

**LIVE WORKSHOP**

**September 25 to 26, 2023 in Monterey, CA**

Monterey Conference Center  
1 Portola Plaza, 93940  
(831) 646-3770

Parking: East and West Garage.

Please do not contact the venue except for driving instructions.

**WORKSHOP AGENDA**

**Day 1: Monday, September 25, 2023 (Pacific Time)**

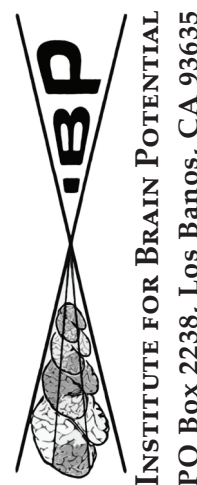
8:30 AM	90 min	Scientific Background
10:00 AM	15 min	Break
10:15 AM	60 min	Scientific Background + Questions
11:15 AM	30 min	Outline Treatment Manual + Materials
11:45 AM	60 min	Lunch
12:45 PM	15 min	Convene for Demo Patient Class
1:00 PM	120 min	Empowered Relief® Patient Class
3:00 PM	30 min	Open Patient Q&A
3:30 PM	20 min	Break
3:50 PM	70 min	Review and Preview

**Day 2: Tuesday, September 26, 2023 (Pacific Time)**

10:00 AM	60 min	Remaining Scientific Content
11:00 AM	15 min	Break
11:15 AM	75 min	Guidelines for Effective Instruction and Interaction
12:30 PM	60 min	Lunch
1:30 PM	100 min	Skill Building and Guest Faculty
3:10 PM	20 min	Break
3:30 PM	75 min	Presentations
4:15 PM	45 min	Adjournment



PLEASE POST



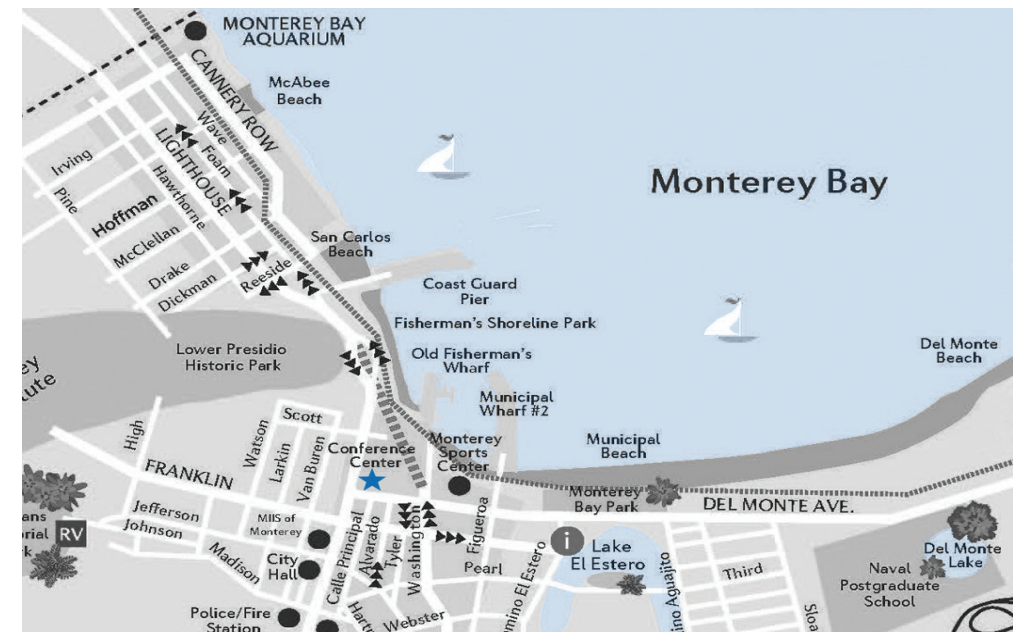
**EMPOWERED RELIEF®**  
A Certification Workshop To Treat Ongoing Pain  
Professor Beth Darnall, Ph.D., Stanford University School of Medicine

**Monterey, CA: Mon – Tue, Sept. 25 – 26, 2023**

**Topics:**

- Shape the brain toward pain relief
- Demonstrate advanced relaxation methods
- Implement personalized pain relief
- Enable durable pain relief
- Apply this new treatment supported by four published studies including low back pain, mixed-type chronic pain, breast cancer surgery and trauma.

