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

<u>Opioids</u>

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

<u>Assessment</u>

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

- OBJECTIVES

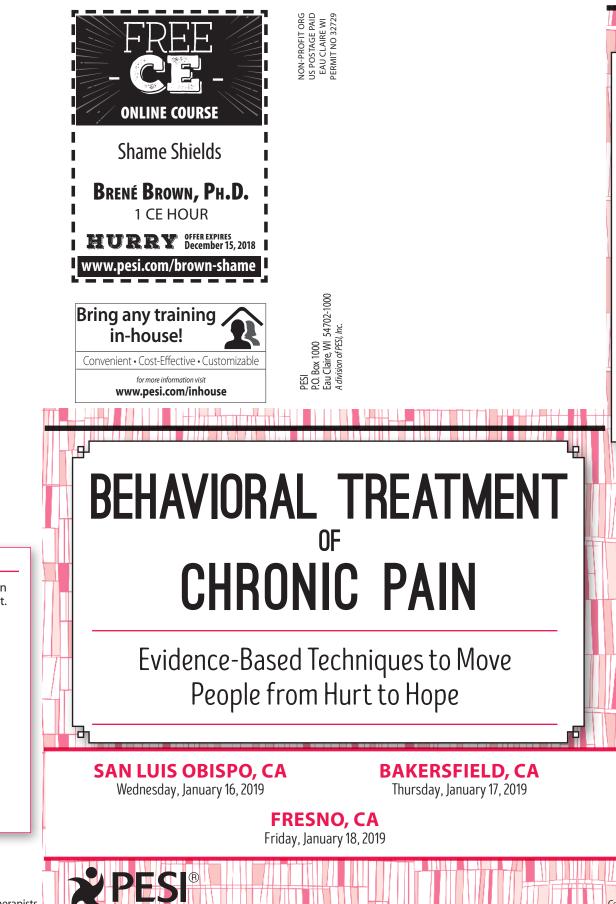
psychotherapeutic approaches

- 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? Call customer service at 800-844-8260

Target Audience:

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



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BEHAVIORAL DF 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 Earn up to 2.0 CE Hours of harmacology Crediti **SAN LUIS OBISPO, CA BAKERSFIELD, CA** Wednesday, January 16, 2019 Thursday, January 17, 2019 FRESNO, CA Friday, January 18, 2019 **X**PESI www.pesi.com Register now! pesi.com/express/66709

e 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.

BEHAVIORAL TREATMENT **CHRONIC PAIN**

Evidence-Based Techniques to Move People from Hurt to Hope

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.

SPFAKER

Martha Teater, MA, LMFT, LCAS, LPC, is a Diplomate with the Academy for Cognitive Therapy and is a practicing cognitive-behavioral therapist. She has maintained a private practice for over 25 years. She has worked in primary care settings, free clinics, and medication-assisted treatment programs. Martha is well known for her work as a disaster mental health manager with the American Red Cross, and has been on many national disaster deployments where she provides support to traumatized people.

She has provided trainings in the United States and internationally on topics such as evidencebased treatments for trauma, DSM-5°, compassion fatigue, and behavioral treatment of chronic pain.

A prolific writer, Martha has published over 175 articles in newspapers and magazines, including Psychotherapy Networker and Family Therapy Magazine.

Martha is the coauthor (with John Ludgate) of Overcoming Compassion Fatigue: A Practical Resilience Workbook.

Speaker Disclosures

Financial: Martha Teater maintains a private practice. She receives a speaking honorarium from PESI, Inc. Non-financial: Martha Teater is a Clinical Member of the American Association for Marriage and Family Therapy

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

- 8:00 Program begins 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon) Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



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Pill-Free Approaches to Move People From Hurt To Hope



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Overcoming Compassion Fatigue A Practical Resilience Workbook

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Compassio Fatigue A fresh workbook approach to equip you with practical tools to manage your work and minimize your risk of personal harm. Expertly woven with personal experiences, assessment tools, proven interventions, and prevention strategies. Filled with worksheets, exercises, checklists and assessments.



ACEs



What You Need to Know TODAY about Adverse Childhood Experiences (ACE) Study

By Martha Teater, MA, LMFT, LPC, LCAS Your Speaker Discover solid research into what constitutes an adverse childhood experience (ACE) and

DVD! measureable ways to track the effect of that trauma. There are clear and dramatic ways that ACEs harm people, not just during childhood, but well into adulthood. It has been said that ACEs a cause much of chronic disease, most mental illness, and are at the root of most violence.

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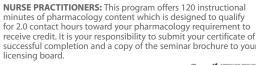
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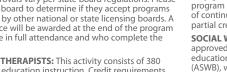
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