

LIVE SEMINAR

Friday, February 8, 2019 in Palo Alto, CA

Crowne Plaza Palo Alto
4290 El Camino Real, 94306. (650) 857-0787

Complimentary parking is available at the venue.
Please do not contact the venue except for driving instructions.

LIVE WEBCAST

Friday, February 8, 2019, 9 AM – 4 PM PST

You will need a computer with internet access and speakers to participate in the live webcast.

ON-DEMAND WEBCAST

Wednesday, February 13, 2019 – Wednesday, March 13, 2019

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, February 13, 2019 through Wednesday, March 13, 2019. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until December 11, 2021

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: December 11, 2021

PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS

✓one:

- Live Seminar with CE Credit: Friday, February 8, 2019 in Palo Alto, CA
- Live Webcast with CE Credit: Friday, February 8, 2019
- On-Demand Webcast with CE Credit: February 13, 2019 – March 13, 2019

Purchase of Recordings with Home Study CE Credit: through December 11, 2021

- 4 Audio CDs
- 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

- 4 Audio CDs, \$50
- 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (____) _____ Home Phone (____) _____

Fax (____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

PRE-REGISTRATION

- \$79 Individual Rate
- \$74 Group Rate (3 or more persons registering together)
- \$89 On-Site Registration (if space is available)

FOUR WAYS TO REGISTER

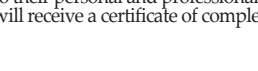
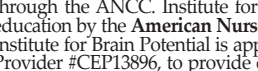
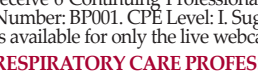
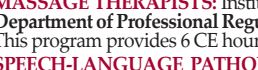
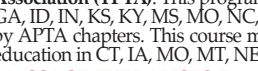
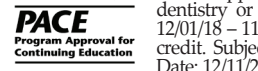
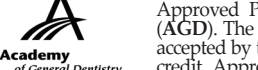
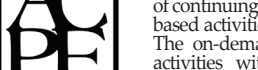
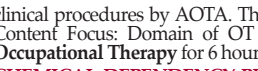
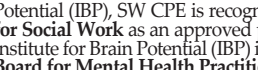
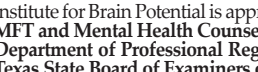
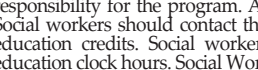
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education 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, and Florida Board of Nursing. This program provides 6 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 program provides 6 CE credits. Institute for Brain Potential is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 hours of CE credit.

COUNSELORS, SOCIAL WORKERS & 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 program provides 6 clock hours.

Institute for Brain Potential, provider #1160, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. Institute for Brain Potential maintains responsibility for the program. ASWB Approval Period: November 11, 2017 – November 11, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6 clinical continuing education clock hours. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Ohio CSWMFT Board, Provider #RCST030801, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168.000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP), 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 #0341. Institute for Brain Potential (IBP) 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-0134. Institute for Brain Potential (IBP) 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 marriage and family therapists. #MFT-0068. This program provides 6 contact hours.

OCCUPATIONAL THERAPISTS: Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

CHEMICAL DEPENDENCY PROFESSIONALS: Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program is 6 CEHs.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The live seminar and webcast are knowledge-based activities with UANs 0492-0000-19-022-L04-P and 0492-0000-19-022-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-023-H04-P and 0492-0000-19-023-H04-T. Initial Release Date: 12/11/2018. Planned Expiration Date: 12/11/2021. This program provides 6 hours (.6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Membership 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 12/01/18 – 11/30/24. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 12/11/2018. Planned Expiration Date: 12/11/2021. 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 is an approved provider with the Florida Board of Dentistry. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. This program is pending approval by the TX chapter of the American Physical Therapy Association (TPTA). This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the live webcast and the seminar of the program. This program provides 6 CE hours.

ACUPUNCTURISTS: This course is pending approval by the California Acupuncture Board, Provider Number 565, for 6 hours of Category I credit.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BFP001. CPE Level: I. Suggested Learning Codes: 4000, 6010, and 6020. CDR-approved credit is available for only the live webcast and the seminar of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS

A 6-Hour Program for Health Professionals

Live Seminar Schedule: Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

Live Webcast Schedule: The date of the live webcast is Friday, February 8, 2019, 9 AM, Pacific Standard Time. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, February 13, 2019 until Wednesday, March 13, 2019. Registrants who sign up for the live webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: December 11, 2021. Self-study credit is available for all California-licensed health professions listed on the brochure except dietitians and massage therapists. We anticipate shipments of CDs/DVDs will take place after March 13, 2019.

Group Registrations: Rates apply for three or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can watch interactive or on-demand webcast, or order home study recordings on different dates.

Confirmation Notices and Certificates of Completion: We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Successful completion includes full attendance, submission of the evaluation form, and for home study credit, submission of the post-test. No partial credit will be given. Certificates of completion for the live seminar are provided at the time of adjournment, and for the interactive webcast, live webcast and on-demand webcast are provided by email upon receipt of the evaluation form and the post-test.

