

INR

P.O. Box 5757
Concord, CA 94524-0757
1-877-246-6336
(925) 609-2820
www.INRseminars.com

Celebrating 35 Years

INTEGRATIVE PAIN MANAGEMENT

CULVER CITY, CA: Fri., Nov. 15, 2019
CULVER CITY, CA: Sun., Nov. 17, 2019

6 to 7.2 CONTACT HOURS (See Inside); \$149 Tuition
Register with Visa, MC, American Express®, or Discover® at: 1-800-937-6878

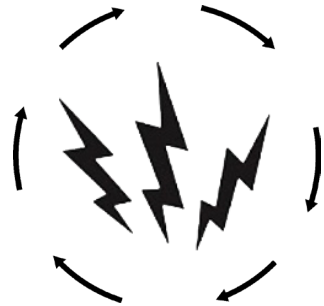
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INTEGRATIVE PAIN MANAGEMENT



www.INRseminars.com

7.2 CONTACT HOURS
(CALIFORNIA NURSES)

6 CONTACT HOURS
(ALL OTHERS)

A course for:

Nurses
Pharmacists
Dietitians and DTRs
Psychologists
Social Workers
Marriage & Family Therapists
Counselors
Addiction Counselors
Occupational Therapists & OTAs
Physical Therapists & PTAs
Chiropractors
Acupuncturists
Case Managers
Other Health Professionals

Tuition \$149

Presented by Institute for Natural Resources
1-877-246-6336 ♦ (925) 609-2820

ACCREDITATION

To obtain the 6 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LVNs)

The provider is approved by the California Board of Registered Nursing, Provider Number CEP06136, for 7.2 contact hours.

This program provides 7.2 contact hours for California-licensed nurses, and includes one Rx contact hour of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026) for 6 contact hours.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The California Board of Pharmacy and the boards of pharmacy of all 50 states will accept, for credit toward license renewal, courses presented by an ACPE-accredited organization. The ACPE universal activity number (UAN) for this course is 0751-0000-19-078-L04-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, 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 hours worth of 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. CDR is the credentialing agency for the Academy of Nutrition and Dietetics (AND). This course has Activity Number 150832 and Performance Indicators: 8.2.1, 8.2.4, 8.3.1, & 8.3.4. CPE Level: I.



PSYCHOLOGISTS

The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit.

CLINICAL SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS, & COUNSELORS

The California Board of Behavioral Sciences will accept courses approved by the California Psychological Association (CPA OPD). The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content.

ADDICTION COUNSELORS

INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.6 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 6 continuing competency units.

CHIROPRACTORS

Application for approval of this course has been made to the California Board of Chiropractic Examiners for 6 hours of Category B credit.

ACUPUNCTURISTS

This course is pending approval by the California Acupuncture Board, Provider Number 1486, for 6 hours of Category 1 continuing education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

ACCREDITATION (cont'd)

OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

INSTRUCTOR

Dr. Z. Altug (PT, DPT, OCS, MS, CSCS) is board-certified orthopedic clinical specialist and a doctor of physical therapy. He is a licensed physical therapist and integrative wellness specialist with 30 years of experience.

Dr. Altug currently works as a private physical therapist in Los Angeles, California. In addition, he worked as an adjunct assistant professor for several universities and at the UCLA Medical Center Outpatient Rehabilitation Department for 12 years. Author of the book, "Integrative Healing: Developing Wellness in the Mind and Body," Dr. Altug teaches patients and clients about wellness and self-care strategies.

Dr. Altug earned a doctorate in physical therapy from the College of St. Scholastica in Duluth, Minnesota, a master of science degree in sports and exercise studies and a bachelor of science degree in physical education from West Virginia University. He earned another bachelor of science degree in physical therapy from the University of Pittsburgh.

Dr. Altug is a long-standing member of the American Physical Therapy Association and the National Strength and Conditioning Association. He is a recent member of the International Association for the Study of Pain. Dr. Altug is licensed in California and is a Certified Strength and Conditioning Specialist (CSCS).

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) outline the biopsychosocial model of pain.
- 2) define the role of central sensitization for pain.
- 3) identify the opioid-abuse epidemic and examine alternate strategies
- 4) recognize lifestyle factors as a source of pain.
- 5) review assessment strategies for pain.
- 6) identify evidence-based integrative and intervention strategies.
- 7) identify evidence-based strategies for pain management.

