

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

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

- 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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BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

SPRINGFIELD, MA
Wednesday, October 16, 2019

ALBANY, NY
Thursday, October 17, 2019

KINGSTON, NY
Friday, October 18, 2019

SPRINGFIELD, MA
Wednesday, October 16, 2019

ALBANY, NY
Thursday, October 17, 2019

KINGSTON, NY
Friday, October 18, 2019



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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
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 a Red Cross disaster mental health manager, and has been on many national disaster deployments where she provides support to traumatized people. She is also involved with the Red Cross Service to the Armed Forces to develop programs to support military and veteran families.

She has provided trainings in the United States and internationally on topics such as evidence-based 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 co-author (with John Ludgate) of *Overcoming Compassion Fatigue: A Practical Resilience Workbook* (PESI, 2014) and (with Donald Teater) *Treating Chronic Pain: Pill-Free Approaches to Move People From Hurt To Hope* (PESI, 2017).

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.



Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Valerie Whitehead at vwhitehead@pesi.com or call 715-855-8166.

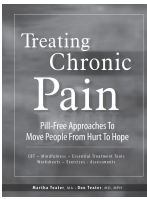


PESI Inc. is proud to offer this seminar (at these locations only) *free of charge* (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

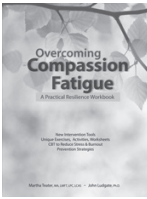
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Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC ***Your Speaker!*** 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.



Overcoming Compassion Fatigue
A Practical Resilience Workbook

By Martha Teater, MA, LMFT, LPC, LCAS ***Your Speaker!*** and John Ludgate, PhD

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.

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

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 profession's standards.

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

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

New York Addiction Professionals: This course has been approved by OASAS for 6.25 clock hours toward Initial Credentialing for Renewal for CASAC, or CPP or CPS. Board required certificates will be sent after the program.

Counselors (NBCC): Behavioral Treatment of Chronic Pain: Evidence-Based Techniques to Move People from Hurt to Hope has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-SP-3202. PESI is offering this activity for 6.5 clock hours of continuing education credit.

New York Counselors: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

New York Marriage & Family Therapists: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Pharmacology 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.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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.

New York Physical Therapists & Physical Therapist Assistants: PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 7.6 Contact Hours.

Vermont Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Vermont Chapter, American Physical Therapy Association for review. Credit is pending. Please contact our customer service department for the most current information.

Psychologists: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

New York Psychologists: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

Vermont Psychologists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/73944.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

New York Social Workers: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com

How to Register: BEHAVIORAL TREATMENT OF CHRONIC PAIN: EVIDENCE-BASED TECHNIQUES TO MOVE PEOPLE FROM HURT TO HOPE

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

Go to www.pesi.com/students or call 800-844-8260 for details.

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Cannot be combined with other discounts.



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3 Check tuition:

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___ Seminar on CD* (audio) \$219.99 (RNA051275)

___ *Treating Chronic Pain* book* \$24.99 (PUB085190)

___ *Overcoming Compassion Fatigue* workbook* \$29.99 (PUB082840)

CE hours and approvals on products may differ from live CE approvals.

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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