



PeachTree Professional Education, Inc.

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MAIL: 15560 N. Frank L. Wright Blvd, #B4-118, Scottsdale AZ 85260

DIRECTIONS TO COMPLETE THIS COURSE:

Step One: Please use the above address and telephone numbers for ALL correspondence with our office. Our old address may still be on some of the handout pages, and mailing to the wrong address will delay your certificates.

Step Two: Please review the materials in this document (print, or scroll down to read).

On the following pages you should find an **Outline**, an **Evaluation of Learning Quiz** form, and a **Grade This Course** form, as well as the **Course Content** itself. Many courses will require that you also listen to an Audio lecture or watch a Video lecture, which you will access on our website in the same place where you obtained this document. Some courses may require that you read sections from the DSM-IV or your Professional Code of Ethics – and in such cases you must provide your own DSM and find your own Code.

Step Three: After you have reviewed all of the course content, you will **complete** and turn in the “Evaluation of Learning Quiz” form, the “Grade This Course” page and any requested assignments—either **Online or by Mail or Fax**—along with your payment. If you wish to do the Quiz and Pay Online, you will find the access link at the same place on our website where you obtained this document.

Step Four: If you complete the Evaluation Quiz Online, you will instantly receive your CEU Certificate. If you choose to Fax or Mail your Quiz and Payment to us, the same business day we receive it you will be sent a **CEU Certificate** by fax or email, as you indicate on the form. Certificates reflect the approved continuing education hours for the course and our state and national board provider approval numbers.

Step Five: Complete the license renewal process with your state board as usual, indicating the hours you have completed via independent home study.

>> CEU Credit Approvals: Our courses have been approved by NBCC # 5701, NAADAC #205, and various state regulatory boards. A complete listing by state and board can be found on our website at:

www.fastceus.com/approvals.php

You are responsible for making sure that the courses you take meet your specific re-licensure needs. If you have questions about your re-licensure requirements or CE credit acceptance, please contact your state board directly—before you complete the course.

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Your instructor is Richard K. Nongard, LMFT/CCH

QUESTIONS? Call: (800) 390-9536 or E-Mail: info@fastceus.com

DO NOT SEND US CERTIFIED MAIL or MAIL REQUIRING A SIGNATURE!

(Doing so may DELAY the processing of your materials by up to a week.)

ONLY Send Mail To The Address at the Top Of This Page.



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“ADDICTION TO PAIN PILLS”

3 Continuing Education Clock / Credit Hours

Instructor: Richard K. Nongard, MA, LMFT

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Purpose of this Course:

The purpose of this CEU course is to provide mental health, criminal justice and nursing professionals with practical information on treating and working with clients addicted to pain management medication.

Course Objectives:

At the conclusion of this course the professional will be able to:

- 1.) Create a treatment plan addressing the unique aspects of pain pill addiction
- 2.) Create interventions and referrals to assist clients in pain management
- 3.) Impact client resistance by helping clients understand relapse cues
- 4.) Utilize a variety of counseling approaches to meet the addicted client at their particular point of need.

Course Outline:

10 Minutes: Course organization and introduction.

140 Minutes: Audio lecture, Reading and synthesis of course notes.

20 Minutes: Completion of required Evaluation of Learning Quiz

10 Minutes: Documentation and preparation

=====

180 Minutes (3 Clock/Credit Hours)

Your instructor is Richard K. Nongard. If you ever have any questions concerning this course, please do not hesitate to contact **PeachTree at (800) 390-9536.**



ADDICTION TO PAIN PILLS

AUDIO COURSE OUTLINE / NOTES

Introduction:

Case and Scope of the Problem....

Medications Commonly Abused....

