

SIX-HOUR WEBINAR

Wed., Feb. 24, 2021

(REGISTRATION FORM)

PTSD, TRAUMA, & ANXIETY DISORDERS

Please Check One Option Below:

LIVE WEBINAR: Wed., Feb. 24, 2021, 11:30 AM – 6:40 PM, (Eastern Time)
or 10:30 AM – 5:40 PM, (Central Time)
or 8:30 AM – 3:40 PM, (Pacific Time)

___ \$83 – Pre-Registration Rate: Live Webinar with 6 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

___ \$83 – DVD or streaming video available for homestudy credit.

___ \$69 – DVD or streaming video only without homestudy test.

*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

Name (please print) _____
Home Address _____
City/State _____ Zip _____
Work Phone _____ Home Phone _____
Fax _____
Email _____
Profession _____ License No. _____
Pharmacists only: NABP # _____ Date of Birth _____ / ____ / ____
mm / dd / yy

Payment by (please check one):

___ Check for \$ _____ (Please make check payable to INR)

Charge the amount of \$ _____
to my ___ Visa ___ MasterCard ___ American Express® ___ Discover®

Card # _____ Exp Date _____ CVV _____
(Card Security Code)

Signature _____

There are four ways to register:

- 1) **Internet:** www.INRseminars.com
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820
Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6 contact hours for nurses, including one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 6 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#L0140-0927) for 7.2 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 6 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-19-047-L04-P. This is a knowledge-based CPE activity.

REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, 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 hours worth of 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. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 145091 and Performance Indicators: 8.2.3. CPE Level: I.

PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.

MENTAL HEALTH COUNSELORS, MFTs, & ADDICTION COUNSELORS

Under Sponsor #00088989 and Approval #TRN1924029, CRCC has approved this course for six contact hours. Institute for Natural Resources (INR) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Institute for Natural Resources (INR) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Approval No. MCT06204121, the Ohio Counselor, Social Worker, and Marriage and Family Therapist Board has approved this course for 6 clock hours for Ohio-licensed counselors and MFTs. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2019–02/28/2022. Social workers completing this course receive 6 clinical continuing education credits. This course "PTSD, Trauma, & Anxiety Disorders," Approval #182405-0819R provided by INR, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: 09/01/20 through 08/31/22. New Jersey social workers will receive six (6) clinical CE credits for participating in this course. Institute for Natural Resources (INR), 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 #0195. California Board of Behavioral Sciences will accept courses approved by ASWB.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

INR is recognized as an approval agency to approved providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 6 continuing competency units. The New Jersey State Board of Physical Therapy Examiners has approved the course for 6 hours continuing education credits. The NJBPTE Course Approval #2001-147. The New York State Dept of Education has approved INR as a sponsor of continuing physical therapy education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 6 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MESSAGE THERAPISTS

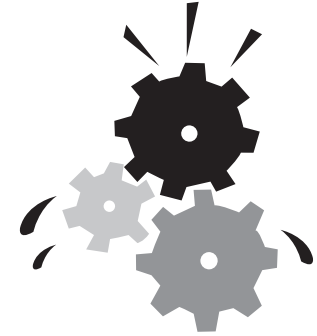
Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider, Provider #299936-00, and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the State of New York for license renewal.

OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



PTSD, TRAUMA, & ANXIETY DISORDERS



SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

© Institute for Natural Resources, 2021, CODE: PTSD-E1930-C

PTSD, TRAUMA, & ANXIETY DISORDERS

Frequently Asked Questions

Q: How can I take this Webinar?

This Webinar can be taken in several formats:

- (a) A live Webinar
- (b) An audio-visual DVD or streaming video for home-study credit (valid for such professions such as nursing, dental, pharmacy, dietetics, occupational therapy, social work, and possibly other professions.)
- (c) An audio-visual DVD or streaming video without credit (available, for a reduced fee).

Q: What do I have to do to complete the live Seminar/Webinar successfully?

To obtain the 6 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How long does it take to receive a Seminar/Webinar Completion Certificate?

At a live seminar, certificates are given out at the end of the seminar. With all other presentations (e.g., electronic), receipt of the certificate typically takes 3 to 5 days after all materials are submitted.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar (in effect a live broadcast of a seminar)?

You will receive a voucher equal to the tuition paid. This voucher will be good for a future seminar or Webinar. The voucher is good for one year.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at <info@inrseminars.com> or at 1-877 246-6336. The customer-service office can tell you if INR has approval for your profession.

