

This course is sponsored by the Institute for Natural Resources (INR). INR is a non-profit, scientific organization dedicated to research and education in the fields of health and medicine. INR has no ties to any commercial organizations, does not solicit or receive any grants or gifts from any source, and has no connections with any religious, food, food supplement, or political entity.

Target Audience: Nurses, Pharmacists, Dietitians, Social Workers, Mental Health Professionals, Occupational Therapists, Physical Therapists, and allied Health Professionals. *Please refer to the table below for the organizations that have approved the Institute for Natural Resources as a sponsor of continuing education.*

Level of instruction: Intermediate


ACCREDITATIONS

Professional Groups Accrediting Organizations

Registered Nurses, Licensed Practical Nurses, & Licensed Vocational Nurses
Expiration Date:
 ANCC - 03/31/2022
 CA Board of Nursing - 02/28/2021

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
 California Board of Registered Nursing (#CEP06136)
 Illinois Board of Nursing (#236-000045)
 Iowa Board of Nursing (#288)
 Florida Board of Nursing (#FBN2139)
 Kansas Board of Nursing (#LT0140-0927)


Dentists, Dental Hygienists, & Registered Dental Assistants
Expiration Date
 AGD PACE - 05/31/2020
 Dental Board of CA - 01/31/2020

 **PACE**
 ACADEMY OF
 GENERAL DENTISTRY
 PROGRAM APPROVAL
 FOR CONTINUING
 EDUCATION

INR is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The form of continuing dental education programs of this program provider are accepted by 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 06/01/2016 to 05/31/2020. Provider ID#211750
 INR is approved by Dental Board of California (#2089).

Pharmacists
Expiration Date:
 01/21/2022

The Institute for Natural Resources (INR) 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 0751-0000-19-004-H04-P. This is a knowledge-based CPE activity. [Release date: 01/21/2019]
 To obtain the 3 hours of credit (0.3 CEU) associated with this course, the pharmacist will need to complete and submit the following forms:
 1) Program evaluation form
 2) Post-Test (70% passing score)
 3) Registration form



Registered Dietitians (RDs) Dietetic Technicians, Registered (DTRs)
Expires 2019

Activity Number: 102620
Suggested Learning Code: 4090

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 (AND).

Occupational Therapists & Occupational Therapy Assistants (OTs, OTAs)
Expiration Date
 08/20/2020

INR is an AOTA Approved Provider of continuing education, Provider #5347. INR has assigned 0.3 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Social Workers
Expiration Date
 ASWB - 02/28/2022

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: 02/28/2019–02/28/2022. Social workers completing this course receive 3 continuing education credits.



You may wish to check with your own licensing board to determine whether the accreditations listed are acceptable to your board.

INR HOME-STUDY COURSE #2160

“REDUCING STRESS – 3RD EDITION”

CONTINUING EDUCATION CREDIT: 3 CONTACT HOURS

To receive credit for this course, you must:

- 1) Complete the Examination on page 68 and achieve a passing score of 85% (Social workers need a passing score of 80%).
- 2) Clearly fill out: ① **Answer Sheet** and ② **Evaluation** on page 69, and ③ **Registration Form** on back page.
- 3) Mail the Answer Sheet to:
 INR
 P.O. Box 5757
 Concord, CA 94524-0757

Only the original Examination, Evaluation forms can be accepted without additional fee. Photocopies are accepted only if accompanied by the appropriate processing fee. The fee to process photocopies of tests is \$15 for U.S. or Canadian residents. *Please note that credit will not be issued for photocopies submitted without payment.*

Three-day turn-around: Within three business days of the receipt of your Examination and Evaluation, INR will send you a certificate verifying your completion of the course.

Submission Deadline: INR recommends that you submit the materials at your earliest convenience and by the *expiration date* noted for each profession.

Refund Policy: Refunds are given for all unopened home-study packages that are returned in good condition within one year of the date of purchase. If a package has been opened, an exchange can be made, but no refunds will be issued.

ADA Policy: For American Disability Act (ADA) accommodations or for our grievance policy, please send the written request by email to: info@inrseminars.com.

If you have any questions about deadlines, or questions about a home-study course, please contact INR at 1-800-229-4997 or info@inrseminars.com. You can also visit our website at www.inrseminars.com. *Thank you!*

ABOUT THE AUTHOR

BARBARA STERNBERG, PH.D. is a practicing clinical psychologist. She has extensive experience presenting educational programs on addictive behaviors. She has given these programs to physicians, nurses and other health professionals.

Dr. Sternberg has conducted addiction-related educational programs at the Graduate School of Health Sciences at New York Medical College. She has also been a member of the Psychiatry Department of Northern Westchester Hospital in New York State.

Dr. Sternberg has done extensive research into addictions and has several journal articles and book chapters to her credit. She is the author of multiple entries in the “Gale Encyclopedia of Mental Health,” including several about addictions.

In her private practice, Dr. Sternberg has diagnosed and treated numerous brain disorders and addiction problems. In addition to private practice, she consults for nursing homes.



Every instructor is either a compensated employee or independent contractor of INR.