

Honolulu, HI  
Friday, May 22, 2015

Waikiki Beach Marriott Resort & Spa,  
2552 Kalakaua Avenue, 96815  
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THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION  
WHO GETS SICK AND WHO STAYS WELL

Honolulu, HI  
Friday, May 22, 2015

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Home Address \_\_\_\_\_  
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Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)  
Email \_\_\_\_\_  
Profession(s) \_\_\_\_\_

PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635  
(make check payable to IBP)
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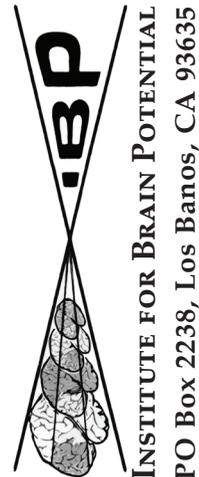
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THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION  
WHO GETS SICK AND WHO STAYS WELL

HONOLULU: Friday, May 22

A New 6-Hour Seminar for Health Professionals, Spring, 2015 \$79



THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION  
WHO GETS SICK AND WHO STAYS WELL

A New 6-Hour Seminar for Health Professionals

**Schedule:** Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

**Group Registrations:** Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

**Transfers and Cancellations:** Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

**Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**Institute for Brain Potential:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

# THE IMMUNE SYSTEM: THE MIND-BODY CONNECTION

## WHO GETS SICK AND WHO STAYS WELL

**NURSES:** Institute for Brain Potential (IBP) is approved by the California Board of Registered Nursing, Provider #CEP13896. This program is offered for 6 contact hours.

Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

**PSYCHOLOGISTS, COUNSELORS, SOCIAL WORKERS, AND MFTs:** IBP, Provider #PCE 3743, is CA Board of Behavioral Sciences approved provider of CE for LPCCs, LEPs, LCSWs, and LMFTs. IBP is approved by the American Psychological Association to sponsor continuing education for psychologists. IBP, provider #6342, is an NBCC-Approved CE Provider and may offer NBCC-approved clock hours for events that meet NBCC requirements. IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. IBP solely is responsible for all aspects of the program. This program is 6 CE hours.

**ALCOHOLISM & DRUG ABUSE COUNSELORS:** IBP is approved by the NAADAC Approved Education Provider Program, Provider #751. This program is 6 CE hours.

**PHARMACISTS:** IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This application-based activity is designated for 6 hours (6 CEU). UAN: 0492-0000-14-038-L04-P

**DENTAL PROFESSIONALS:** IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of CA. IBP is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program provides 6 hours of credit.

**OCCUPATIONAL THERAPISTS:** IBP is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Level: Domain of OT (Client Factors) and Occupational Therapy Process (Outcomes)

**PHYSICAL THERAPISTS:** This program is approved for 6 contact hours by IBP, which is an accredited approver by the Physical Therapy Board of California.

**SPEECH-LANGUAGE PATHOLOGISTS:** IBP is an approved provider by the California Speech-Language Pathology & Audiology Board (SLPAB), #PDP247. This program provides 6 CE hours.

**RESPIRATORY CARE PRACTITIONERS:** IBP is approved by the CA Board of Nursing, #CEP13896, and its programs are accepted by the Respiratory Care Board of CA. This program is 6 CE hours.

**CASE MANAGERS:** This program has been pre-approved by the Commission for Case Manager Certification to provide 6 hours of continuing education credit to Certified Case Managers (CCMs).

**DIETITIANS:** IBP is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians and dietetic technicians, registered will receive 6 continuing professional education units (CPEUs) for completion of this program.

**EDUCATORS:** This program provides 7.5 PGs of professional development credit in CA toward license renewal through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited by the Accrediting Commission of Senior Colleges and Universities. Contact your school district if you need prior approval for this program.