PROGRAM/LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **The Three Brains**, Emotions, and Emotional Control.
- **The Brain Structures That Create Stress.** Hypothalamus. Pituitary Gland. Cerebral Sensory and Frontal Cortex. Amygdala. Hippocampus.
- **The Frontal Lobe Cortex and Cognition:** Why Our Greatest Strength -- Thinking -- Can Be Our Greatest Weakness When It Comes to Stress, Anxiety, and Trauma Disorders.
- **The Basis for Anxiety and Trauma:** The Three Different Brain Pathways for Stress. How Memories Are Formed and Recalled in The Brain. Do Memories Change Over Time?
- **Declarative Vs. Procedural Memories.** How the Two Different Types of Long-Term Memories Cause and Cope With Psychological Trauma.
- **Memory, Fear, and Mood:** Are Traumatic Negative Emotional Memories the Basis For All Stress, Anxiety, and Trauma Disorders?
- **Why Zebras Don't Get Ulcers:** The Upside And Downside of Our Thinking Brains.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Extremely Traumatic Events and Psychological Trauma:** Are They Directly Related?
- **Men, Women, and Trauma:** Are There Sex and Gender Differences on the Response to Traumatic Events? Fight or Flight Vs. Tend and Befriend.
- **The Obesity Epidemic:** Does Chronic Stress Create Big Waistlines?
- **PTSD (Post-Traumatic Stress Disorder, Trauma, and Anxiety):** Is There a Connection To Sleep Deprivation and Insomnia?
- **Memory, Learning, and Stress.** How Chronic Stress and Anxiety Causes Forgetfulness.
- **Honey, I Shrank My Brain!** Does Chronic Stress and Anxiety Really Cause Brain Damage?
- **Achieving Tranquility. The Magic of Meditation:** Focus, Breathe, and Relax.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **Dental Management of Patient Stress.** Distractions, Control, and Expectations.
- **The Stress-Anxiety-Trauma Connection:** The Consequences of Fear Out of Control.
- **Obsessive-Compulsive Disorder:** Is This A Highly Genetic Disorder? OCD, The New Hoarding Disorder, and Compulsive Gambling.
- **Snake Phobia:** Are Humans Genetically-Wired to Be Afraid of Snakes?
- **Extreme Disasters and Environmental Stressors:** The Precipitating Events for Trauma Disorders. Combat. Hurricanes. Tornadoes. Sexual Assaults. Deaths of Loved Ones.
- **Posttraumatic Stress Disorder (PTSD):** The New 2013 DSM-V Criteria for Trauma- And Stressor-Related Disorders. How Trauma Can Be Different From Anxiety Disorders.
- **Trauma Disorders:** Fear, Anxiety, Depression, Anger, and/or Dissociative Symptoms.

PROGRAM (cont.)

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Can Dental Anxiety Be PTSD?** The Two Types: Exogenous PTSD and Endogenous Anxiety. Dental Use Of Eugenol and Olfactory-Induced Anxiety.
 - **The Trauma of Loss:** Grief and Grief Counseling.
 - **Treating PTSD and Substance Abuse:** Does Motivational Interviewing Work?
 - **Major Depressive Disorder:** A Disabling Co-Factor in PTSD and Trauma Disorders.
 - **PTSD and Depression:** Causes, Effects, Etiology, Treatments, and Outcomes.
 - **Treating PTSD and Depression:** Medications, Psychotherapy, or Both?
 - **PTSD, Depression, and Suicide:** Why Such A High Rate? Do Men or Women Make More Suicide Attempts? Which Sex Is More Likely to Die From Suicide?
 - **PTSD and Concussion.** IED's And Combat Trauma Are a Deadly Combination.
- Evaluation, Questions, and Answers: 3:20 PM – 3:40 PM**

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the structure and function of neurons, glia, neurotransmitters, and brain regions.
- 2) explain how the brain produces and is affected by anxiety, trauma disorders, and depression.
- 3) review how stress is the foundation for anxiety, PTSD, trauma, and many depressions.
- 4) describe the new criteria for the diagnosis of PTSD, trauma disorders, and anxiety disorders.
- 5) outline the symptoms and treatment of the major anxiety disorders, including dental anxiety.
- 6) list the difference in symptoms and treatment of trauma disorders, including PTSD.
- 7) explain the nature and course of depression as a co-factor in PTSD, trauma, and anxiety disorders.
- 8) describe how the information in this course can be utilized to improve patient care and patient outcomes.
- 9) describe, for this course, the implications for dentistry, mental health, nursing, and other healthcare professions.

INSTRUCTOR

Dr. David Longo (Ph.D.) is a part-time lecturer for INR. Dr. Longo is a clinical psychologist and neuro-psychologist who has presented hundreds of continuing education seminars to healthcare professionals across the United States. Dr. Longo received his doctoral degree in clinical psychology from Virginia Polytechnic Institute and State University (Virginia Tech). He has authored more than 50 scientific papers, journal articles, and books in the area of medical psychology. Currently, Dr. Longo has a private practice limited to patients with post-concussion syndrome, chronic pain, and posttraumatic stress disorders.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.