Receive Certification and 12 hours of Continuing Education Credit: \$499



**EMPOWERED RELIEF®**  
The Two-Hour Behavioral Pain Treatment

**INSTRUCTIONAL MATERIALS AND ONGOING SUPPORT**

- Deliver Empowered Relief (ER)**
- Demonstrations:** experience how ER works
  - Faculty Supervised Peer-to-Peer Skills Practice:** how to deliver ER
- Instructional Information**
- Manual:** clear, user-friendly guidelines for providing the 2-hour ER treatment
  - Communication Skills:** clear explanations, claims about ER, and disclaimers
  - Slides:** user-friendly guidelines for presenting the 2-hour treatment
  - Promotional Brochure:** how to promote your practice
  - Distance-Based Delivery of ER:** how to offer ER using Zoom
  - Treating Selected Pain Conditions:** guidelines for acute pain versus chronic pain
  - Research Articles:** articles supporting the use of ER and related research discoveries
  - Ongoing Support:** receive free bi-monthly instructor implementation information
  - Certification:** qualification to practice ER and suitable for framing

**POLICIES AND PROCEDURES**

- Group Registration:** The discount is for two or more guests enrolling together prior to the workshop date. Please complete a separate registration form for each person.
- Confirmations and Material:** Confirmation notices are emailed or mailed. Workshop materials will be picked up onsite.
- Unable to Attend?** You have two options: 1) Receive a full-value voucher for a future Empowered Relief program, or 2) Request a refund minus a \$50 fee. Refund requests should be made in writing or by e-mail at [refund@ibpceu.com](mailto:refund@ibpceu.com).
- Rescheduling:** In the unlikely event a seminar cannot be held (e.g., unforeseeable Covid restrictions), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance.
- CE Certificates and Confirmations:** Certificates of completion for 12 hours of CE Credit are mailed after workshop adjournment; successful completion includes full attendance on both days, submission of the evaluation form, and receiving a passing score of 70% on the post-test. No partial credit is given.
- Certification:** Attend the workshop, complete a multiple choice exam, and a workshop evaluation.
- Recertification:** At the conclusion of two years, Certified practitioners will provide an electronic form that will be used to identify information that will be used to verify the scope, effectiveness, and client-related response to the treatment. Participants will receive advances in the application of ER. It is anticipated that the tuition for recertification will be nominal.
- FAQ:** For frequently asked questions about this program, please visit [www.ibpceu.com/ERfaq](http://www.ibpceu.com/ERfaq)

**DEDICATED 24/7 CUSTOMER SERVICE**

Call (888) 202-2938 or email [info@ibpceu.com](mailto:info@ibpceu.com) to inquire about course content or instructors, request disability accommodations, or submit a formal grievance. To register, call (866) 652-7414.

**THE IBP EXPERIENCE**

Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

# EMPOWERED RELIEF®

## The Two-Hour Behavioral Pain Treatment



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896. This workshop provides 12 contact hours.



**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This workshop provides 12 CE credits.



**COUNSELORS, SOCIAL WORKERS, AND MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This workshop provides 12 clock hours of continuing education credit.



**ACE** Institute for Brain Potential, Provider Number: 1160, is approved as an ACE provider to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this workshop receive 12 clinical continuing education credits.

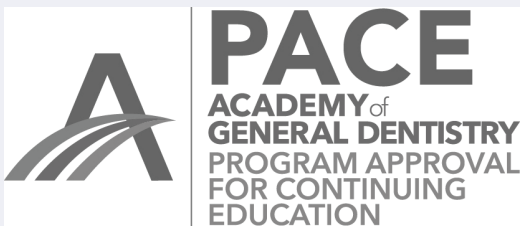


**CHEMICAL DEPENDENCY PROFESSIONALS:** This workshop has been approved by Institute for Brain Potential, as a **NAADAC** Approved Education Provider, for 12 CEs. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

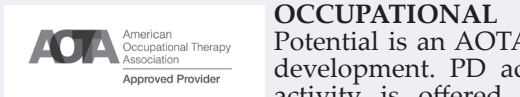


**PHARMACISTS AND PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 12 contact hours (1.2 CEUs). UANs: 0492-0000-23-015-L04-P and 0492-0000-23-015-L04-T.

**DENTAL PROFESSIONALS:** This workshop provides 12 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**.



Institute for Brain Potential Nationally Approved PACE Program Provider for FAGD/MAGD credit. Approval does not imply acceptance by any regulatory authority or AGD endorsement. 12/01/18 to 11/30/24. Provider ID# 312413. AGD Subject Code: 557.



**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an AOTA Approved Provider of professional development. PD activity approval ID# 7458. This live activity is offered at 1.2 CEUs or 12 contact hours (Intermediate, Foundational Knowledge, OT Service Delivery, and Professional Issues). AOTA does not endorse specific course content, products, or clinical procedures.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California (PTBC)**. This workshop provides 12 contact hours of CE credit. This workshop is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)** for 12 contact hours of CE credit. The **OR Physical Therapist Licensing Board** accepts CE courses approved by APTA chapters or PT licensing boards of other states.

