

## FOUR-HOUR LIVE WEBINAR

Tuition: \$69

(REGISTRATION FORM)

# MINDFULNESS FOR ANXIETY & DEPRESSION

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

Please Check One Option Below:

### LIVE WEBINAR:

\_\_\_ Thu., Jan. 20, 2022, 12:00 PM – 4:30 PM, (Eastern Time)  
or 11:00 AM – 3:30 PM, (Central Time)  
or 9:00 AM – 1:30 PM, (Pacific Time)

\_\_\_ Fri., Feb. 18, 2022, 12:00 PM – 4:30 PM, (Eastern Time)  
or 11:00 AM – 3:30 PM, (Central Time)  
or 9:00 AM – 1:30 PM, (Pacific Time)

\_\_\_ \$69 – Pre-Registration Rate: Live Webinar with 4 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.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at [info@biocorp.com](mailto: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](http://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 4 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 nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 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 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 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 4 hours of continuing education credits. Under Approval # 2021-0071, the Maryland State Board of Dental Examiners has approved this course for 4.0 CEUs.

### 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 0751-0000-20-100-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 4 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 159363 and Performance Indicators: 8.3.1, 8.3.3, 8.3.4, and 8.4.5. 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. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

### MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Institute for Natural Resources has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7156. Programs that do not qualify for NBCC credit are clearly identified. Institute for Natural Resources is solely responsible for all aspects of the programs.



Under Sponsor # 00088989 and Approval #60007947418, CRCC has approved this course for four contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. This program meets requirements up to 4.0 continuing education clock hours for Louisiana-licensed professional counselors. The Louisiana Counseling Association is approved by the Louisiana Professional Counselor Licensing Board of Examiners to offer continuing education for Louisiana-licensed Professional Counselors and Provisional-licensed Professional Counselors. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

### SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

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: 02/28/201–02/28/2022. Social workers completing this course receive 4 clinical continuing education credits. This course "Mindfulness for Anxiety & Depression" Approval #202411-2135 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 four (4) general CE credits for participating in this course. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for MFTs.

### OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned

## ACCREDITATION (cont.'d)

0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. 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 approve 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 4 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for 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 4 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.

### MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a CE Approved Provider.



### 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.

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## 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](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://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](mailto: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.

# MINDFULNESS FOR ANXIETY & DEPRESSION

## Frequently Asked Questions

### Q:How can I take this Webinar?

This Webinar can be taken as a live Webinar.

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

To obtain the 4 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.

**Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.**

## PROGRAM/LECTURE

### First Hour

- **Mindfulness—An Ancient Remedy for Modern Maladies.** What It Is & How It Works.
- **Dispositional & Cultivated Mindfulness:** Trait vs State. Internalizing Learned Behaviors.
- **Meditation vs Mindfulness:** Two Sides of the Same Coin & Differing Cognitive Challenges of Each.
- **Mindfulness-Based Therapies:** Acceptance Commitment Therapy, Dialectic Behavioral Therapy.
- **Mindfulness-Based Cognitive Therapy**
- **Mindful Interventions:** One Shoe May Not Fit All. Intended Outcomes & Potential Harm.
- **Exercises:** *abdominal breathing, complete breath, mindful meditation “focusing on the breath”*

### Second Hour

- **The Stress Response:** Environmental Triggers. Nervous System Pathways. Sources & Types.
- **Coping with Stress:** Threat Response vs Challenge Response. Cognitive Reappraisals & the Upside of Stress.
- **The Role of Mindfulness, Meditation & Relaxation in Stress Reduction Programs**
- **Mindfulness-Based Stress Reduction (MBSR):** Alternative Methodologies Meet Mainstream Medicine.
- **Anxiety: Our Most Common Mental Disorder.** Risk factors—Genetics, Brain Chemistry, Personality, & Life Events.
- **Stress-Induced Anxiety:** Development, Treatment Strategies, & Ongoing Management.
- **Chronic Fear Factors in Anxiety Disorders & Increased Risk for Depression**
- **Exercises:** *4x4 breathing, body scan, relaxation response, S.T.O.P.*

### Third Hour

- **Depression:** A Global Burden. Genetic, Biological, Environmental, & Psychological Developmental Factors
- **The Trajectory of Stress, Anxiety & Depression:** Breaking the Chain of Progression Mindfully
- **Mindfulness-Based Cognitive Therapy:** Extending Time-to-Relapse in Major Depressive Disorders
- **Alleviating Chronic Tension:** Progressive Muscle Relaxation (PMR) & Applied Relaxation Therapy (ACT)
- **Our National ADD:** Multitasking, Information Saturation, & a Collective Inability to Focus
- **Exercises:** *PMR, 4-7-8 breath, meditative movement*

## PROGRAM (cont.)

### Fourth Hour

- **States of Awareness** (Unmindful, Aware, Cautious, Alarmed): Situational Awareness and the Stress Response.
- **Mindfulness on the Move:** Using Meditative Movement Routines to Quell Anxiety and Depression.
- **COVID-19 Pandemic & Chronic Stress.** Learning to Cope with a Continual Environmental Threat.
- **Burnout and Compassion Fatigue:** Empathy, Stress and its Toll on Caregivers.
- **Putting It All Together:** A Clinical Pathway to Stress Management & Coping with Chronic Disorders.
- **Exercises:** *mindful awareness, walking meditation, cyclical breathing, compassion meditation*

### Questions Answers, Course Quiz Review, & Evaluation

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) define mindfulness and its modern clinical uses in stress management and behavior modification.
- 2) cite the effects of stress on the nervous system, including sympathetic arousal and the limbic response.
- 3) identify the role of mindfulness, meditation and relaxation in stress reduction programs such as MBSR.
- 4) describe stress-induced anxiety and its development, treatment strategies, and ongoing management.
- 5) list the clinical techniques used for mindful relaxation and the mitigation of anxiety symptoms.
- 6) explain the precursor triggers of stress and anxiety on the development and trajectory of depression.
- 7) define the role of mindfulness-based behavioral therapies in treating anxiety and depression.
- 8) discuss the outcomes of mindfulness meditation on improving cognition, awareness and attention.
- 9) describe how the information in this course can be utilized across the disciplines to improve patient care outcomes.

## INSTRUCTOR

**Kent Howard** is an internationally known writer, educator, and instructor of traditional Asian health maintenance practices including tai chi, qigong, Taoist yoga, meditation, and mindfulness stress reduction. He has taught in three universities and was an instructor and board member at the former National College of Oriental Medicine. He is the author of several books and videos and has taught tai chi and mindfulness on a cable network. Mr. Howard spent 12 years living in Taiwan where he researched Chinese traditional medicine, philosophy, martial arts, and contemplative practices. He also teaches workshops in crisis intervention and is a master instructor of Nonviolent Self-Defense.

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