

FOUR-HOUR LIVE WEBINAR

Tuition: \$74

(REGISTRATION FORM)

INTEGRATIVE & LIFESTYLE

MEDICINE APPROACH

TO PAIN MANAGEMENT

Please Check One Option Below:

LIVE WEBINAR:

Wed., Nov. 4, 2026, 12:00 PM – 4:30 PM, (Eastern Time)

or 11:00 AM – 3:30 PM, (Central Time)

or 9:00 AM – 1:30 PM, (Pacific Time)

Tue., Dec. 8, 2026, 5:30 PM – 10:00 PM, (Eastern Time)

or 4:30 PM – 9:00 PM, (Central Time)

or 2:30 PM – 7:00 PM, (Pacific Time)

\$74 – Pre-Registration Rate: Live Webinar with 4 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

*Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

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There are four ways to register:

1) Internet: www.INRseminars.com

2) Mail: INR, P.O. Box 5757, Concord, CA 94524-0757 (Make check payable to INR.)

3) Fax: (925) 363-7798

4) Phone: 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend 100% of the course, and complete program evaluation form and a post-test with 85% passing score. 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. Partial credit is not allowed.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026), the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 4 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-26-035-L08-P. This is a knowledge-based CPE activity.

REGISTERED DIETITIANS & DTRs

Under Provider Code: IN001, this program awards 4 CPEUs in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program. It has Prior Approval Number 194106 and Performance Indicators: 9.2.1, 9.2.2, and 9.2.4 at CPE Level: 2.

PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. 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. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042. This program has been approved by the Minnesota Board of Psychology for 4 continuing education hours.

MENTAL HEALTH COUNSELORS, MFTs, & ADDICTION COUNSELORS

Under Sponsor #00088989 and approval #60008004864, CRCC has approved this course for four contact hours. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for MFTs. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

Institute for Natural Resources, 1356, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 02/28/2025-02/28/2028. Social workers completing this course receive four (4) clinical continuing education credits. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval # CE26-1383052). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. 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 4 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education. INR has New Jersey State Board of Physical Therapy Examiners Approval #2607-35.

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).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit https://www.nabweb.org/continuing-education and choose "NAB Approved CE Database" for the most current approved courses.

MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.

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.

ACPE

National Certification Board for Therapeutic Massage & Bodywork

NEW!

INTEGRATIVE & LIFESTYLE

NEW!

MEDICINE APPROACH

TO PAIN MANAGEMENT

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

SCHEDULE

Please see the Program outline for the webinar schedule.

Please register early. Space is limited. Full attendance is required, no partial credit is allowed. If you cannot attend during the scheduled time, please see the "Frequently Asked Question" Section for more options. A transfer can be made from one Webinar to another. Please contact INR Customer Service at (925) 609-2820, Option 2. Registrants cancelling before an INR Webinar will receive a tuition refund or a full-value voucher, good for two years, for a future webinar of equivalent monetary value. Cancellation or voucher requests may be made in writing by email or by phone to Customer Service. If a Webinar 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 Webinar or a full-value voucher, good for two years, for a future Webinar. 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. Please note the syllabus is not available for separate purchase. Fees are subject to change without notice.

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 programs yearly.

INR has no ties to any ineligible 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, standards, 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) 363-7798
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.

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INTEGRATIVE & LIFESTYLE MEDICINE APPROACH TO PAIN MANAGEMENT

Frequently Asked Questions

Q: What do I have to do to complete the live Webinar successfully?

To obtain the contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test (and achieve a score of 85%) electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar?

You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

Healthcare professionals need to be well versed in self-care, lifestyle and nonpharmacological approaches for managing pain.

Pain is complex, and effective management requires more than pharmacology. This interactive workshop equips healthcare professionals with the knowledge and practical skills to integrate self-care, lifestyle medicine, and nonpharmacological strategies into patient-centered care.

Grounded in the principles of shared decision-making and therapeutic alliance, participants will explore how behavior-change frameworks can empower patients to take an active role in their own healing. Clinicians will leave with a broad, evidence-informed toolkit drawn from integrative and lifestyle medicine — ready to apply immediately in clinical practice.

Through a blend of lecture and hands-on experiential labs, this workshop covers a wide range of approaches including manual therapy, therapeutic exercise, patient education, stress management, mindfulness meditation, sleep hygiene, acupressure, music and art therapy, gua sha, cupping, progressive muscle relaxation, labyrinth meditation, yoga, qigong, tai chi, Pilates, the Feldenkrais Method, and the Alexander Technique.