**CASE MANAGERS:** This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 12 CE contact hours.

*Empowered Relief is a durable 2-hour intervention for ongoing, recurrent and surgical pain developed by Beth Darnall, a Pain Psychologist Stanford at University School of Medicine. Participants completing this live program should be able to:*

1. Apply the manualized Empowered Relief program to individuals or groups of patients/clients.
2. Identify how pain is amplified or inhibited by psychological factors including cognitions and emotions.
3. Demonstrate how maladaptive cognitive and emotional patterns are related to chronic and recurrent pain.
4. Teach clients how to identify their automatic, unhelpful pain responses (physiologic, cognitive, emotional).
5. Apply key tools to repattern and reshape the brain away from structural changes that commonly occur with chronic pain.
6. Demonstrate advanced relaxation methods that include sound patterns that shift the focus away from pain-related distress, and serve to encode calming in the nervous system.
7. Apply cognitive-behavioral methods that reduce pain by repatterning automatic, unhelpful thoughts.
8. Guide clients to tailor the Empowered Relief content to devise a Personalized Plan for Empowered Relief that supports sustainable pain relief.
9. Demonstrate the use of the Empowered Relief toolkit that includes the 2-hour class, the Personalized Plan, and a calming audio App that clients can integrate into their personalized plan.
10. Apply Self-management Tools to optimize pain control and reduce the burden of pain including effectiveness of various types of chronic pain and post-surgical pain.
11. Describe how Empowered Relief can be combined with medical treatment, and how it supports medical and surgical outcomes.

### Topics Include

- **Pain and Stress:** they each engage the same psychological and physiological systems.
- **Pain-Related Distress:** learn how pain can drive negative cognitive-affective responses to anticipated or actual pain including fear, anxiety, helplessness, rumination, anger, and depression.
- **How Chronic Pain Can Alter the Brain:** the role of neurotoxic stress-related hormones, inflammation that can rewire neurocircuits that can produce pain amplification.
- **Shaping the Brain Toward Pain Relief:** the brain can be retrained to extinguish automatic, unhelpful thoughts and cultivate helpful cognitive and physiologic response patterns that suppress pain, reduce apprehension, regulate moods adaptively, and reduce reactive states of fear.
- **Deploying Advanced Relaxation Methods:** how altering sensory perception can shift awareness away from pain.
- **Applying Pain-Focused Cognitive-Behavioral Tools:** how patients can be taught to recognize distressing thoughts and emotions, how pain creates specific forms of cognitive distortions and ways to reframe them that can lead to meaningful change.
- **Teaching Mindfulness Pain Reduction:** via sound (Calming Tool App): a method that leverages binaural technology to cultivate, present-centered and nonjudgmental mindset.

- **Managing Recurrent Pain:** teaching forethought and an action plan to enable the client to anticipate and manage unexpected flareups.
- **Implementing a Personalized Pain-Management Plan:** daily activities including personalized self-soothing actions to produce sustainable pain relief.

### ABOUT THE INSTRUCTORS



**Beth Darnall, PhD** is Professor at Stanford University School of Medicine, Department of Anesthesiology, Perioperative, and Pain Medicine where she directs the Stanford Pain Relief Innovations Lab. Her pain treatment research is funded by the National Institutes of Health (NIH) and the Patient-Centered Outcomes Research Institute. Her work involves brief, digital, scalable and home-based analgesic interventions. She is creator of Empowered Relief, an evidence-based one-session skills-based intervention for acute/surgical pain and chronic pain that is delivered in 25 countries and seven languages.

Dr. Darnall has three times briefed the U.S. Congress and the FDA on patient-centered pain care, opioid stewardship, and iatrogenic harms from forced opioid tapering. She is a scientific member of the NIH Interagency Pain Research Coordinating Committee, and served as a scientific member of the CDC Opioid Workgroup (2021). She is Chief Science Advisor for Applied VR, serves on the Board of Directors of the American Academy of Pain Medicine and is on the Medical Advisory Board of the Facial Pain Association. Her work has been featured in outlets such as Scientific American, The Guardian (Australia), NPR Radio, BBC Radio, The Wall Street Journal, The New York Times and Nature. She has authored five books for patients and clinicians. In 2018 she spoke on the psychology of pain relief at the World Economic Forum in Davos, Switzerland. Visit <https://youtu.be/YhLbUqIUlr0> to watch Dr. Darnall's fascinating discussion of empowered relief treatment.

**Kristen M. Slater, PsyD**, has specialized training in Clinical and Health Psychology. She did postdoctoral work in pain medicine at Stanford University School of Medicine, is a Certified ER® and has assisted Dr. Darnall in providing training programs on Empowered Relief since 2020.

**Marie C. Weil, Psy.D., ABPP** is Board Certified in Clinical Psychology and has specialized training in behavioral health. Dr. Weil is a certified ER® instructor and has provided training programs with Dr. Darnall on Empowered Relief at Stanford University since 2022.

### ABOUT THE VENUE

Situated next to the Monterey Marriott and the Portola Hotel & Spa, the Monterey Conference Center is within a short walk to the Monterey Wharf, Cannery Row, and amazing ocean vistas. Nearby is the Monterey Aquarium, Carmel, the 17-mile drive, excellent cuisine, and ocean sunsets. Explore the captivating beauty of Monterey, CA in this video: visit [www.ibpceu.com/monterey](http://www.ibpceu.com/monterey). To book lodging and airfare to California, contact Debbie Anderson with Travel Partners by email at [danderson@travelpartnersindublin.com](mailto:danderson@travelpartnersindublin.com) or by phone at (614) 639-9190.