

SIX-HOUR LIVE WEBINAR

Tue., Apr. 5, 2022

(REGISTRATION FORM)

MANAGING STRESS & WORRY

(A New 6-Hour Interactive Live Webinar)

LIVE WEBINAR: Tue., Apr. 5, 2022, 8:30 AM – 3:40 PM, (Eastern Time)

or 7:30 AM – 2:40 PM, (Central Time)

or 5:30 AM – 12:40 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.

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 nursing continuing professional development 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 (#LT0140-0927) 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 0751-0000-21-030-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 163398 and Performance Indicators: 3.2.1, 3.2.2, 3.3.4, and 3.3.5. CPE Level: I.



PSYCHOLOGISTS

Institute for Natural Resources (INR) is recognized by NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042. 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 Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. This program has been approved by the Minnesota Board of Psychology for 6 continuing education hours. INR, under Provider #00PO-942948967 from the Ohio Psychological Association—Mandatory Continuing Education Office, is an approved provider of continuing education for Ohio-licensed psychologists.

MENTAL HEALTH COUNSELORS, MFTs, & 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 #60007947410, CRCC has approved this course for 6 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 6.0 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. Under Approval No. MCT10213096, the Ohio CSWMFT Board has approved this course for 6 clock hours for counselors and MFTs. 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 marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. 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: 02/28/2022 – 02/28/2025. Social workers completing this course receive 6 clinical continuing education credits. This course "Managing Stress & Worry During The Pandemic", Approval #202411-2333 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 NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. 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.

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 category of this course is OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

ACCREDITATION (cont.'d)

PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 6 contact hours (Approval # CE 22-761421). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. 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 6 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education. The New Jersey State Board of Physical Therapy Examiners has approved this course for 6 hours continuing education credits. The NJBPTE Course Approval #2109-335.

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.



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.

(A New 6-Hour Interactive Live Webinar)

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.

MANAGING STRESS & WORRY

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 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.

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. Furthermore, the contents of these presentations are relevant to graduate level counselors; The presenter teaching the program has an advanced degree in the mental health field.

PROGRAM/LECTURE

7:45 AM to 8:30 AM – Registration

Morning Lecture: 8:30 AM – 10:00 AM

- Survival Behavior. Cognitive Appraisals. The Power of Core Beliefs.
- Understanding Emotions, Moods, and Affect: Do We Have a Cluster of Core Beliefs that Create a General Mood?
- The Stress Response: Sympathetic Vs. Parasympathetic. Type 1 Emotional Thinking vs. Type 2 Rational Thinking.
- Stress, Fear, and Anger. The Good, the Bad, and the Ugly.
- Why Zebras Don't Get Ulcers: The Curse of Imaginary Stress about an Uncertain Future.
- The "Goldilocks" Effect and Hormesis. How to Focus on What You Can Control.

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

- Chronic Stress and Health: Chronic Illnesses, Mental Disorders, and Premature Death.
- How the Stress of Chronic Anger Destroys Health. The Upholsterer, Heart Disease, and "Type A" Personality.
- What Are People Stressed Out About? The 2019 and 2020 Stress in America Surveys.
- The Continuous Traumatic Stress of the COVID-19 Pandemic. Chronic Societal Disruption with Conflicting Core Beliefs, Multiple Stressors, and Historic (High) Levels of Stress and Unhappiness.
- Post Intensive Care Syndrome: Physical, Cognitive, and Mental Health Problems in COVID-19 ICU Survivors and Their Families after Discharge. Ventilator Delirium.
- COVID-19 "Long Haulers." Unpredictable Long-Term Symptoms in Some COVID-19 Survivors.
- Challenges of COVID-19: Physical, Mental, and Dental Disorders. Decision Fatigue in Patients and Compassion Fatigue in Healthcare Providers

Lunch: 11:30 AM – 12:20 PM (Lunch on your own)

Afternoon Lecture: 12:20 PM – 2:00 PM

- Anxiety Disorders: Stress Out of Control. Nine Major Anxiety Disorders.
- How Resilient Are We in Times of Stress? Adverse Child Experiences. The Kauai Longitudinal Study. Survivors of the Holocaust. Sully and the "Miracle on the Hudson."
- Is Resilience Declining in Recent Years? The "Victimhood" Culture, Helicopter and Bulldozer Parenting, and Being the "Just Good Enough" Parent.
- The Effects of the COVID-19 Pandemic on Resilience. Are We More or Less Resilient Now?
- Prevention of Chronic Stress and Anxiety: Becoming a COVID-19 Pandemic Survivor by Building Resilience and Optimism.

PROGRAM (cont.)

Mid-Afternoon Lecture: 2:10 PM – 3:40 PM

- Evidence-Based Treatments for COVID-19 Stress and Anxiety: Tele-Therapy, Medications, Diet, Exercise, Playing Outside, and Integrative Approaches.
- COVID-19 and Delayed Dental Care: Consequences of Misguided Anxiety.
- Five-Minute COVID-19 Stress Resets: Mammalian "Cold Water" Diving Reflex, Paced Abdominal Breathing, and Music.
- Meditation, Mindfulness-Based Stress Reduction, and Relaxation Response. The 8-Week Course in MBSR. Cognitive Vs. Body Therapies for Stress. Military Mindfulness Training.
- Cognitive-Behavioral Therapies. Distorted Cognitive Appraisals and Cognitive Reappraisals. The Combined Approach of Stop, Breathe, Reflect, and Choose.
- Special Trauma Therapies. Trauma-Focused Cognitive Behavioral Therapy. Cognitive Processing Therapy. Prolonged and Narrative Exposure Therapies. Eye Movement Desensitization and Reprocessing Therapy.

Evaluation, Questions, and Answers: 3:20 PM – 3:40 PM

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe how survival behavior is produced by the brain.
- 2) identify the characteristics of cognitive appraisals, core beliefs, emotions, and moods.
- 3) discuss the positive and negative effects and impacts of acute and chronic stress, and the major causes and pathways of the stress response.
- 4) describe the physical, mental, and emotional consequences of COVID-19 for patients, their families, and healthcare providers.
- 5) discuss methods of preventing chronic stress and anxiety during the COVID-19 pandemic by building resilience and optimism.
- 6) discuss effective stress management strategies, including mindfulness, relaxation body therapies, cognitive-behavioral therapy, medications, diet, and exercise.
- 7) describe how the information in this course can be utilized across the disciplines to improve patient care outcomes.

INSTRUCTOR

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

During his 30-year career, Dr. Howard has been on the faculty of three medical schools, headed three neuro-psychology departments, and directed treatment programs for individuals with brain injury, dementia, addiction, chronic pain, psychiatric disorders, and other disabilities.

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