INR PUBLIC EDITION (NO CE)

NEW



Ziya "Z" Altug, PT, DPT, MS, DipACLM, OCS, CSCS

Integrative & Lifestyle Medicine for Pain Management

Public Edition (No CE)

TUITION: $45 (USD)

Living with pain, caring for someone who is, or helping clients move better? Join me on Wednesday November 4, 2026 12:00PM – 4:30PM US Eastern Time (ET) or Tuesday, December 8, 2026 5:30PM – 10:00PM US Eastern Time (ET) for Integrative & Lifestyle Medicine for Pain Management – Public Edition.

You'll walk away with practical, evidence-based tools for managing pain through movement, sleep, nutrition, stress reduction, and everyday lifestyle strategies. Clinicians worldwide: while CE credit is only available through Institute for Natural Resources (INR's) approved US licensing boards, this public edition gives you the same evidence-based content and tools to bring to your patients and practice.

COURSE INFORMATION:

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
- 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

www.inrseminars.com

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 Condi- tioning 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.

TUITION:

$45.00 (USD) per person

TO REGISTER:

There are <u>three</u> ways to register: Tuition includes a downloadable syllabus by email.

1) **<u>Online:</u>** www.INRseminars.com
2) **<u>By phone:</u>** For all inquiries in English, please contact Customer Service in the U.S. at 1-925-609-2820 x Option 2.
3) **<u>By fax:</u>** Fax the completed registration form—including Visa, MasterCard, American Express®, or Discover® Number to (925) 363-7798.

For all inquiries in English, please contact Customer Service in the U.S. at 1-925-609-2820 x Option 2.

For all inquiries in English, please contact customer service in the U.S. at 1-925-609-2820 x Option 2. 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. Fees subject to change without notice.

Please check course date:

REGISTRATION FORM

(This registration form may be copied.)

____ Wed., Nov. 4, 2026 (No CE)
____ Tue., Dec. 8, 2026 (No CE)

Please return form to:
INR
P.O. Box 5757
Concord, CA 94524-0757
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Please print:

Name: _____ Profession: _____

Home Address: _____ Professional License #: _____

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Please enclose full payment with registration form. Check method of payment.

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