Lortab, Vicodin, narcotic analgesics, Oxycontin, Xanax, Valium, (Elavil and Paxil)

How Pill Addiction Differs from Street Addiction or Alcoholism:

- 1.) The process of physical and psychological dependence is the same
- 2.) Often emerges after bona fide use of the medication
- 3.) The intensity and speed of addiction can be faster
- 4.) Social stigma is often removed by legitimate prescription and real medical issues
- 5.) Functionality of the pill addict is often within normal range

Issues to Address in Treatment:

- 1.) Resistance and denial (increased by legitimate Rx and ongoing pain)
- 2.) Chronic pain and a decrease in pain tolerance
- 3.) Physical dependency and withdrawal
- 4.) Terminal uniqueness

Social Issues that compound the Problem:

1.) Medications should be provided to people in pain, even when addiction is the result (terminally ill person).

Untreatable chronic pain rendering a person physically unable to function (risk vs. reward).

All medications have side effects; addiction can be a side effect worth the benefit.

2.) Inability to ensure quality of treatment and medication due to harsh penalties for MD's, overseas importation and fake pills on the market

3.) One size fits all model of treatment focusing on AA model applied to all addiction.

Pain Thresholds:

- ◆ Normal life - pain at a 20
- ◆ Normal pain threshold - 50
- ◆ Injuries at 40-55 - require aspirin, Tylenol, Ben-Gay, massage, etc. that bring them to a 45
- ◆ MAJOR injury - results in pain at level 60
- ◆ Pills take them down to a 30
- ◆ 30 feels good after a 60!!
- ◆ A 30 feels good, so pain normally treated with an aspirin now receives Lortab because it will bring a person to a 30 instead of a 45....

The pain pill addict treats a headache with a lortab or oxycontin.... Because it works and makes them feel good...

So, challenge # 1 is management of pain and increasing a clients pain threshold....

Interview with Dr. Richard Harshman.....

Resistance and Denial

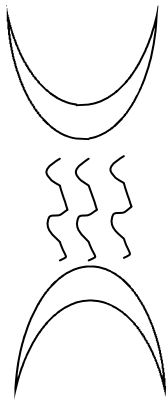
Dependency and Withdrawal

Counseling Strategies:

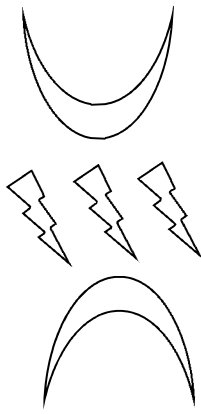
- 1.) Relapse Prevention
 - 1.) Unstable living environments
 - 2.) Isolation
 - 3.) H.A.L.T
 - 4.) L.F.T
 - 5.) Pain management
 - 6.) Re-injury
 - 7.) Other medication use even OTC meds
 - 8.)

- 2.) Modalities of Treatment
 - 1.) Aversion Therapies
 - 2.) 12-Step Approaches
 - 3.) Pharmacological Approaches
 - 4.) Social Skills Training
 - 5.) Behavioral Self-Control Training
 - 6.) Family Therapy

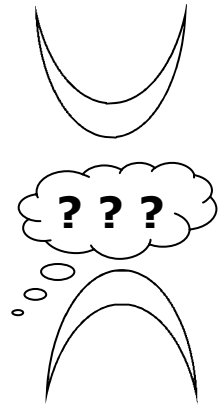
FIGURE 1



Normal Brain
Serotonin and
Dopamine Levels
Functioning Normally
in Brain Synapses



Add Drug
Drug Replaces
Natural Serotonin
and Dopamine Levels



Remove Drug
When the drug is
removed - the brain
searches for a
replacement to feel
'normal' again.

We Have What You Need

APPROVED

FastCEUs.com

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EVALUATION OF LEARNING QUIZ PAGE 1 of 2

PRINT and FAX or MAIL THIS PAGE AND THE ANSWERS PAGE TO OUR OFFICE
*** * * * OR * * * ***

>>> You may complete and submit this Evaluation and your payment Online by following the 'Quiz & Pay' link for this course on our website at www.FastCEUs.com.

PLEASE NEATLY PRINT THE FOLLOWING INFORMATION:

NAME as you want it on your CEU Certificate: _____

Professional cert/license type with numbers: _____

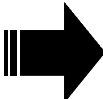
ADDRESS to keep in our board records: Street: _____

City: _____

State: _____ Zip: _____

DAYTIME TELEPHONE Number: (_____) _____

NEATLY Print YOUR FAX Number OR EMAIL Address to receive your CEU Certificate – Certificates will NOT be mailed:

 (_____) _____
(If you FAX us your Evaluations do NOT also mail them. Please WRITE NEATLY !!)

