Chronic pain affects approximately one in three adults in the United States. This text is designed to provide guidelines that will enable patients to reduce their reliance on prescribed opioids. Chronic use of opioids generally provides diminishing pain relief while triggering many side effects that contribute to anxiety, depression, stress, inflammation, sleep disorders, and impaired regulation of adrenal hormones.

The text for this home study program, Less Pain, Fewer Pills by Beth Darnall, Ph.D. (Stanford University School of Medicine) is a clearly written and practical source of evidence-based guidelines. Topics include the adverse effects of long-term use of prescribed opioids and mind-body guidelines for gaining control over chronic pain.

Participants completing this program should be able to identify:

1. Name key factors leading to opioid overprescription.
2. Outline key adverse consequences of long-term opioid use.
3. Cite unintended physical effects of chronic opioid use.
5. Discuss mind-body interventions that can calm pain-related stress.
6. Describe key methods of reducing catastrophic reactions to pain.
7. State lifestyle factors that help reduce the use of pain medications.
8. Describe key advantages of multidisciplinary pain management.
9. Outline daily plan to reduce suffering, improve wellbeing, and reduce opioid dependence.
10. Name key advantages of multidisciplinary pain management.
Policies and Procedures

1. You may order the audio CDs or audio-visual DVDs before the planned expiration date listed on the program brochure. You will have at least one year from the date you placed your order to complete the program for continuing education credit.

2. Course materials including CDs or DVDs, course outline and handouts, evaluation form, and post-test are delivered to you within 5-7 days from the date we receive your order. You will need a CD player to listen to the lecture on CDs and a DVD player to view it on DVDs.

3. Successful completion to receive continuing education credit includes 1) watching or listening to the recorded lecture and reviewing the course handouts, 2) submission of the evaluation form and post-test, and 3) receiving a passing score of 70% on the posttest. No partial credit is given.

4. Post-tests are usually scored within 5 workdays of their receipt; please allow 10 workdays. You may retake the posttest without penalty or fee.

5. Course evaluation form and completed posttest can be submitted to us by email at ceu@4brain.org, fax at (209) 710-8306, or by mail at IBP Distance Learning, PO Box 2238, Los Banos, CA 93635.

6. A certificate of completion is provided upon successful completion. Please indicate whether you wish to receive the certificate by email, fax, or mail on the registration form.

7. If you are not completely satisfied, you may return the course materials in a resalable condition within 30-days of your purchase and exchange it for another home study program of equal value or obtain a full refund minus a $15 processing fee by submitting a refund request in writing or by email at refund@ibpceu.com. Tuition for continuing education credit is not refundable. Course materials should be returned to us at IBP Distance Learning, 245 W Pacheco Blvd. Ste. C, Los Banos, CA 93635.

Dedicated Customer Service

Call (888) 202-2938 to inquire about course content, instructors, corrections, grading, or problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. Institute for Brain Potential complies with ADA requirements.

The IBP Experience

Our non-profit organization, tax ID 77-0026830, is the leading provider of accredited programs concerning the brain and behavioral sciences. We have been providing informative and practical continuing education programs since 1984. Our programs include fascinating and informative presentations by outstanding and highly qualified faculty.