

Free Pain Awareness Month Webinar Series to Spotlight Drug-Free and Innovative Approaches to Chronic Pain

Alternative Pain Treatment Directory founder Cindy Perlin will lead a four-part free webinar series for people living with pain and healthcare professionals

ALBANY, NY, NY, UNITED STATES, August 18, 2026 /EINPresswire.com/ -- With nearly one in four U.S. adults experiencing chronic pain, the [Alternative Pain Treatment Directory](#) will present a free four-part webinar series Rethinking Pain Care: Beyond Pills and Procedures, in September for Pain Awareness Month, exploring approaches to pain management that go beyond medications, injections and surgery.



The graphic is a promotional poster for the "Rethinking Pain Care: Beyond Pills and Procedures" webinar series. At the top, it says "PAIN AWARENESS MONTH" in green. The title "Rethinking Pain Care: Beyond Pills and Procedures" is in large blue font. Below the title, it says "A FREE 4-PART WEBINAR SERIES". The dates "SEPTEMBER 9, 16, 23 & 30, 2026" and time "8:00 PM ET" are listed. There are four icons representing the topics: "EXPERT INSIGHTS", "WHOLE-PERSON APPROACH", "DRUG-FREE & INNOVATIVE OPTIONS", and "HOPE FOR A BETTER FUTURE". A photo of Cindy Perlin, LCSW, is on the right. At the bottom, it says "Hosted by Cindy Perlin, LCSW" and lists her credentials. The Alternative Pain Treatment Directory logo and website are at the bottom left, and a "FREE TO ATTEND" badge is at the bottom right.

PAIN AWARENESS MONTH

Rethinking Pain Care: Beyond Pills and Procedures

A FREE 4-PART WEBINAR SERIES

SEPTEMBER 9, 16, 23 & 30, 2026 | 8:00 PM ET

EXPERT INSIGHTS | WHOLE-PERSON APPROACH | DRUG-FREE & INNOVATIVE OPTIONS | HOPE FOR A BETTER FUTURE

Hosted by **Cindy Perlin, LCSW**
Founder, Alternative Pain Treatment Directory
Licensed Clinical Social Worker
Chronic Pain Survivor

Alternative PAIN TREATMENT DIRECTORY
Education. Resources. Connections.
Everything you need for natural pain relief.
[PainTreatmentDirectory.com](#)

FREE TO ATTEND
For people living with pain and healthcare professionals

Free Pain Awareness Month Webinar Series

According to the CDC's National Center for Health Statistics, 24.3% of U.S. adults reported chronic pain in 2023, while 8.5% experienced high-impact chronic pain that frequently limited their life or work activities.

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Many people suffer needlessly from chronic pain without ever learning about approaches that might help them. My goal is to give people information they can use to achieve enduring pain relief.”

Cindy Perlin, LCSW

The webinars will be held on Wednesdays at 8:00 p.m. Eastern Time beginning September 9 and are designed for both people living with chronic pain and healthcare professionals interested in learning more about the range of options available for managing persistent pain.

“Too many people suffer needlessly for years from chronic pain without ever learning about many of the approaches

that might help them,” said Cindy Perlin, founder of the Alternative Pain Treatment Directory, licensed clinical social worker and chronic pain survivor. “My goal with this series is to broaden

the conversation about pain treatment and give people practical information they can use to achieve enduring pain relief.”

Webinar Schedule

September 9 — Why Chronic Pain Patients Need More Than Pills and Procedures

An examination of why persistent pain may require a broader treatment strategy and why relying solely on medications and medical procedures may leave important contributors to pain unaddressed.

September 16 — The Root Causes of Chronic Pain That Need to Be Addressed

A look at factors that can contribute to persistent pain and why identifying and addressing those factors can be an important part of an effective pain-management strategy.

September 23 — Body-Based Pain Treatments: Old and New

An introduction to established and emerging body-based approaches to pain relief and the growing range of non-drug treatment options available to patients.

September 30 — Mind/Body Pain Treatments

An exploration of the relationship between the brain, nervous system, emotions and pain, along with mind-body approaches designed to help reduce pain and improve functioning.

All four webinars begin at 8:00 p.m. Eastern Time and are free to attend.

Registration



Cindy Perlin, LCSW, CEO, Alternative Pain Treatment Directory



— ALTERNATIVE —
PAIN TREATMENT
— DIRECTORY —

www.pain treatmentdirectory.com

A Comprehensive Resource Guide for Safe, Effective Pain Relief

Advance registration is available [HERE](#)

About the Alternative Pain Treatment Directory

The Alternative Pain Treatment Directory is an online resource dedicated to educating people about safe and effective approaches to pain management and connecting them with information, practitioners and products that may help. Resources include educational articles and videos, a holistic pain-treatment provider directory and recommended natural pain-relief products.

Cindy Perlin is available for interviews about chronic pain, non-drug pain treatment options, and why many patients may be unaware of alternatives to medications and procedures.

For more information, visit www.PainTreatmentDirectory.com.

About Cindy Perlin

Cindy Perlin is a licensed clinical social worker, author, speaker, founder of the Alternative Pain Treatment Directory and chronic pain survivor. For more than 30 years, she has helped people improve their emotional and physical well-being and has advocated for greater awareness of non-drug approaches to pain management.

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