Transfers and Cancellations: Registrants can transfer to another live seminar or webcast if space is available. Registrants canceling up to 48 hours before a seminar or webcast can request a full refund less a \$15 processing fee or an audio CD or DVD recording of the program with the instructional outline for home study credit. Alternatively, a full-value voucher can be obtained good for one year for a future program. In the unlikely event that the program cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled program or a full-value voucher, good for one year, for a future program. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance.

24/7 Customer Service: Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

Institute for Brain Potential: We are the leading provider of accredited programs on the brain and behavioral sciences. Since 1984, our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers.

PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on February 8, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting February 13 until March 13. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

Chronic pain increases the risk of chronic stress, elevated cortisol, low-grade inflammation, immune suppression, and disorders of anxiety, mood and sleep.

Participants completing this 6-hour program should be able to:

- 1. Explain the connection between pain, stress, inflammation, immune suppression, and impaired sleep.*
- 2. Describe several effective behavioral interventions for pain.*
- 3. Describe several other effective non-drug treatments for pain.*
- 4. List conventional and complementary forms of pain relief that are evidence-based for a selected pain-related condition.*

Common Forms of Pain

- **Headache:** migraine, tension, cluster and sinus headaches.
- **Musculoskeletal Pain:** head, neck, shoulders, and back.
- **Spinal Pain:** disk, compressed nerve, and sciatica.
- **Neuropathic Pain:** diabetic, shingles, and neuralgia.
- **Joint:** osteoarthritis, rheumatoid, psoriatic, and gout.
- **Referred Pain:** lungs, liver, ovarian, heart, GI, and kidneys.
- **Fatigue and Fibromyalgia:** myofascial, central sensitization, pelvic and abdominal pain.
- **Pain-Related to Substance Withdrawal:** acute and chronic detoxification syndromes and amplification of pain.

Effects of Recurrent and Chronic Pain

- **Chronic Stress:** elevated cortisol and cortisol resistance.
- **Immune:** low-grade inflammation and immune suppression.
- **Allodynia:** amplification of pain when it becomes chronic.
- **Sleep Loss:** impaired slow-wave sleep and increased pain.
- **Mood:** pain, persistent depression and mood swings.

Behavioral Tools

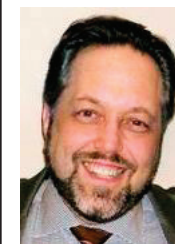
- **Calming Inflammatory Emotions:** anger, sadness, worry.
- **Relaxation Response:** parasympathetic relaxation by deep breathing, progressive muscle relaxation, and imagery.
- **Mind Over Mood:** reducing the risk of depression and immune suppression; cognitive approaches to improve hope, calm, joy and the effective use of humor to relieve stress.
- **Improving Restorative Sleep:** curtailing pain- and stress-related cognitions to enhance deep sleep to help relieve chronic pain; sleep-related habits for pain-patients.
- **Habits of Emotionally Resilient People:** dealing with everyday pain to change how we feel by altering how we think.
- **Mindfulness-Based Pain Management:** experiencing and practicing a non-judgmental, present-centered state.

Conventional and Complementary Forms of Pain Relief

- **Nursing:** preparing patients for surgery, words that calm situational stress; helping patients with flareups.
- **Nutrition:** avoiding inflammatory foods simple sugars, white flour, potatoes, rice, processed foods, oxidized lipids and advanced glycation end-products.

- **Pharmacology:** anti-inflammatory foods that complement the action of hypnotics, analgesics, antidepressants, gabapentin and other pain medications.
- **Physical Therapy:** how transcutaneous nerve stimulation reduces pain and inflammation; inflammation, range of motion, psychological stress, and effective interventions.
- **Dental Professionals:** how the patient's sense of predictability and control affect pain sensitivity; words that reduce apprehension and improve adherence.
- **Kinesiology:** role of strengthening and increasing flexibility of stressed muscles related to spinal, joint pain, and musculoskeletal forms of pain.
- **Chiropractic:** effectiveness of flexion-distraction, manual joint manipulation and low-force manipulation.
- **Acupuncture:** indications for back, neck and shoulder pain and fibromyalgia.
- **Massage:** comparison of Swedish, aromatherapy, hot stone, deep tissue, Shiatsu, and other forms.
- **Therapeutic Touch:** how health providers can increase trust and wellbeing to reduce fear and pain.
- **Biofeedback:** reducing muscle tension via EMG feedback; observing and altering brain activity associated with pain.
- **Virtual Reality:** dissociating pain by altering attention.
- **Yoga:** breathing, asanas (postures) and a wide spectrum of pain relief; comparison of different forms of yoga.

ABOUT THE INSTRUCTOR



Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at Brown Medical School and Harvard University School of Medicine. His research and clinical skills include helping people cope with chronic pain.

An outstanding speaker, Dr. Schneider has given over 500 seminars to health professionals. Audiences highly recommend his presentations for their abundance of practical information, insightful case histories and clinical wisdom. Participants will receive a detailed outline prepared by Dr. Schneider for all of the lecture topics plus key references and evidence-based resources.

In addition to Q & A sessions in class and during breaks, Dr. Schneider will answer your questions by email.