

**MYSTIC, CT**  
HILTON MYSTIC  
20 Coogan Blvd, 06355  
(860) 572-0731

Monday, May 13

**KINGSTON, RI**  
UNIVERSITY OF RHODE ISLAND MEMORIAL UNION  
50 Lower College Rd, 02881  
(401) 874-2056

Tuesday, May 14

**PROVIDENCE, RI**  
RHODE ISLAND CONVENTION CENTER  
One Sabin St, 02903  
(401) 458-6000  
Parking: \$15

Wednesday, May 15

NON-PROFIT  
U.S. POSTAGE  
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LOS ALTOS, CA  
PERMIT #131

## PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS

LIVE SEMINAR (✓ONE)

- Mystic, May 13     Kingston, May 14     Providence, May 15

UNABLE TO ATTEND?

PRE-ORDER RECORDINGS WITH HOME STUDY CE CREDIT (✓ONE)

- CDs     DVDs     Online

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### TUITION

- \$79 Individual Rate
- \$74 Group Rate (3 or More Persons Registering Together)
- \$89 On-Site Registration (if space is available)
- \$29 \$20 *Training Your Brain To Adopt Healthful Habits* (2019) (296 pages)  
— a text that provides health professionals habits to improve impulse control and increase resilience in people experiencing pain. Preorder the book to receive it onsite at this discounted rate.

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpceu.com](http://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

All major credit cards are accepted:

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

PLEASE POST



INSTITUTE FOR BRAIN POTENTIAL  
PO Box 2238, Los Banos, CA 93635

## PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS

MYSTIC, CT: Monday, May 13

KINGSTON, RI: Tuesday, May 14

PROVIDENCE, RI: Wednesday, May 15

**Topics Include:**

- Non-drug treatments that work
- Anti-inflammatory foods
- Improving restorative sleep

A New 6-Hour Program, Spring, 2019: \$79



## PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS

A 6-Hour Program for Health Professionals

### LIVE SEMINARS

**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. Some programs sell out. Please register early.

**Group Registration:** The discount is for three or more guests enrolling together prior to the seminar date. Please complete a separate registration form for each person.

**Transfers:** You or members of your group can attend on different dates if there is space.

**Parking:** Complimentary parking is available unless indicated in the brochure.

**Unable to Attend?** You have three options: 1) Transfer to an alternate location, space permitting, 2) Receive a full-value voucher for any live or recorded lecture for up to a year, or 3) Request a full refund minus a \$15 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 (less than 1%) a seminar cannot be held (e.g., inclement weather), it will be rescheduled. No IBP seminar has ever been canceled as the result of low attendance!

**Certificates and Confirmations:** Certificates of completion are provided at the time of adjournment; successful completion includes full attendance and submission of the evaluation form. No partial credit is given. Confirmation notices are emailed or mailed.

### RECORDED PROGRAMS

**CDs and DVDs:** Delivered to you within 5-7 workdays.

**Online:** Play or download on all devices. Need help? Call (866) 652-7414.

**CE Credit:** National/state boards approved CE is available for most health professions including nursing, psychology, social work, counseling, MFT, dental, and pharmacy. View CE approvals and additional information for this home study program at: [http://www.ibpceu.com/info/pain\\_management.pdf](http://www.ibpceu.com/info/pain_management.pdf)

### DEDICATED 24/7 CUSTOMER SERVICE

Call (888) 202-2938 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.

# PRINCIPLES OF MANAGING PAIN: NON-DRUG INTERVENTIONS



**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**. This program provides 6 contact hours for nurses.



**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 is 6 CE credits.



**COUNSELORS & MARRIAGE AND FAMILY THERAPISTS:** 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 of CE credit.



**SOCIAL WORKERS:** 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.



**CHEMICAL DEPENDENCY PROFESSIONALS:** Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs). Approval is pending by the CT Certification Board for 6 hours of continuing education.



**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 6 contact hours (.6 CEUs). UANs: 0492-0000-19-022-L04-P and 0492-0000-19-022-L04-T



**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/Mastership 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. Subject Code: 557. This program is 6 CE hours.



**APPROVED PROVIDER OF CONTINUING EDUCATION** by The American Occupational Therapy Association, Inc. **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 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Client Factors).

**NURSING HOME ADMINISTRATORS:** Institute for Brain Potential is a *Certified Sponsor* of professional continuing education with the NAB and has approved this program for 6 clock hours under its sponsor agreement with NAB/NCERS. State licensure boards, however, have final authority on the acceptance of individual courses.

**PHYSICAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The **RI Board of Physical Therapy** accepts courses offered by the AOTA approved providers of CE. This program provides 6 contact hours.

**SPEECH-LANGUAGE PATHOLOGISTS:** This program is designed to be relevant to speech-language pathologists. Participants will receive a certificate for completing this 6-hour program.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved by NCBTMB as a CE Approved Provider, #450939-09. This course is pending approval by NCBTMB for 6 CE hours.

**CASE MANAGERS:** This program has been submitted to the **Commission for Case Manager Certification** for approval to provide board certified case managers with 6 CE contact hours.

