

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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BRENÉ BROWN, Ph.D.

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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

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*)
4:00 Program ends

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A more detailed schedule is available upon request.



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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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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.

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PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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