

A System's View of Health - Live-Online

A Virtual 10-Hour Continuing Education Course for Health Professionals

Description

The systemic view of health expands the understanding of well-being beyond the homeostatic focus on mechanisms by placing health and disease on a continuum and considering individuals within their biopsychosocial contexts. This program introduces foundational evidence-based principles that impact individual and interpersonal resilience and provides practical skills based in positive psychology, cognitive behavioral therapy, and mindfulness practice that support the brain-body system's natural capacity to heal and to anticipate new challenges.

Objectives

At the end of the program, participants will be better able to:

1. Explain health and resilience with allostasis.
2. Explain the nature, importance, and indicators of biological rhythms.
3. Apply strategies for improving mood, health, and performance based on biological rhythms.
4. Describe strategies that initiate movement toward purpose, meaningful action, and a sense of belonging.
5. Describe key principles of individual resilience.
6. Demonstrate methods that expand physical, emotional and cognitive capacity.
7. Describe external factors affecting individual health and resilience.
8. Assess the causes, symptoms, and responses to persistent toxic stress and apply strategies that support health and well-being.

Outline

Defining Health and Resilience

- Limitations of homeostatic model
- Principles of allostasis
- Physiological mechanisms of predictive adaptation
- Re-defining health
- Obesity, addiction and attention
- Evolutionary basis of purpose and meaning
- Reversing dysfunctional habits

Physiological Resilience

- Importance of biological rhythms
- Human body clocks
- Clock genes and chronotypes
- Social implications
- Implications for patients, healthcare providers, marginalized communities
- Intervention and Optimization

Cognitive Resilience

- Principles of resilience
- Window of tolerance
- Response to stress and trauma
- Post-traumatic growth
- Expanding capacity to adapt
- Practical resilience skills

Interpersonal Resilience

- Polyvagal theory and the science of connection
- Attachment theory
- The nature of networks
- Tension between autonomy and belonging
- Cohesive function of connection
- Mirror neurons and emotional contagion
- Ecopsychology

Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

CE Information

- CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.
- The **California Board of Behavioral Sciences** accepts CE credits for **LCSW, LPCC, LEP, and LMFT** license renewal for programs offered by approved sponsors of CE by the American Psychological Association. • LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.
- SCA is approved by the **California Board of Registered Nursing** (BRN Provider CEP16887) for licensed nurses in California. RNs must retain this document for 4 years after the course concludes.
- SCA is an approved CE provider for **National Board of Certified Health and Wellness Coaches** (CEP Number 100196).
- For questions about enrolling in CE or receiving your Certificate of Attendance, visit LemkeHealth.com or email LemkeHealth@gmail.com. For other questions about CE contact David Lukoff, PhD at CE@spiritualcompetency.com

Instructors

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