

OUTLINE

The Chronic Pain Dilemma

- Pain and its impact on society
 - Neurophysiology and psychology of pain
 - Benefits and the risks of opioids
 - Pain and the family
- Complex Chronic Pain
 - The progression from acute to chronic pain (physical and emotional factors)
 - Chronic pain syndrome and its constellation of symptoms
 - Conventional treatments and why they fail
- Pain vs suffering: What are we really treating?
 - The 5 big "negative" emotions that magnify pain
 - The number one rule in pain management
 - Strategies to un-attach pain from suffering

Assessment

- The Interview
 - Validation and the therapeutic alliance
 - Collect a biopsychosocial history
 - Co-occurring disorders and other risk factors
- The Battery
 - Useful self-report measures
 - Interpretation of results for case conceptualization
 - Effective treatment planning

The Chronic Pain Toolbox

- Best Practice Guidelines and treatment options
 - APA Division 12 recommendations
 - CDC and government recommendations
 - Empathy and the power of the therapeutic alliance
- Cognitive Behavioral Therapy
 - Unleash "black ducks" to eat up ANTs
 - Harness the power of client's own words
 - Recalibrate Pain: a cognitive approach

OBJECTIVES

- Specify the difference between chronic pain and a complex chronic pain syndrome and how conventional treatments (including MAT, procedures, and surgery) often "make it worse."
- Delineate the difference between physical pain and emotional suffering and how the 5 Big Negative Emotions magnify the pain experience.
- Establish the ability to conduct an effective biopsychosocial assessment of chronic pain and use pain scales to recalibrate pain levels and increase wellness.
- Utilize cognitive restructuring to assist clients in creating "black duck moments" that will change their perspective on their pain experiences and motivate them to live more active and purposeful lives.

Mindfulness

- Why mindfulness is essential for the treatment of chronic pain
- 4 creative interventions to help clients see "What is NOT wrong with me"
- The FAR approach and how it resonates with clients

Acceptance and Commitment Therapy

- Cognitive defusion and how to use it with clients
- The Values Compass and how to help clients find their True North
- Develop motivation and commitment

Gratefulness

- The hidden power of gratefulness and its evidence for chronic pain
- 3 gratitude interventions that directly impact the pain experience

More Tools You Can Use

- Include the family in treatment
- Effective sleep hygiene
- Multidisciplinary treatments: when and how to use them
- The T.E.M.P.L.E.S.S hand-out you can share with clients
- Patient advocate resources
- Recovery resources

Live Seminar & Webcast Schedule

(Times Listed in Pacific)

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (*on your own*)
- 4:00** Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Target Audience: Social Workers • Psychologists
Counselors • Addiction Counselors • Psychotherapists
Occupational Therapists • Case Managers
Marriage and Family Therapists • Physical Therapists
Physical Therapist Assistants • Nurse Practitioners
Nurses • Other Helping Professionals

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**THE
CHRONIC
PAIN
TOOL BOX**

**Effective Interventions for
Treating Complex Chronic Pain**

PALO ALTO, CA • Tuesday, April 10, 2018

OAKLAND, CA • Wednesday, April 11, 2018

SACRAMENTO, CA • Thursday, April 12, 2018

LIVE VIDEO WEBCAST • Thursday, April 12, 2018

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**THE
CHRONIC
PAIN
TOOL BOX**

**Effective Interventions for
Treating Complex Chronic Pain**

- Chronic Pain Syndrome is not Chronic Pain... and knowing the difference makes a difference
- Wellness-based tools to help clients un-attach emotional suffering from physical pain
- Facilitate effective coping skills to help your clients
- 8 essential CBT, mindfulness and ACT interventions for chronic pain you can use beginning tomorrow

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