Psychological Approaches to Managing Pain
A 6-Hour Home Study Program for Health Professionals

This 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 medicines, reduce fear of medical or dental procedures, reduce catastrophic reactions to unanticipated pain, and develop effective self-management strategies.

Participants completing this program 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.

SUBSTANCE ABUSE PROFESSIONALS: This course has been approved by the Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CEs. NAADAC Provider #109499, for 6 CEs. The assignment of AOTA CEUs does not imply acceptance by any regulatory authority or AGD endorsement. Approval does not imply acceptance by any regulatory authority or AGD endorsement.

PAIN RELIEF TREATMENTS:
• Compassion Meditation
• Mindfulness-Based Pain Reduction
• Cognitive-Behavioral Pain Management
• Chronic Pain Self-Management
• Meaning-Based Pain Management Strategies
• Acceptance and Commitment

How Relationships Impact Pain
• The Importance of Relationships
• Relationship Stress
• Sourcing Meaning Through Relationship

Additional Strategies
• Sleep, Trauma, Surgery, and Flare-Ups
• Improving Sleep
• Trauma as a Critical Therapeutic Target for Pain
• Management
• Mindset and Medical or Dental Surgery
• Coping With Pain Flare-ups

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 patients with chronic pain. Dr. Darnall is sought by healthcare organizations to develop and enhance pain-focused psychology treatment programs.

She is author of the text published by the American Academy of Pain Medicine, 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.
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.