

INR Arkansas PHYSICAL THERAPY Home-Study Approvals:

Title	Hours	Approved Home Study Books/Booklets
Addiction: Alternative to Abstinence	3	Lifetime
ADHD in Adults	3	Lifetime
Alzheimer's	3	Lifetime
Anti-Anxiety Drugs	3	Lifetime
Antioxidants	3	Lifetime
Appetite Control & Suppression	3	Lifetime
Arthritis & Rheumatic Diseases	3	Lifetime
Autism	3	Lifetime
Autoimmune Disease	3	Lifetime
BRAIN FOOD	3	Lifetime
Brain & Stress	3	Lifetime
Cancer Prevention	3	Lifetime
Caring for Patients with Alzheimer's & Dementias	3	Lifetime
Caring for the Caregiver	3	Lifetime
Chronic Pain Disorders & Treatments	3	Lifetime
Cognitive Behavior Therapy	3	Lifetime
Eating Disorders	3	Lifetime
Emotions, Mood & Pain	3	Lifetime
Fibromyalgia	3	Lifetime
Hypertension	3	Lifetime
Inflammation	3	Lifetime
Insulin Connection	3	Lifetime
Irritable Bowel Syndrome	3	Lifetime
Keeping Balance and Preventing Falls	3	Lifetime
Knee Pain	3	Lifetime
Living to Be 100	4	Lifetime
Loss of Control	3	Lifetime
Low Back Pain	3	Lifetime
Malpractice	3	Lifetime
Medical Ethics	3	Lifetime
Memory & Amnesia	3	Lifetime
Memory Loss & Forgetfulness	3	Lifetime
Mild Brain Injury	3	Lifetime
Neck & Shoulder Pain	3	Lifetime
Neurotransmitters	3	Lifetime
Non-Traditional Approaches	3	Lifetime
Omega-3 Fatty Acids	3	Lifetime
On Loss & Grief	3	Lifetime
Paradise Regained: Depression Remission	3	Lifetime
Parkinson's Disease & ALS	3	Lifetime
Poles Apart: Unipolar and Bipolar Disorders	3	Lifetime

Positive Psychology	3	Lifetime
Reducing Stress	3	Lifetime
Social Anxiety	3	Lifetime
Stimulants	3	Lifetime
Stop Losing Sleep	3	Lifetime
Stroke	3	Lifetime
Successful Aging	4	Lifetime
The Healing Power of Sleep	5	Lifetime
The Hungry Brain	5	Lifetime
The Power of Walking	3	Lifetime
Thyroid Disorders	3	Lifetime
Types of Pain & Pain Pathways	2	Lifetime
Understanding Anxiety	3	Lifetime
Understanding Emotions	3	Lifetime
Vitamin D: Vitamin, Hormone & Protector	3	Lifetime
Weight Perfect	6	Lifetime
Women's Health & Physical Fitness	3	Lifetime
Women's Health: Chronic Pain	3	Lifetime
Women's Health: Depression	3	Lifetime
Women's Health: Insomnia	3	Lifetime
Women's Health: Menopause	3	Lifetime
Women's Health: Migraines & Headaches	3	Lifetime