **Depression-Resistant Mindset:** how mood can be elevated by the learning to manage expectations.
- **Identifying Mood Triggers:** ways to increase predictability and control; replacing toxic thoughts with realistic ones.
- **Effective Coping Habits:** ways to curtail rumination and activities that sustain positive habits.
- **Acquired Optimism:** more than a reasoned response, optimism can become an automatic way of thinking about the future.
- **Burnout Protection:** the numbing and distancing effects of burnout can be reversed by identifying, "What did I learn about myself?" to change how we think, act, and work.
- **Balancing Both Energizing and Relaxing Habits:** energy is increased by relaxation, restorative sleep, and the right dose of physical activity.

## Practicing Positive Psychology and Mindfulness

- **Happy Brain, Healthy Brain:** happiness is more than the absence of stress, anxiety, or sadness; happiness involves activation of brain systems that increase satisfaction and enhance meaning.
- **Practicing Positive Psychology—What Happy People Do:** it is not the motivation to become happier but the practice of happiness-enhancing experiences that lead to meaningful change.
- **Choosing To Be Happy Instead of Being Right:** keys to maintaining close relationships.
- **The Healing Power of Accepting What Is Unlikely To Change:** accepting limitations in others and self; overcoming the pathology of perfectionism.
- **Humor and Laughter:** practicing the stress-reducing power of humor to make difficult situations more enjoyable.
- **Mindfulness:** calming the mind by attending to the present; witnessing our thoughts without judging them.
- **Mindful Listening:** helping people feel truly heard to reduce anger, anxiety, and resolve conflicts in close relationships.
- **Keys To Developing Sustainable Stress-Resilient Habits:** step-by-step guidelines for practicing stress-resilient habits; viewing stressors as positive challenges with optimism, gratitude and commitment.

## ABOUT THE INSTRUCTOR

*Dennis Marikis, Ph.D. (Ohio State University) is an acclaimed psychologist, clinician, researcher and lecturer in the areas of stress-related habits, personality disorders, eating disorders, anger, anxiety, depression and the application of positive psychology. Dr. Marikis is Clinical Director of an Ohio-based center for psychological services. He 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 praise his use of innovative teaching methods. In this presentation, film excerpts will be used to illuminate the habits of happy people. Dr. Marikis' wise and practical presentations provide an effective guide to understand and interact with difficult people. Participants will receive an outline prepared by Dr. Marikis including key discoveries and resources.*

*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.*