Principles of Managing Pain: Non-Drug Interventions
A 6-Hour Home Study Program for Health Professionals

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
- Musculoskeletal Pain
- Spinal Pain
- Neuropathic Pain
- Joint
- Referral Pain
- Fatigue and Fibromyalgia
- Pain-Related to Substance Withdrawal

Effects of Recurrent and Chronic Pain
- Chronic Stress
- Immune
- Allodynia
- Sleep Loss
- Mood
- Behavioral Tools
- Calming Inflammatory Emotions
- Relaxation Response
- Mind Over Mood
- Improving Restorative Sleep
- Habits of Emotionally Resilient People
- Mindfulness-Based Pain Management

Conventional and Complementary Forms of Pain Relief
- Nursing
- Nutrition
- Pharmacology
- Physical Therapy
- Dental Professionals
- Kinesiology
- Chiropractic
- Acupuncture
- Massage
- Therapeutic Touch
- Biofeedback
- Virtual Reality
- 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.