

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.

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BEHAVIORAL TREATMENT  
OF  
CHRONIC PAIN

Evidence-Based Techniques to Move  
People from Hurt to Hope

SAN LUIS OBISPO, CA  
Wednesday, January 16, 2019

BAKERSFIELD, CA  
Thursday, January 17, 2019

FRESNO, CA  
Friday, January 18, 2019

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Wednesday, January 16, 2019

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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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