

OUTLINE

Pain

Acute vs. chronic pain  
Emotional aspect of pain  
    More problematic than physical aspect  
    Anxiety, fear, catastrophizing  
ACE (Adverse Childhood Experiences)  
    Study and link to pain  
Chronic pain onset: Physical & emotional  
Pain vs. suffering  
Impact of pain  
    Prevalence  
    Societal costs  
Chronic pain cycle  
    Psychological  
    Physical  
Factors that impact pain  
    Physical, thought, emotions, behaviors  
    Social interactions  
Suicidality and chronic pain

Opioids

Scope of the problem  
The “painkiller” myth  
    Not effective pain relief  
Medication assisted treatment  
    Methadone  
    Buprenorphine (Suboxone)  
    Naltrexone injection (Vivitrol)  
Risks  
    Men, women, elderly

Assessment

Pain experience factors  
    Psychological  
    Behavioral  
    Social  
    Physical  
5 E’s of pain interview  
Self-report measures  
Impact of pain

Treatment

Treatment options  
    Medication  
    Invasive  
    Non-invasive  
CDC guidelines  
    Behavioral treatment first  
    Importance of therapeutic relationship  
Mindfulness  
    Powerful evidence-based interventions  
Motivational interviewing  
    Proven techniques to move toward behavior change  
Goal-setting  
    SMART goals  
    Matching goals with client values  
CBT tools  
    Automatic negative thoughts  
    Thought distortions  
    ABC worksheet  
    Decatastrophizing  
Additional behavioral treatment tools  
    Breathing  
    Imagery  
    Pleasant activities  
    Progressive muscle relaxation  
    Anger management  
    Time-based pacing  
    Stress management  
    Sleep hygiene  
Research limitations and risks of psychotherapeutic approaches

OBJECTIVES

1. Describe how the emotional aspect of client’s pain can be more problematic than the physical aspect.
2. Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
3. Assess the psychological, physical, social, and behavioral factors that contribute to chronic pain and articulate their treatment implications.
4. Implement motivational interviewing techniques to motivate clients towards behavior change that reduce the symptoms of chronic pain.
5. Summarize the CDC recommendations for the treatment of chronic pain and communicate how that impacts clinical treatment.
6. Utilize mindfulness-based strategies to decrease symptoms of chronic pain in clients.

Questions?

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BEHAVIORAL TREATMENT  
OF  
CHRONIC PAIN

Evidence-Based Techniques to Move  
People from Hurt to Hope

SPOKANE, WA  
Wednesday, September 5, 2018

LYNNWOOD, WA  
Thursday, September 6, 2018

TACOMA, WA  
Friday, September 7, 2018

SPOKANE, WA  
Wednesday, September 5, 2018

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# BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move  
People from Hurt to Hope

- Exposed! The biggest myth about pain treatment
- Master 4 pain-changing CBT tools
- Transform your practice with creative and practical evidence-based approaches to treat chronic pain

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2.0  
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Credit!

We are in the midst of a nationwide push to treat chronic pain and address our out of control opioid prescribing. At least 1/3 of the people we treat are dealing with this condition, yet most of us are ill-prepared to address this with skill and expertise. The CDC recently published recommendations for the treatment of chronic pain, specifically highlighting behavioral treatment as an approach that should be tried before opioids are prescribed.

We are witnessing a devastating public health crisis that is ruining individual's lives, tearing up families, and ripping through communities. We need to arm ourselves with the skills needed to offer our clients evidence-based behavioral interventions that will help them live healthy and productive lives.

Come to this interactive and cutting-edge training and learn creative tools and techniques to transform your practice. Learn powerful mindfulness interventions and motivational interviewing techniques to move your clients towards behavior change. Master the four pain-changing CBT tools. You will leave with the skills and confidence to provide practical and life-changing help to help people move out of chronic pain and into active, healthy, and meaningful lives.

## SPEAKER


**ROBERT UMLAUF, PhD, ABPP**, is a licensed clinical psychologist with advanced board certification in rehabilitation psychology. He has over 30 years of direct clinical experience working with clients with chronic pain and has also worked in a wide variety of medical/rehabilitation settings. In addition, Dr. Umlauf has experience working with people who have addictions and is passionate about teaching skills to people living with chronic pain so they can avoid the trap of opiate abuse.

Dr. Umlauf is in private practice and consultation, with a specialty in health/wellness, pain management, and lifestyle adaptation to maximize well-being. He has been on the faculty at the University of Washington, University of California San Diego, and Georgetown University, and has published dozens of peer-reviewed articles, professional presentations, workshops, and book chapters. Dr. Umlauf earned his MA and PhD in clinical psychology from the University of Missouri-Columbia and his BS in psychology from the University of Washington.

Speaker Disclosures:  
Financial: Robert Umlauf is in private practice. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Robert Umlauf has no relevant non-financial relationship to disclose.

**Live Seminar Schedule**  
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (on your own)  
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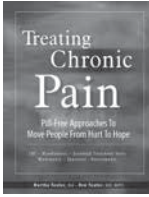
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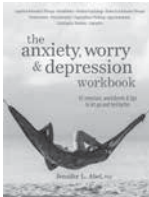
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**Treating Chronic Pain**  
*Pill-Free Approaches to Move People From Hurt To Hope*  
By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH  
The best treatment for chronic pain isn't found in a doctor's office or pharmacy-it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.



**The Anxiety, Worry & Depression Workbook**  
*65 Exercises, Worksheets & Tips to Improve Mood and Feel Better*  
By Jennifer L Abel, Ph.D.  
Jennifer Abel, PhD, has compiled an **interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises** and **scripts** for you to start changing your habits, and start changing your life.



**Just One Thing Card Deck**  
*52 Practices for More Happiness, Love and Wisdom*  
By Rick Hanson, Ph.D.  
We are so busy these days that it's great to have just one thing to focus on: a simple practice to reflect on and be inspired by that will gradually strengthen your neural pathways of happiness, love, and wisdom. These practices are grounded in brain science, positive psychology, and contemplative training. They're simple and easy to do - and they produce powerful results: bringing you more joy, more fulfilling relationships, and more peace of mind and heart.

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*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

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**SOCIAL WORKERS:** PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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