

SIX-HOUR LIVE WEBINAR

Tuition: \$89

(REGISTRATION FORM)

MINDFULNESS & STRESS REDUCTION: -SEMINAR FOR HEALTHCARE PROFESSIONALS-

Please Check One Option Below:

LIVE WEBINAR:

Fri., Apr. 26, 2024, 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)

Tue., May 21, 2024, 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)

\$89 – 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) 363-7798
- 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. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026), 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 0751-0000-23-001-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRs

This program awards 6 hours of CPEUs in accordance with the Commission on Dietetic Registrations provider programs. This course has Activity Number 156277 and Performance Indicators: 8.3.1, 8.3.3, and 8.3.4. CPE Level: I.

MENTAL HEALTH COUNSELORS & PSYCHOLOGISTS

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, #MH-0089. Under Sponsor #00088989 and Approval #60007952357. CRCC has approved this course for six contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. 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 6 continuing education hours. 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 6 continuing education credits. 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. The California Board of Behavioral Sciences will accept courses approved by ASWB. This course "Mindfulness & Stress Reduction," Approval #202360123-2R 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: 09/01/22 through 08/31/24. New Jersey social workers will receive six (6) Clinical CE credits for participating in this course. 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 #1168.000243, 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.

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 Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS/PTAs & CHIROPRACTORS

The Florida Physical Therapy Association has approved this course for 6 contact hours (Approval #CE24-585514). 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. The New Jersey State Board of Physical Therapy Examiners has approved this course for 6 hours continuing education credits. The NJBPTE Course Approval #2201-103. The Maryland Board of Chiropractic Examiners has approved this course for 6 hours. The New Jersey Board of Chiropractic Examiners has approved INR as a pre-approved provider of chiropractic continuing education courses for the Sep 1, 2023 – Aug 31, 2025 renewal cycle.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide

ACCREDITATION (cont.'d)

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.

MASSAGE 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.



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 other than 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. 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 ineligible 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) 363-7798

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.

MINDFULNESS & STRESS REDUCTION:

-SEMINAR FOR HEALTHCARE PROFESSIONALS-

Frequently Asked Questions

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

What are the real causes of stress? How can stress be overcome? What does this term "mindfulness" mean? What is the role of stress in illness?

The scientifically based six-hour course "Mindfulness and Stress Reduction" is designed to provide health-care professionals with information about techniques for reducing stress.

The course will examine relaxation methods and look at yoga.

The course will review how appropriate stress-reduction techniques can be useful in alleviating chronic fatigue, hypertension, and depression. The course will discuss how stress reduction can improve sleep quality.

The course will cover such Asian techniques as Tai Chi and how Tai Chi is connected with meditation, deep breathing, and what is called "visualization". The course will examine Tai Chi's role in arthritis, heart failure, and the prevention of falls.

The course will show how meditation can be broken down into its basic components. It will cover how "mindfulness meditation" helps with weight loss and smoking cessation.

The course will cover the relationship between meditation and the brain, examining such areas as pain suppression and emotional control.

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

7:45 AM to 8:30 AM – Registration

8:30 AM to 10:00 AM – Morning Session

- **What is Stress?:** Response of the Body to a Demand for Change.
- **What is Mindfulness?:** Applying Ancient Insights to Modern Problems.
- **Mindfulness-Based Health Practices:** Tai Chi, Qigong, Meditation, and More.
- **Chronic Stress:** Prolonged, Uninterrupted, and Unmanageable Stresses are Most Damaging.
- **The Role of Stress in Illness:** Psychological and Physiological Responses to Chronic Stress.
- **Stress Reaction Meets Relaxation Response:** Researchers Re-Imagine an Ancient Tradition.
- **(Practice Session) The Relaxation Response:** The Benson–Henry Protocol.
- **(Practice Session) Breath Control:** Simple, Effective Stress Reducing Techniques.

10:00 AM to 10:10 AM – Break

10:10 AM to 11:30 AM – Mid-Morning Session

- **Qigong:** Taoist "Yoga"—a Centuries-Old Therapeutic Practice that Endures.
- **Benefits:** Improved Balance, Concentration, Regulation of Breathing & Blood Pressure.
- **Surprising Findings:** Alleviation of Chronic Fatigue, Post-Traumatic Stress, and More.
- **Therapeutic Practice:** Targeting Hypertension, Anxiety, Depression, and Sleep Quality.
- **(Practice Session) Stress Management Techniques:** Breathe, Relax, Focus, Restore!

11:30 AM to 12:20 PM – Lunch

12:20 PM to 2:00 PM – Afternoon Session

- **Meditation in Motion:** Mindfulness, Deep Breathing, Visualization, Tai Chi Has it All!
- **Tai Chi, Is it Good Exercise?:** Muscular Strength, Endurance, and Cardiovascular Function.
- **Rediscovering Balance:** Tai Chi and Fall Prevention—Flexibility, Posture, and Gait.
- **Effects of Tai Chi on Chronic Illness:** Osteoarthritis, Heart Failure, COPD, and Others.
- **(Practice Session) Tai Chi Form Practice:** The Basics are All You Will Ever Need.

2:00 PM to 2:10 PM – Break

PROGRAM/LECTURE (cont.)

2:10 PM to 3:40 PM – Mid-Afternoon Session

- **Mindfulness:** Meditation Broken Down to its Most Basic Components.
- **Research on Mindfulness Meditation:** Successes in Smoking Cessation and Weight Loss.
- **Meditation and the Brain:** Cognitive Enhancement, Emotional Control, Pain Suppression.
- **Effect of Meditation on Therapists:** Increased Empathy and Compassion; Decreased Stress.
- **(Practice Session) Mindfulness Meditation:** Sitting Quietly in the Moment.
- **(Practice Session) The Body Scan:** Releasing Tension, Quieting the Mind, and Targeting Pain.

Evaluation, Questions, and Answers

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) cite various effects of stress on the nervous system, including sympathetic arousal and the adrenal response.
- 2) describe the role of chronic stress in physical and psychological illnesses.
- 3) outline mind-body therapies suitable for integrative health practices.
- 4) explain the practical techniques related to mindful relaxation.
- 5) discuss the role of meditation and breathing techniques in stress reduction programs.
- 6) explain simple exercises for use in alleviating stress symptoms.
- 7) describe how the Relaxation Response engages the parasympathetic nervous system.
- 8) describe strategies for integrating mindful stress-reduction methods into nursing, mental health, dentistry and other clinical practices.

INSTRUCTOR

Mr. Kent Howard (MBSR-certified, Certified Health Coach) is an internationally known writer, educator, and instructor of traditional Asian health maintenance practices including tai chi, qigong, and Taoist yoga. He holds a Certificate in Holistic and Integrative Health education from the University of New Hampshire. Mr. Howard is the author and presenter of INR webinars, "Exercise as Medicine," "Mindfulness and Stress Reduction," "Mindfulness for Anxiety and Depression," "Meditation and the Brain," and "Crisis De-Escalation." He has received excellent reviews from health professionals for his presentations to over 50,000 participants in the United States.

Mr. Howard lived in Taiwan for twelve years where he researched Chinese traditional medicine, Taoist and Buddhist studies, and a variety of contemplative practices. He directed international education programs at Babson College and Brandeis University and was an instructor and board member at the National College of Oriental Medicine. Mr. Howard is the author of several books and videos and has taught tai chi and mindfulness on a cable network. He also teaches Crisis Intervention Training (CIT) programs and is certified in Nonviolent Self-Defense (NSD).

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

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.