

## THREE-HOUR WEBINAR

Thu., May 23, 2024

(REGISTRATION FORM)

# PTSD: A COMPREHENSIVE REVIEW

Special Coverage: Complex PTSD

(A NEW 3-HOUR INTERACTIVE LIVE WEBINAR)

### LIVE WEBINAR:

Thu., May 23, 2024, 12:00 PM – 3:30 PM, (Eastern Time)

or 11:00 AM – 2:30 PM, (Central Time)

or 9:00 AM – 12:30 PM, (Pacific Time)

\$74 – Pre-Registration Rate: Live Webinar with 3 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 \$ \_\_\_\_\_

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### 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) 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 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, including 3 Rx contact hours 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 3 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#L10140-927) 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. Under Approval # 2023-0039, the Maryland State Board of Dental Examiners has approved this course for 3.0 CEUs. Under Approval No. 23-102, the New Jersey Board of Dentistry has approved this course 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 0751-0000-23-019-L04-P. This is a knowledge-based CPE activity.

### REGISTERED DIETITIANS & DTRS

This program awards 3 hours of CPEUs in accordance with the Commission on Dietetic Registrations provider programs. This course has Activity Number 175089 and Performance Indicators: 9.6.2, 9.6.3, and 9.6.4. 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 3 continuing education hours.

### 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 #60007969497, CRCC 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 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. 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 clinical continuing education credits. 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. 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. This course, "PTSD: A Comprehensive Review" Approval #20240122-04 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 3 Clinical CE credits for participating in this course.

### OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of professional development. PD activity approval ID #7087. This distance learning - interactive activity is offered at 0.3 CEUs, introductory, Foundational Knowledge, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA, products, or clinical procedures by AOTA.

### PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 3 contact hours (Approval #CE 24-933405). 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 approved 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 New York State Dept of Education has approved INR as a sponsor of continuing physical therapy education. INR has New Jersey State Board of Physical Therapy Examiners Approval #2311-05.

### 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.

### MASSAGE 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, and is also sponsored by NCBTMB to teach New York LMTs continuing education that is accepted by the State of New York for license renewal.



## ACCREDITATION (cont.'d)

### 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.

# PTSD: A COMPREHENSIVE REVIEW

SPECIAL COVERAGE: COMPLEX PTSD

(A NEW 3-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. 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](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.

# PTSD: A COMPREHENSIVE REVIEW

## 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](mailto:info@biocorp.com). The customer-service office can tell you if INR has approval for your profession.

## COURSE SUMMARY

This three-hour live webinar, "PTSD: A Comprehensive Review," is especially relevant today due to the increased incidence of Post-Traumatic Stress Disorder (PTSD) resulting from the 20-year wars in the Mideast, COVID-19 epidemic, increasing episodes of domestic violence, and the escalating incidence of violence and disasters in the USA. More than 69% of American adults will be exposed to some type of trauma in their life time. Of these individuals, at least 3.6% of the civilian population will develop PTSD, and up to 23% of USA veterans will be diagnosed with PTSD in any given year. Hence, it is important for health care professionals to understand how patients/clients with PTSD may affect their clinical practice as well as the negative effects the disorder have on their patients'/clients' lives.

This webinar will examine PTSD in detail incorporating the latest empirical clinical and treatment research concerning the disorder. The difference between simple and complex PTSD will be reviewed, along with the epidemiology and psychologic neuroinflammatory theory concerning the activation of vulnerable PTSD phenotypes. Additionally, the disorder's biological and psychological theories of the development, maintenance, and treatment will be discussed. Comorbid disorders (i.e., anxiety, depression, traumatic brain injury, and substance abuse) will be explored. Treatment modalities (i.e., medication, traumatic exposure, and Trauma-Informed Guilt Reduction therapies) will be examined, including the patient's/client's responsiveness to these treatment techniques. Finally, the unique treatment constructs inherent in complex PTSD (i.e., psychological inflexibility, behavioral activation, cognitive executive dysfunction, alienation appraisal, guilt, anger, shame, moral injury, resilience, alexithymia, anhedonia, sleep disturbance, trust, safety, power/control, & intimacy) will be discussed in terms of their influence on the severity, maintenance, and treatment outcomes of the disorder.

**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

### FIRST HOUR

- **Post-Traumatic Stress Disorder (PTSD) Diagnosis:** Simple vs. Complex
- **Epidemiology:** Prevalence, Sex Differences, Types of Traumas
- **Risk Factors:** Genetics; Personal, Historical & Psychological Factors
- **Etiology:**
  - Neuroinflammatory Theory of Psychological Disorders
  - Biological Model
  - Psychological Model
  - Neurochemistry
- **Comorbid Disorders:** Depression, Substance Abuse, Generalized Anxiety Disorder, Attention-Deficit Hyperactivity Disorder, Post-Concussion Syndrome, Mild Traumatic Brain Injury, and Sleep Dysfunction.

**BREAK: 15 Minutes**

### SECOND HOUR

- **Treatment:**
  - Breathing; Trauma Focused Therapies: Eye Movement Desensitization & Reprocessing Therapy (EMDR); Cognitive Processing Therapy & Trauma-Focused Cognitive Behavioral Therapy
  - Medication: Anti-Depressants, Anxiolytics, Hypnotics, & Second-Generation Antipsychotics; Medical Marijuana
- **Special Treatment Constructs**
  - Psychological Inflexibility, Behavioral Activation; Cognitive Executive Dysfunction, Alienation Appraisal, Guilt, Anger, Shame, Dissociation, Moral Injury, Trauma-Informed Guilt Reduction Therapy

**BREAK: 15 Minutes**

### THIRD HOUR

- **Special Treatment Constructs (cont)**
  - Resilience, Alexithymia, Anhedonia, Sleep Dysfunction, Trust, Safety, Power/Control, & Intimacy
- **Treatment Outcomes:**
  - Predictors of Treatment Success, Treatment Response Trajectories, Treatment Specific Outcomes, Factors Associated with Treatment Dropout Factors, Dropout Rates, PTSD Residual Symptoms, Treatment Resistant Anxiety Disorders

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

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the difference between simple and complex posttraumatic stress disorder (PTSD).
- 2) explain one of the etiologic theories of PTSD.
- 3) describe one of the medical or psychological treatments of PTSD.
- 4) explain Trauma-Informed Guilt Reduction Therapy.
- 5) describe two of PTSD's special treatment constructs.
- 6) describe, based on the material presented for this course, the implications for nursing, pharmacy, mental health, dentistry, occupational and physical therapists, and other health professions.
- 7) discuss how the recent empirical research in this course can be translated to clinical practices to improve patient care and outcomes.

## INSTRUCTOR

**Dr. David Longo (Ph.D.)** is a part-time lecturer for INR. Dr. Longo is a clinical psychologist and neuro-psychologist who has presented hundreds of continuing education seminars to healthcare professionals across the United States. Dr. Longo received his doctoral degree in clinical psychology from Virginia Polytechnic Institute and State University (Virginia Tech). He has authored more than 50 scientific papers, journal articles, and books in the area of medical psychology. Currently, Dr. Longo has a private practice limited to patients with post-concussion syndrome, chronic pain, and posttraumatic stress disorders.

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>.