**PHYSICIAN ASSISTANTS:** This educational activity provides 6 hours of Category 2 CME credits.

**DIETITIANS:** IBP 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 6 CPEUs for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. CPE Level: II. Suggested Learning Codes: 4000, 6010, and 6020.

**EDUCATORS:** This program provides .75 CEUs of professional development in CT and 7.5 PD Hours of professional development in RI toward license renewal through a cosponsorship agreement between IBP and Alliant International University, a regionally accredited institution by the Accrediting Commission for Senior Colleges and Universities. Contact your school district if you need prior approval.

*Chronic pain produces physical and psychological stress, low-grade inflammation, and disorders of mood, anxiety, and sleep.*

*The program is designed to enable you to acquire a toolkit of approaches to experience pain relief.*

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

- 1. The differential diagnosis of key pain-related disorders.*
- 2. Associated conditions including depression, PTSD, chronic inflammation, anxiety, depression, and insomnia.*
- 3. Indications for use of evidence-based herbal medications and biological supplements.*
- 4. Indications for physical interventions including physical therapy, exercises, massage, Tai Chi and Yoga.*
- 5. Indications for psychological interventions including ways to evoke the relaxation response, cognitive approaches, and mindfulness.*

## Common Forms of Pain

- **Tension-Type Headaches:** understanding the causes of muscle contraction.
- **Migraine Headache:** typical presentation, key triggers including dietary factors.
- **Acute Back Pain:** non-pharmacological management should be the first-line treatment; predictors of outcomes; cautions regarding use of opioids.
- **Chronic Back Pain Sciatica:** prognosis and prevention.
- **Osteoarthritis:** understanding degeneration of joint cartilage.
- **Rheumatoid Arthritis:** an autoimmune disorder; inflammation of synovial fluid; risk factors and the role of diet.
- **Neuropathic Pain:** etiology and symptoms.
- **Pain in Dentistry:** reducing fear and anxiety, and increasing trust to help reduce acute pain.
- **Fibromyalgia:** prevalence, onset of symptoms and recurrence, updated diagnostic criteria, and understanding pain amplification.

## Key Associated Conditions

- **Low-Grade Chronic Inflammation:** cortisol, chronic stress, stress-related disorders and suppression of the immune system.
- **Sleep-Related Disorders:** anxiety and delayed sleep onset; depression and difficulty returning to sleep; insufficient restorative sleep and elevated pain.
- **Mood Disorders:** there is a high prevalence of major and persistent depression that coexists with cognitions that trigger negative expectations, mood swings, and depressive disorders.
- **Posttraumatic Stress Disorders:** why untreated PTSD, pain-related disorders, and substance use disorders frequently coexist.

## Herbal Medications and Biological Supplements

- **White Willow Bark:** potential equivalence to aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) with fewer side effects.
- **Migraine Prevention:** indications for Butterbur and Feverfew.

- **Cayenne Pepper:** indications for low back pain.
- **Devil's Claw:** multiple randomized control trials indicate benefits for osteoarthritis and back pain.
- **Cannabis:** indications for neuropathic pain.
- **Glucosamine Sulfate:** several randomized controlled trials show reduction of pain equivalent to NSAIDs.
- **SAM-e:** 40% decrease in arthritic pain equivalent to NSAIDs.

## Physical Modalities

- **Physical Therapy:** analgesic and anti-inflammatory effects of cold; analgesic and muscle relaxing effects of superficial heat; use of TENS.
- **Exercise:** stretching and strengthening of fatigued muscles for arthritis, low back pain, and fibromyalgia.
- **Massage Therapy:** Swedish, deep tissue, and Shiatsu.
- **Acupuncture:** traditional and electro acupuncture; efficacy.
- **Tai Chi:** strong evidence for osteoarthritis and back pain.
- **Yoga:** efficacy is demonstrated in several well designed randomized controlled trials for back pain.

## Psychological Approaches

- **Evoking the Relaxation Response:** calming the overactive brain.
- **Deep Breathing:** rapid relief from acute pain.
- **Reducing Muscle Tension:** Progressive Muscle Relaxation.
- **Reducing Stress:** increasing predictability and control.
- **Cognitive-Behavioral Interventions:**
  - Identifying key stress-related triggers.
  - Untwisting negative thoughts that worsen pain.
  - Cognitive approaches to elevating mood.
  - Preventing catastrophic reactions to flareups.
- **Imagery:** guided imagery and virtual reality.
- **Biofeedback:** indications for selected pain disorders.
- **Improving Sleep:** habits that reduce chronic pain.
- **Experiencing Mindfulness-Based Pain Reduction**

## ABOUT THE INSTRUCTOR

*Mark Schneider, Ph.D., is an expert in Behavioral Medicine. Dr. Schneider has taught at the medical schools at Brown, Duke and Harvard Universities. His research and clinical skills include helping people cope with chronic pain and adjustment to chronic disease.*

*Throughout the program, Dr. Schneider will enable participants to experience pain relief through evidence-based interventions. An outstanding speaker, Dr. Schneider has presented over 750 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.*