

Holistic Approaches to Chronic Pain in Addiction Recovery

PRESENTED BY

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Complimentary Zoom Webinar

Many patients struggle daily with pain. It affects ability to function and quality of life. Chronic pain often leads to depression, difficulty sleeping, and even to abuse of substances in an effort to find relief. As clients come off of opioids, and other substances, they need effective alternatives to help manage pain and skills to incorporate into relapse prevention. In this presentation, co-presenters Dr. Jenna Stokes-Jenkins & Dr. Bill Hanlon will

review medical history and physical exam findings that can help identify and differentiate between acute vs chronic pain. This presentation will further explore alternative holistic treatments that include medical care, nursing care, physical therapy, Neuroscience Pain Education, massage therapy, counseling, aquatic therapy, essential oils, Yoga, therapeutic exercise and relaxation training.

Objectives

- To be able to identify patient medical history and physical exam findings that contribute to acute or chronic pain.
- To gain understanding of stepwise pharmacologic as well as non-pharmacologic treatment options.
- To gain a better understanding of osteopathic and holistic approaches to treating and coping with pain in addiction recovery.

1 CE
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Registration: summitbhc.com/events

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