

FOUR-HOUR LIVE WEBINAR

Tuition: \$69

(REGISTRATION FORM)

MEDITATION & THE BRAIN

PHYSIOLOGIC EFFECTS, MINDFULNESS, & MENTAL HEALTH

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

Please Check One Option Below:

LIVE WEBINAR:

Wed., June 1, 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)

Wed., June 22, 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 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

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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 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 (#T0140-0927) 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.

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 0751-0000-21-028-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 163261 and Performance Indicators: 4.2.5, 8.2.1, 8.3.1, and 8.3.7. 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. This program has been approved by the Minnesota Board of Psychology for 4 continuing education hours.



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.

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 #00088989 and Approval #60007941171, CRCC has approved this course for four contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical 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: 02/28/2022–02/28/2025. Social workers completing this course receive 4 clinical continuing education credits. The California Board of Behavioral Sciences will accept courses approved by ASWB. This course "Meditation & the Brain", Approval #211805-826 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. 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. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of professional development. PD activity approval ID #2652. This distance learning - interactive activity is offered at 0.4 AOTA CEUs, intermediate education level, OT Service Delivery category. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval # CE22-851968). Accreditation of this course does not necessarily imply the FPTA supports the views

ACCREDITATION (cont.'d)

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 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.

MESSAGE 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.

(A NEW 4-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.

MEDITATION & THE BRAIN

PHYSIOLOGIC EFFECTS, MINDFULNESS, & MENTAL HEALTH

Frequently Asked Questions

Q: What do I have to do to complete the live 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 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?

You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

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 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

Meditation practices have had a far-reaching impact on our society. Its millions of devotees may be found practicing mindfulness from kindergarten classrooms to corporate boardrooms. The practice of meditation and its effects, such as the qualities of mindful attention and awareness, have proven to be clinically beneficial in a broad range of physiologic health outcomes, along with enhanced emotional wellbeing. Yet, most people, even ardent advocates, have only a superficial knowledge of what meditation is and how its practice interacts with the brain to affect changes in mind, body, and behavior. This 4-Hour INR webinar, "Meditation and the Brain: Physiologic Effects, Mindfulness, and Mental Health" will not only present an in-depth analysis of meditation and mindfulness but will also afford participants the opportunity to practice a wide variety of meditative techniques in an interactive workshop format.

Attendees will learn about: 1) the history and development of meditation and contemplative practices; 2) the differences between meditation and mindfulness, including cognitive challenges and benefits; 3) the physiological and psychological effects of mindfulness meditation on health and wellbeing; 4) the role of mindfulness-based behavioral therapies in treating mental health disorders; 5) the benefits of meditation training during times of crisis such as COVID-19 for both patient and caregiver; 6) the rationale and outcomes of teaching children and adolescents meditation in school curricula; 7) the role of mindfulness, meditation, and relaxation in reducing stress; and 8) how meditation practice can improve cognition, memory, cellular aging and increase health span.

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: Meditation: What it is and How it Works

Introduction to Meditation: An Ancient Remedy for Modern Maladies

Meditation Through the Ages: Tracing the History and Development of Contemplative Practices

Meditation vs Mindfulness: Two Sides of the Same Coin Offering Differing Cognitive Challenges

Mind-Body Medicine: The Physiologic Effects of Meditation in Improving Patient Outcomes

Dispositional and Cultivated Mindfulness: Trait vs State and Internalizing Learned Behaviors

Meditation and You: One Size May Not Fit All. Unintended Outcomes and Potential Patient Harm

Exercises: Abdominal Breathing, Mindful Meditation

Second Hour: Therapeutic and Clinical Applications of Meditation

Psychology of Meditation: Integrating Ancient Philosophy with Psychotherapy.

Stress-Induced Disease and Behavioral Disorders: The Role of Mindfulness in Treatment.

Mindfulness-Based Interventions: Cognitive, Dialectic, and Acceptance-Commitment Behavioral Therapies

Stress-Reduction Programs: Mindfulness, Meditation and Applied Relaxation in Symptom Management

Contemplative Science: Research Methods, Empirical Evidence, and Applications for Expanded Patient Care

Meditation and Physical Health: Managing Chronic Disease, Coping with Pain, Enhancing Quality of Life

Meditation and the Aging Brain: Improvements in Cognition, Memory, Cellular Aging, and Longevity

Exercises: Concentration Meditation, Body Scan, Progressive Relaxation

Third Hour: The Practice of Meditation and Mindfulness

Different Types of Meditation: Nondirective, Concentration, Open Monitoring, and Compassion

The Four Levels of Meditation: Moderating Behavior and Reactive Conditioning, and Promoting Insight

Steps to Meditation: Attention, Focus, Awareness, and Acceptance.

Our National ADD: Multitasking, Information Overload, and a Collective Inability to Focus

Meditation and the Developing Mind: Teaching Mindfulness to Children and Adolescents

Mindfulness in School Curricula: Less Stress, Better Focus, Greater Kindness and Empathy.

Meditation or Medication: Alternative Therapies for ADHD and Autism in Children, Adolescents, and Adults

Exercises: Clinical Meditation, Grounding the Breath, S.T.O.P.

PROGRAM (cont.)

Fourth Hour: Mindfulness and Meditation in an Age of Anxiety

Meditation, Mindfulness and Mental Health: Addressing Chronic Stress, Anxiety, and Depression

Mindfulness on the Move: Using Meditative Movement Routines to Quell Behavioral Disorders

COVID-19 Pandemic and Mindfulness: Teaching Patients to Cope with a Continual Environmental Threat

Burnout and Compassion Fatigue in Health Care: Professional Boundaries, Self-Care and Self-Awareness

Compassion Meditation: Cultivating Empathy, Building Connections, and Enhancing Patient Resilience

Your Brain On Meditation: Neuroplasticity and Positive Brain Changes Over a Lifetime

Putting It All Together: Meditation, Mindfulness, Wellbeing, and Maximizing "Healthspan"

Exercises: Compassion Meditation, Mindful Walking, Meditative Movement

Questions Answers, Course Quiz Review, & Evaluation

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) discuss the history and development of meditation and contemplative practices.
- 2) define the differences between meditation and mindfulness, including their distinctive cognitive challenges.
- 3) define the role of mindfulness-based behavioral therapies in treating mood disorders and improving patient outcomes.
- 4) list the benefits of meditation and mindfulness training during times of crisis such as COVID-19 for both patient and caregiver.
- 5) discuss the rationale and outcomes of teaching children and adolescents mindfulness and meditation in school settings.
- 6) identify the role of mindfulness, meditation, and relaxation in reducing stress and enhancing patient care.
- 7) discuss how meditation practice can improve cognition, memory, cellular aging and increase healthspan.
- 8) describe how the information in this course can be utilized across health care disciplines including nursing, pharmacy, dental, dietetic, social work, counseling, psychology, occupational therapy, and physical therapy 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.