

THREE-HOUR LIVE WEBINAR

Tuition: \$49

(REGISTRATION FORM)

BUILDING RESILIENCE THROUGH MINDFULNESS

PROGRAM FOR HEALTHCARE PROFESSIONALS

Please Check One Option Below:

LIVE WEBINAR:

Sun., July 31, 2022, 12:00 PM – 3:15 PM, (Eastern Time)

or 11:00 AM – 2:15 PM, (Central Time)

or 9:00 AM – 12:15 PM, (Pacific Time)

Sat., Aug. 27, 2022, 12:00 PM – 3:15 PM, (Eastern Time)

or 11:00 AM – 2:15 PM, (Central Time)

or 9:00 AM – 12:15 PM, (Pacific Time)

NOW ONLY \$49!

\$49 – Pre-Registration Rate: Live Webinar with 3 contact hours.

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.

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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 3 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 3 contact hours for nurses. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026) and the Iowa Board of Nursing (#288) for 3 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 3.6 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 3 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 0751-0000-20-080-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 3 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 157330 and Performance Indicators: 4.2.2, 9.1.5, 12.4.1, and 12.4.3. 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 PA 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, 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.



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. Under Sponsor #00088989 and Approval #60007958721, CRC has approved this course for three 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 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 3 continuing education credits. This course "Building Resilience Through Mindfulness," Approval #210305-1232 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 three (3) General 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 0.3 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

The Florida Physical Therapy Association has approved this course for 3 contact hours (Approval #CE 22-786764). 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 3 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. 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 3 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 continuing education 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.

NOW ONLY \$49!

(A 3-HOUR INTERACTIVE LIVE WEBINAR)

NOW ONLY \$49!

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 programs 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, standards, 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

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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.

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Frequently Asked Questions

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

To obtain the 3 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

As healthcare workers, when we get exhausted and overwhelmed, it's easy to ruminate and worry, increasing stress. One nerve-wracking thought can lead to another and suddenly we are caught up in intense fear and anxiety. That's when turning to mindfulness practices can help us settle and soothe and see our situation with better clarity.

This new 3-hour INR workshop, "Building Resilience through Mindfulness," offers a curated collection of mind-body techniques that build inner strength and flexibility to navigate the challenges of these ungrounded times. You'll have a chance to sample each approach and choose the techniques that work for you:

- boost happy neurohormones
- regulate intense emotion
- health with nurturing self-compassion
- create physical harmony
- reframe your stress response towards strength

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

8:15 AM to 9:00 AM – Registration (Pacific Time)

9:00 AM to 10:30 AM – First Session (Pacific)

- **What is Resilience?** Our Ability to Bounce Back from Adversity.
- **What is Stress?** The Body's Response to a Perceived Danger.
- **How does Chronic Stress Affect the Brain?** The Amygdala Hijack and the Sympatric Nervous System.
- **What is Mindfulness?** Stepping Away from Brain Clutter into Calm Resilience.
- **The Upside of Stress:** Using Mindful Reframing for Longevity.
- **Neuro-Hormones and Resilience:** Improving Close Connections for Stability.
- **(Practice Session) Mindful and Self-Compassion:** Soft Belly Breathing and Emotional Regulation Practices.

10:30 AM to 10:45 AM – Break (Pacific)

10:45 AM to 12:15 PM – Second Session (Pacific)

- **Mindful Eating:** Increasing Enjoyment and Boosting Nutrients.
- **Stepping Back from Too Much Technology:** Coming Back to Our Senses.
- **Therapeutic Practices:** Muscle Release from Computer Strain.
- **Compassion and Longevity:** Caring for Others as Self-Care.
- **Mindfulness Based Stress Reduction (MBSR):** Mindfulness celebrates 40 Years of Stress Reduction.
- **(Practice Session) The Relaxation Response and Body Scan:** Releasing Tension, Targeting Pain with Mind-Body Balance and Mental Flexibility.
- **Resilience-Building Health:** Mindful Practice for Physical Harmony.

Adjournment - Evaluation, Questions and Answers

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) Define resilience and discuss approaches to achieving it.
- 2) Cite various effects of chronic stress on the nervous system.
- 3) Describe mind-body exercises to reframe stress and boost resilience.
- 4) Explain how self-compassion regulates emotion and elevates well-being.
- 5) Discuss the role of mindfulness in therapeutic techniques in building long-term resilience.
- 6) Describe strategies for integrating resilience through mindfulness into clinical and health care practice.

INSTRUCTOR

Ms. Andrea D'Asaro (M.A., MBSR-certified) is trained in Mindfulness-Based Stress Reduction (MBSR) and specializes in seminars and workshops for health professionals. In Washington State, Ms. D'Asaro teaches mindfulness and brain science at Evergreen Hospital, North Seattle College, the University of Washington, and the Seattle School District.

Her teaching methods allow participants to replace self-critical thoughts with self-compassion. This approach is designed to help patients build resilience, improve relationships, and reduce anxiety.

With mindfulness techniques, participants will build new habits to bring new tranquil moments into their everyday lives. These therapeutic tools will help clients calm the nervous system and soothe vicarious trauma.

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