CREDIT CARD and BILLING INFORMATION:

(Certificates will not be provided until payment is received by our office.)

“PAIN PILL ADDICTION TREATMENT”

This 3 Hour CEU Course is \$49.95

Please make checks out to PeachTree Professional Education and mail to the address above.

Circle: MC Visa Discover Amex Check Enclosed

Credit Card Number: _____

Credit Card Expiration Date: _____ 3-4 Digit Code: _____

Signature: _____

EVALUATION OF LEARNING QUIZ - page 2 of 2

“ADDICTION TO PAIN PILLS”

3 Hours of Approved Continuing Education Credit

The purpose of the following True/False Evaluation of Learning questions is to:

- A.) Verify that you have read and listened to the required course materials.
- B.) Demonstrate an understanding of the practical application of the course materials.
- C.) Officially document your participation and completion of this course.

CIRCLE ANSWERS TO THE FOLLOWING EVALUATION OF LEARNING QUESTIONS

- T F 1.) I have listened to the required audio lecture for this course.
- T F 2.) I have read through the handout materials that accompany this course.
- T F 3.) 97.3% of all treatment programs use the AA (Alcoholics Anonymous) model of addiction treatment.
- T F 4.) The pain pill addict is different than the alcoholic.
- T F 5.) For some patients, the side effects of addiction may be worth the benefits of the pain pills.
- T F 6.) More than 9 million people abuse prescription medications.
- T F 7.) Chronic pain affects 45 million Americans.
- T F 8.) Cancer and heart disease affect more people than chronic pain.
- T F 9.) Narcotic Analgesics are the main category of prescription medications that are abused.
- T F 10.) Benzodiazapine abuse (i.e. Valium) is not a significant problem.
- T F 11.) Pill addicts often have no social stigma associated with their addiction.
- T F 12.) Crank abusers and alcoholics can function well in society even when using their drug of choice.
- T F 13.) Counselors must know pain management techniques when treating pain pill addiction.
- T F 14.) Pain pill addiction ultimately reduces pain tolerance in the addict.
- T F 15.) Chiropractors are knowledgeable in pain management and can provide services in traditional hospital setting.
- T F 16.) Acupuncture has no scientific validity for pain reduction.
- T F 17.) Withdrawal can require medical intervention.
- T F 18.) Unstable living environments can precede relapse.
- T F 19.) Over-the-counter medications pose no relapse risk for the pain pill addict.
- T F 20.) Aversion therapy has nothing to offer modern addiction treatment.



Richard K. Nongard, Executive Director
PO BOX 121 ANDOVER, KS 67002

"Blue Sheet" Grade This Class!

Please complete this short course evaluation.

Please mail or fax this page to us along with your completed course documentation.

DATE: _____ Homestudy Course Title: _____

On a scale of 1-5 (5 being "highest" and 1 being "lowest") please answer the following questions:

LOW -----> HIGH

- | | | | | | |
|---|---|---|---|---|---|
| 1) The instruction appeared knowledgeable of the materials: | 1 | 2 | 3 | 4 | 5 |
| 2) The course objectives for this class were met: | 1 | 2 | 3 | 4 | 5 |
| 3) Appropriate teaching methods were utilized: | 1 | 2 | 3 | 4 | 5 |
| 4) The handout materials were useful: | 1 | 2 | 3 | 4 | 5 |
| 5) Sound / Video quality was acceptable: | 1 | 2 | 3 | 4 | 5 |
| 6) How much of this material was new to you: | 1 | 2 | 3 | 4 | 5 |
| 7) The overall quality of this course was: | 1 | 2 | 3 | 4 | 5 |
| 8) Please feel free to make any additional comments below: | | | | | |

Thank you for your participation! Please sign here if you give permission for your comments to be used on our website or other advertising materials.

 Name or Initials

 City, State