INTEGRATIVE PAIN MANAGEMENT

Instructor: Z. Altug, PT, DPT, OCS, MS, CSCS

Seminar registration is from 7:45 AM to 8:30 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 12 Noon to 1:00 PM. The course will adjourn at 4:00 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

Mini Practice Sessions

The Science, Causes, and Principles of Pain:

- Pain Physiology. Biopsychosocial Model of Pain.
- The Current State of the Opioid-Abuse Epidemic.
- Central vs. Peripheral Sensitization.
- Outcome Measures for Pain/Psychological Distress. Standardized Assessments.

Mini Practice Sessions

Mind Body Medicine and Implications for Pain Management:

- Research Review.
- Lifestyle and Pain – Sleep, Stress, Nutrition, Exercise, Music, and Art.
- Types of Meditation. Types of Breathing Techniques.
- Self-Hypnosis for Pain Management
- Guided Imagery and Progressive Muscle Relaxation for Pain Management

Mini Practice Sessions

Integrative Movement to Manage and Treat Chronic Pain:

- Mindful Walking. Labyrinth Walking.
- Feldenkrais Method. Alexander Techniques.
- Other Therapeutic Exercises.
- Movement-Based Practice for Pain Management and Self-Care.

Mini Practice Sessions

Therapeutic Interventions and Self-Management Strategies for Pain:

- Energy Conservation and Joint Protection Guidelines.
- Body Mechanics Training and Unloading Techniques.
- Aromatherapy, Healing Sounds, and Art Therapy.
- Self-Massage Strategies for Pain Management.

Mini Practice Sessions

Evaluation, Questions, and Answers

Seminar Schedule:
Registration: 7:45 AM to 8:30 AM
Seminar Begins: 8:30 AM
Lunch Break: 12 noon to 1 PM (on your own)
Seminar Ends: 4:00 PM
Breaks: 15 mins (Mid-Morning & Mid-Afternoon)

Important Information:
Please wear comfortable clothing and shoes.
There are 18 Practice Sessions throughout the seminar.

7.2 CONTACT HOURS (CALIFORNIA-LICENSED NURSES) & 6 CREDIT HOURS (ALL OTHERS)
www.INRseminars.com

MEETING TIMES & LOCATIONS

CULVER CITY, CA

Fri., Nov. 15, 2019
8:30 AM to 4:00 PM
Courtyard Los Angeles Westside
6333 Bristol Parkway
Culver City, CA 90230

CULVER CITY, CA

Sun., Nov. 17, 2019
8:30 AM to 4:00 PM
Courtyard Los Angeles Westside
6333 Bristol Parkway
Culver City, CA 90230

TUITION:

\$149.00 per person with pre-registration (\$164.00 at the door if space remains). Tuition includes a syllabus. (Group pre-registration rate: \$144.00 per person. To qualify, 3 or more registrations must be submitted together. Please list names of all registrants.)

TO REGISTER:

There are **four** ways to register:

- 1) **Online:** www.INRseminars.com
- 2) **By mail:** Complete and return the Registration Form below.
- 3) **By phone:** Register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-800-937-6878**. (This number is for registrations only.)
- 4) **By fax:** Fax the completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860.

For all inquiries, please contact **customer service at 1-877-246-6336 or (925) 609-2820**.

Please register early and arrive before the scheduled start time. Space is limited. For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

Please check course date:



REGISTRATION FORM

(This registration form may be copied.)



Please return form to:
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TOLL-FREE: 1-877-246-6336
TEL: (925) 609-2820
FAX: (925) 687-0860

_____ Fri., Nov. 15, 2019 (Culver City, CA)

_____ Sun., Nov. 17, 2019 (Culver City, CA)

Please print:

Name: _____ Profession: _____

Home Address: _____ Professional License #: _____

City: _____ State: _____ Zip: _____ If pharmacist, NABP: _____ DOB: _____

Please enclose full payment with registration form. Check method of payment. Best Phone: _____

_____ Check for \$ _____ (Make payable to INR) E-Mail: _____ (needed for confirmation & receipt)

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Please provide an e-mail address above to receive a confirmation and directions to the meeting site.