

# Certificate of Completion

Ed Bostick

August 23, 2020

Name

Date Certificate Granted

NLC.0012052

License #

*has completed all requirements to receive CE credit for this non-live distance learning, online activity*

## HeartMath Clinical Certification for Stress, Anxiety and Emotional Management

Presented by: Timothy Culbert, MD, FAAP

This certificate documents your successful completion of the activity. This professional continuing education activity was sponsored by the Institute for Better Health (IBH), PO BOX 5710, Santa Rosa, CA 95402, 707-668-2030 whose continuing education program has been approved by the organizations listed below and jointly sponsored by HeartMath, LLC 14700 W. Park Avenue, Boulder Creek, CA 95006 - 800-450-9111. Except where otherwise noted, IBH, as the approved sponsor, maintains responsibility for the program. HeartMath as the approved sponsor for CA Nursing, also maintains responsibility for the program. IBH and HeartMath designates this offering for 20 hours of CE credit. Please contact your licensing board regarding its acceptance of reciprocity from the organizations listed below. Not all state-level boards accept home study/independent study for continuing education nor do they all accept the national level of accreditation listed below. Please retain this Certificate for a period of seven (7) years.

**COUNSELORS & MFTs:** IBH has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. Institute for Better Health (IBH) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 20 contact hours.

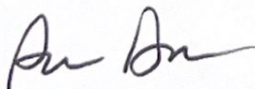
**EDUCATORS:** The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

**PSYCHOLOGISTS:** Institute for Better Health is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health maintains responsibility for this program and its content. This course is approved for 20 hours.

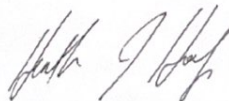
**SOCIAL WORKERS:** Institute for Better Health SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. Social workers may earn 20 contact hours. As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IBH offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521.

**NURSES:** HeartMath is approved by the CA Board of Registered Nursing (BRN Provider CEP12274) for 20.0 contact hours.

**NEUROFEEDBACK AND BIOFEEDBACK PRACTITIONERS:** HeartMath Clinical Certification is approved by the Biofeedback Certification International Alliance (BCIA) for seven hours of CE credit towards biofeedback and neurofeedback recertification.



Spencer Smith, Executive Director  
Institute for Better Health



Heather Hoefs, Project and Process Improvement Coordinator  
HeartMath