

LIVE SEMINAR

Saturday, June 17, 2017 in Los Altos, CA

Residence Inn by Marriott Palo Alto Los Altos
4460 El Camino Real, 94022. (650) 559-7890

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

LIVE WEBCAST

Saturday, June 17, 2017, 9 AM – 4 PM PDT

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

ON-DEMAND WEBCAST

Wednesday, June 21, 2017 – Friday, July 21, 2017

Participants interested in on-demand, self-study learning including continuing education credit may register to download the recording of the program from Wednesday, June 21, 2017 through Friday, July 21, 2017. The program plus in-class exercises will be available in four convenient segments.

HOME STUDY RECORDINGS

Valid for CE until May 19, 2020

You may listen to or view the recorded lecture at your convenience and earn home study credit. Expiration date: May 19, 2020

PSYCHOLOGICAL APPROACHES TO MANAGING PAIN

✓one:

- Live Seminar with CE Credit: Saturday, June 17, 2017 in Los Altos, CA
- Live Webcast with CE Credit: Saturday, June 17, 2017
- On-Demand Webcast with CE Credit: June 21, 2017 – July 21, 2017

Purchase of Recordings with Home Study CE Credit: through May 19, 2020

- 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**.

IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

IBP 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 (IBP) is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this program and its content. This program provides 6 CE credits.

IBP 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 (IBP) 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. IBP is solely responsible for all aspects of the programs. This program provides 6 clock hours.

IBP, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 continuing education clock hours for participating in this intermediate-level course.

IBP 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. This program is 6 CE hours.



OCCUPATIONAL THERAPISTS: IBP 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) and Occupational Therapy Process (Intervention). This course is approved by the **FL Board of Occupational Therapy** for 6 hours of credit.

SUBSTANCE ABUSE PROFESSIONALS: Institute for Brain Potential (IBP) is approved by the NAADAC Approved Education Provider Program, Provider #102949. IBP is approved by CCAPP-EL, Provider Number 4S-09-128-1217. This program provides 6 CEHs.



PHARMACISTS & PHARMACY TECHNICIANS: IBP 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 0492-0000-17-024-L04-P and 0492-0000-17-024-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-17-025-H04-P and 0492-0000-17-025-H04-T. Initial Release Date: 05/19/2017. Planned Expiration Date: 05/19/2020. This program provides 6 hours (.6 CEU).



DENTAL PROFESSIONALS: IBP 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 12/01/14 – 11/30/18. Provider ID# 312413. This program provides 6 hours of CE credit. Subject Code: 557. Initial Release Date: 05/19/2017. Planned Expiration Date: 05/19/2020.

IBP, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. IBP is an approved provider with the **Florida Board of Dentistry**. This program is 6 CE hours.

PHYSICAL THERAPISTS: This program is approved by IBP – an accredited approver of the physical therapy continuing education by the **Physical Therapy Board of California**. IBP is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. IBP is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by the TX chapter of the **American Physical Therapy Association (APTA)**. 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: IBP 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: IBP 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.

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 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. Provider Number: BP001. 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. IBP is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. IBP 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 IBP. 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.



PSYCHOLOGICAL APPROACHES TO MANAGING PAIN

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 Saturday, June 17, 2017, 9 AM, Pacific Daylight 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, June 21, 2017 until Friday, July 21, 2017. 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: May 19, 2020. 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 July 21, 2017.

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 receive a tuition refund less a \$15 administrative 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.

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. Our non-profit organization (tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

PSYCHOLOGICAL APPROACHES TO MANAGING PAIN

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 June 17, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting June 21 until July 21. 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.

This new program presents and demonstrates psychological methods to reduce pain.

Emphasis is placed on techniques that can help to enable patients to:

- Reduce dependence on prescribed opioid and other analgesics,
- Reduce fear of medical or dental procedures,
- Reduce catastrophic reactions to unanticipated pain, and
- Develop effective self-management strategies.

As a result of completing this 6-hour program, health professionals in medical, dental, and behavioral health practices should be able to:

1. Discuss why psychological treatments are a key component of a comprehensive approach to reducing pain.
2. Describe approaches to evoking a pain-reducing relaxation response.
3. Discuss the importance of mindset, belief, and expectation in the perception of pain.
4. Demonstrate one or more approaches to relieving pain through self-compassion, mindfulness, cognition, and acceptance.
5. Discuss how relationships impact pain.
6. Outline several approaches to improving sleep, overcoming trauma, improving the outcome of surgery and managing flare-ups.

The Role of Psychology in Pain and Pain Relief

- **Pain is a Psychosensory Experience:** the influence of expectation, meaning, beliefs, thoughts, and emotions in the experience of pain.
- **The Biopsychosocial Perspective:** why integrating psychological treatments in combination with medical and other interventions produce greater pain relief.
- **Reducing Dependence on Analgesics and Opioids:** why psychological methods that reduce pain can also help reduce reliance on pain-related medications.