*Fundamental advances have been made in understanding the link between mental states and immune function. The discipline called psychoneuroimmunology has provided important discoveries concerning who gets sick and who stays well.*

*Psychological stress, expectancy, mood, sleep, physical activity and inflammatory foods and nutrients play an important role in health and chronic inflammation. New discoveries are revealing how chronic inflammation underlies the onset and progression of the most common chronic disorders.*

*Participants completing this 6-hour program should be able to:*

- 1. Identify parts of the immune system that are affected by mental states.*
- 2. Describe how disorders of inflammation influence the development of chronic medical, dental, and psychological disorders.*
- 3. List several strategies to support immune system health based on current research findings.*

## Overview of Immune System

- **Antigens:** the invading "enemy;" how the immune system recognizes bacteria and viruses.
- **Macrophages:** "monster" cells that patrol and seize antigens and signal their presence.
- **Helper T-cells:** directing activities of macrophages and the proliferation of T- and B-cells.
- **Natural Killer Cells:** "ruthless destroyers" of cancerous and infected cells.
- **B-cells:** formation of antibodies with the special ability to fight bacterial infections.
- **Antibodies:** specialized proteins that neutralize the "enemy" or target it for attack by other cells or chemicals.
- **Interferons:** natural defense against cancer.
- **Cytokines:** and other inflammatory masterminds, pro and anti-inflammatory immune cells; markers of chronic inflammation—who should be tested?

## Chronic Inflammation: Mind-Body Interactions

- **The Silent Epidemic:** what amyloid plaque, arterial plaque, and dental plaque have in common; chronic inflammatory disorders of the lungs, kidneys, joints, bones, and skin.
- **Chronic Psychological Stress:** immune suppression and inflammation; stress hormones (e.g., cortisol) and neurotransmitters (e.g., norepinephrine); adaptive versus maladaptive responses to stress (e.g., giving up).
- **Sleep Loss and Fatigue:** impairment of mood, appetite, and inflammation; chronic fatigue and the immune system.
- **Stress-Related Eating:** the role of emotional suppression, hostility, depression, and the development of mid-line weight gain, inflammatory cytokines, insulin resistance, hypertension, and coronary artery disease.
- **Periodontal Disease:** the link between periodontitis, inflammatory cytokines, and the development of hypertension, coronary artery disease, diabetes, and rheumatoid disease; stress and oral wound healing.
- **Stress, the Aging Immune System and Cancer:** how chronic stress in caregivers shortens the lifespan of white blood cells; the role of stress in tumor metastasis.
- **Alzheimer's Disease:** amyloid and chronic cerebral inflammation; obesity and diabetes as risk factors; the role of anti-inflammatory drugs.
- **Mood Disorders - A New Understanding:** inflammation can produce and also be an effect of mood disorders; key implications for treatment and prevention.

## Who Stays Well

- **Anti-Inflammatory Nutrients:** pro- and anti-inflammatory proteins, fruits, vegetables, starches, and fats; omega-3 and -6 fatty acids; resveratrol and related compounds; fish and the prevention of depression.
- **Regular Physical Activity:** activities that enhance endurance, strength, and flexibility and reduce chronic inflammation; the dose response of exercise—how much, how often, how intense?
- **Depression Resistance:** seeing challenges as temporary, solvable and impersonal.
- **The Type-B Personality:** replacing hostility and urgency with caring and mindfulness.
- **Close Relationships:** overcoming social rejection, loneliness and isolation; the protective effect of close friends and family.
- **Emotional Resilience:** adaptively responding to thoughts that could trigger immune suppression; how thoughts influence physiology, the importance of expectation and the perception of control.
- **Mindfulness:** ability to separate oneself from ongoing aversive states; ancient Buddhism meets modern neuroscience.
- **Optimism and Positive Affect:** acquired optimism, positive expectations; reduction of immune symptoms and need for analgesics.
- **Meaning:** the healing power of beliefs that are life supporting, mood enhancing, and meaning infusing; key research findings.

### ABOUT THE INSTRUCTOR

*Margaret Kemeny, Ph.D., is Professor of Psychiatry and Director of Health Psychology at the University of California, San Francisco. An expert in the immune system and health psychology, she is one of the leading scientists to advance the field of psychoneuroimmunology. Her research focuses on how thoughts and emotions affect the response to stress, the immune system and physical health. Her research has been supported by the National Institutes of Health and other major organizations.*

*Dr. Kemeny is an outstanding teacher and mentor. An acclaimed speaker, she has presented programs to the full spectrum of health professionals throughout North America and is one of our most well-received instructors. Audiences consistently commend Dr. Kemeny for her wealth of practical information, her special ability to make complex concepts easily understood, and her enthusiasm and warmth.*

*An ingeniously comprehensible series of slides will be shown including conceptual cartoons and illustrations. In addition to Q & A in class, Dr. Kemeny will answer your questions during the second half of the lunch break and by email after the program concludes.*