Participants will gain practical experience with movement therapies, stress regulation, nutrition, and social connection strategies — all designed to address chronic pain, reduce functional decline, and improve quality of life for the patients and communities they serve.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

PROGRAM/LECTURE

PART 1 (60 MINUTES)

Core Elements of Clinical Practice

- Understanding Pain Management
- Science of Pain Management
- (Class Exercise/Lab: Tai Chi Warmup)

Clinical Applications of Lifestyle Medicine

- Six Pillars of Lifestyle Medicine
- Pillar 1: Nutrition and Culinary Medicine for Pain Management
- Pillar 2: Physical Activity and Exercise for Pain Management
- Pillar 3: Sleep Hygiene Essentials for Pain Management
- (Class Exercises/Labs: Exercise Snacks, Box Breathing, Progressive Muscle Relaxation)

BREAK: 10 MINUTES

PART 2 (60 MINUTES)

Clinical Applications of Lifestyle Medicine

- Pillar 4: Stress Management for Pain Management
- Pillar 5: Social Connectedness for Pain Management
- Pillar 6: Avoidance of Risky Substances for Pain Management
- (Class Exercises/Labs: Body Scan Meditation, Paper Labyrinth, Five Finger Meditation, Guided Imagery, Chair Yoga)

Clinical Applications of Integrative Medicine

- Essentials of Mind Body Practices for Pain Management
- Traditional Chinese Medicine and Ayurvedic Medicine Essentials for Pain Management
- (Class Exercises/Labs: Tai Chi, Standing Qigong Meditation, Qigong Baduanjin, Feldenkrais Method, Alexander Technique)

BREAK: 10 MINUTES

PART 3 (60 MINUTES)

Clinical Applications of Expressive and Art-Based Therapies

- Components of Art-Based Therapies
- Art Therapy for Pain Management
- Drama Therapy for Pain Management
- Music Therapy for Pain Management
- Dance Therapy for Pain Management
- Play Therapy for Pain Management
- Expressive Writing for Pain Management
- (Class Exercises/Labs: Art Detective, Mirroring Technique, Music and Movement, Healing Dance, Playful Minds, Poetry Reading, Expressive Writing)

BREAK: 10 MINUTES

PART 4 (60 MINUTES)

Clinical Applications of Nature-Based Therapies

- Essentials of Light Therapy for Pain Management
- Sensory Approaches for Pain Management
- Outdoor Activities for Pain Management

PROGRAM (cont.)

- Home Healing Spaces for Pain Management
- (Class Exercises/Labs: Soundscape, Nature Viewing)

Clinical Applications of Self-Care and Self-Management

- Pain Flare-Up Management Strategies
- Essential Patient Education Guidelines for Pain Management
- (Class Exercises / Labs: Self-Acupressure, Self-Massage)

Questions Answers, Course Quiz Review, & Evaluation

LEARNING OBJECTIVES

- Participants completing this course will be able to:
- 1) define concepts in integrative medicine, lifestyle medicine, expressive therapies and nature-based therapy.
 - 2) recognize lifestyle factors as a source of pain, anxiety, and stress.
 - 3) identify evidence-based Eastern and Western medicine approaches for pain, anxiety, and stress management.
 - 4) discuss practical integrative medicine, lifestyle medicine, expressive therapy, nature-based therapy, and self-care strategies to manage pain and promote overall well-being.
 - 5) review evidence-based integrative medicine, lifestyle medicine, expressive therapy, nature-based therapy, and self-care strategies for health professionals in the fields of nursing, dental, mental health, dietetic, occupational, and physical therapy.

INSTRUCTOR

Ziya “Z” Altug, PT, DPT, MS, DipACLM, OCS, CSCS, is board-certified orthopedic clinical specialist and a Doctor of Physical Therapy and health coach. He is a licensed physical therapist and integrative wellness specialist with 35 years of experience.

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 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 2024 book, “The Lifestyle Medicine Toolbox: Mind-Body Approaches for Health Promotion,” Dr. Altug teaches patients and clients about wellness and self-care strategies.

Dr. Altug is a long-standing member of the American Physical Therapy Association, American College of Lifestyle Medicine and the National Strength and Conditioning Association. Dr. Altug is licensed in California as a physical **therapist and** is certified by Wellcoaches as a Health Coach and certified by the American College of Lifestyle Medicine as a Certified Lifestyle Medicine Professional. He is also a Blue Zones Certified Health Professional.

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

FINANCIAL: Dr. Altug is compensated by INR as an instructor.

NONFINANCIAL: Dr. Altug has no non-financial relationships to disclose.

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.

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