

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 (Vivitol)
 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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Social Workers • Psychologists • Counselors • Addiction Counselors • Occupational Therapists • Psychotherapists
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BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move
 People from Hurt to Hope

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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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

Eric K. Willmarth, Ph.D., is a licensed clinical psychologist who has been affiliated with Michigan Pain Consultants for the past 30 years. He is the founder and president of Michigan Behavioral Consultants, a psychology and social work practice with 13 offices dedicated to meeting the needs of individuals with chronic pain or other chronic medical conditions. He is a Fellow of the American Academy of Pain Management and past president of the American Society for Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis and the Midwest Society for Biofeedback and Behavioral Medicine. Dr. Willmarth is the assistant director of Saybrook University's Department of Applied Psychophysiology in the College of Integrative Medicine and Health Sciences where he also serves as coordinator of training and coordinator for the specialization in integrative mental health.

Speaker Disclosures:

Financial: Eric Willmarth is the director of Integrative Mental Health at Saybrook University. He receives a speaking honorarium from PESI, Inc.

Non-financial: Eric Willmarth is a member of the Society for Clinical and Experimental Hypnosis; American Society of Clinical Hypnosis; and Michigan Society of Clinical Hypnosis.

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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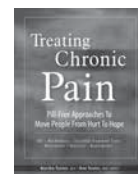
BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope



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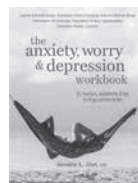
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Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope

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.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

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NURSE PRACTITIONERS: This program offers 120 instructional minutes of pharmacology content which is designed to qualify for 2.0 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

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