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. Applications 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.

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

**Common Forms of Pain**
- Tension-Type Headaches
- Migraine Headache
- Acute Back Pain
- Chronic Back Pain Sciatica
- Osteoarthritis
- Rheumatoid Arthritis
- Neuropathic Pain
- Pain in Dentistry
- Fibromyalgia

**Key Associated Conditions**
- Low-Glade Chronic Inflammation
- Sleep-Related Disorders
- Mood Disorders
- Posttraumatic Stress Disorders

**Herbal Medications and Biological Supplements**
- White Willow Bark
- Migraine Prevention
- Cayenne Pepper
- Devil’s Claw
- Cannabis
- Glucosamine Sulfate
- SAM-e

**Physical Modalities**
- Physical Therapy
- Exercise
- Massage Therapy
- Acupuncture
- Tai Chi
- Yoga

**Psychological Approaches**
- Evoking the Relaxation Response
- Deep Breathing
- Reducing Muscle Tension
- Reducing Stress
- 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
- Biofeedback
- Improving Sleep
- Experiencing Mindfulness-Based Pain Reduction

**Content Level:** Intermediate

**Content Focus:** Domain of OT (Client Factors)

**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.
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