The Connection between Pain and Stress

- **Chronic and Recurrent Stress:** how muscle tension, heart rate, vasoconstriction, psychological distress, adrenaline and cortisol affect the experience of pain.
- **Identifying Pain-Evoking Stressors:** the importance of recognizing early in treatment the sources of stress that affect pain
- **Evoking the Relaxation Response:** the fundamental benefits of diaphragmatic breathing as a means of reducing the adrenal hormones (adrenaline and cortisol) associated with acute and chronic stress and activating the parasympathetic relaxation response.
- **Applying Advanced Relaxation Technology:** the use of binaural sound and bilateral touch to influence the left and right cerebral hemispheres as well as engaging the wisdom of the Western and Eastern hemispheres.
- **Neuromuscular Repatterning:** using relaxation technology to reshape neuromuscular patterns toward pain relief.

Why Mindset Matters for Pain Relief

- **Integrative Medicine:** why psychological approaches help other types of pain treatments work better.
- **Psychological factors:** key role in effectiveness of pain treatment, the use of opioids and preparing patients for surgery, reducing post-surgical pain, and shortening the duration of hospitalization.
- **Cognitive Pathways to Pain Relief:** reduced anticipation of pain, suggestion, and trust; the placebo effect and endorphins; over-reaction to pain and expected pain and catastrophic reactions; cognitive-behavioral evidence-based therapies that work.
- **Shifting Awareness:** why focusing on and anticipating pain increases the level of experienced pain; how specific and personalized soothing thoughts and emotions that evoke memories of comfort and safety can decrease pain.
- **Shaping Your Brain Toward Pain Relief:** repetition is critical for changing the brain's structure and function and stopping pain.

Pain Relief Treatments: Shared and Individual Pathways

- **Compassion Meditation:** derived from Hinduism and Buddhism, it includes ways to alleviate suffering by experiencing feelings of compassion while meditating on relationships (e.g., self, one's partner, our friends and adversaries, and strangers) as a means of reducing anger.
- **Mindfulness-Based Pain Reduction:** how experiencing moment-to-moment awareness of thoughts, feelings and sensations without judgment can retrain the brain to habituate to or dull pain.
- **Cognitive-Behavioral-Based Pain Management:** integrating cognitive and behavioral strategies to begin to move beyond current barriers; goal setting, problem solving, self-compassion, and self-management.
- **Chronic Pain Self-Management:** peer-led education and support for pain management.
- **Meaning-Based Pain Management Strategies:** shifting the question: "What can I give you for your pain?" to "What matters most to you in life and how can we support you and your health?" Why maintaining goals for a positive future is critical to sustain the motivation to cope with adversity.
- **Acceptance and Commitment:** acceptance helps empower a client to achieving goals that are meaningful rather than staying stuck in the past; helping clients recognize that they are doing their best.

How Relationships Impact Pain

- **The Importance of Relationships:** one's relationships with self and others are critical aspects of pain management; identifying and addressing guilt, regret, and sadness in relationships that arise from pain-related limitations.
- **Relationship Stress:** how it can impact need and use of pain medication and opioids due to increased stress, anxiety, and over activity.
- **Sourcing Meaning Through Relationship:** cultivating awareness and optimizing self-care by setting appropriate and supportive limits with self and others.

Additional Strategies: Sleep, Trauma, Surgery and Flare-Ups

- **Improving Sleep:** integrating pain relief treatments to reduce thoughts that keep us awake (CBT); focusing on the present (mindfulness), and using advanced relaxation technology.
- **Trauma as a Critical Therapeutic Target for Pain Management:** whether experienced early in life or as an adult, traumatic experiences impact pain; pain treatment must include assessment and treatment for any lasting effects of past trauma.
- **Mindset and Medical or Dental Surgery: Preparing Clients for Best Outcomes:** why it is important to improve a client's sense of predictability, control, and social support through structured relaxation and information-related experiences.
- **Coping With Pain Flare-ups:** acquiring greater self-knowledge of emotional, cognitive and experiential triggers that undermine coping and how to overcome them.

ABOUT THE INSTRUCTOR



Beth Darnall, PhD is Clinical Associate Professor in the Departments of Anesthesiology and Perioperative and Pain Medicine at Stanford University, and is faculty in the Stanford Systems Neuroscience and Pain Lab. She is a pain psychologist and researcher. Dr. Darnall is a past President of the Pain Society of Oregon and Co-Chair of the Pain Psychology Task Force at the American Academy of Pain Medicine.

Her NIH-funded research investigates mechanisms of pain catastrophizing, cognitive behavioral therapy for pain, and the effectiveness of a single-session pain catastrophizing treatment she developed. Additional projects are focused on preventing post-surgical chronic pain and on opioid reduction in outpatients with chronic pain. Dr. Darnall is sought by healthcare organizations to develop and enhance pain-focused psychology treatment programs.

She is author of the forthcoming text published by the American Psychological Association entitled, Psychological Treatment for Chronic Pain and two other texts, The Opioid-Free Pain Relief Kit (2016) and Less Pain, Fewer Pills: Avoid the dangers of prescription opioids and gain control over chronic pain (2014). These books are designed to improve pain education for patients and healthcare providers alike and to improve access to evidence-based, low-cost behavioral pain treatment.

Health professionals attending her workshops applaud Dr. Darnall's use of case studies, interactive exercises and valuable tips to translate key concepts into practical terms that will help clients receive effective self-management of pain. Throughout the program, participants will be able to experience practical strategies for attaining pain relief.