

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. For the most updated accreditation information, please contact INR at [info@biocorp.com](mailto:info@biocorp.com).*

**Level of instruction:** Intermediate

## ACCREDITATIONS

Professional Groups	Accrediting Organizations
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<b>Registered Nurses, Licensed Practical Nurses, &amp; Licensed Vocational Nurses</b>	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. 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)
<b>Expiration Date</b> ANCC - 11/2022 CA Board of Nursing - 02/28/2023	

<b>Dentists, Dental Hygienists, &amp; Registered Dental Assistants</b>	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. INR is approved by the Dental Board of California (#2089).
<b>Expiration Date</b> Dental Board of CA - 01/31/2024	

<b>Pharmacists</b>	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 0751-0000-19-022-H04-P. This is a knowledge-based CPE activity. [Release date: 07/15/2019]
<b>Expiration Date</b> 07/15/2022	



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

<b>Registered Dietitians (RDs) Dietetic Technicians, Registered (DTRs)</b>	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).
<b>CPE Level 1, Type 720</b> Activity Number: 059375 Performance Indicator: 9.1.3	

<b>Occupational Therapists &amp; Occupational Therapy Assistants (OTs, OTAs)</b>	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.
<b>Expiration Date</b> 08/30/2022	

<b>Social Workers</b>	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.
<b>Expiration Date</b> ASWB - 02/28/2025	



**ACE provider approval period:** 02/28/2022–02/28/2025. Social workers completing this course receive 3 continuing education credits.

<b>Psychologists</b>	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. Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Psychology. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.
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INR HOME-STUDY COURSE #1470

## “NON-TRADITIONAL APPROACHES: INSOMNIA, ANXIETY, & DEPRESSION - 4<sup>TH</sup> EDITION”

CONTINUING EDUCATION CREDIT: 3 CONTACT HOURS

To receive credit for this course, you must:

- 1) Complete the Examination on page 74 and achieve a passing score of 85% (Social workers need a passing score of 80%).
- 2) Clearly fill out: ❶ **Answer Sheet** and ❷ **Evaluation** on page 75, and ❸ **Registration Form** on back page.
- 3) Mail the Answer Sheet, Evaluation, and Registration Form 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](mailto: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](mailto:info@inrseminars.com). You can also visit our website at [www.inrseminars.com](http://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

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