

2-DAY

TREATING PAIN

Effective Interventions to Move People from Hurt to Hope

Do you have clients who describe their chronic pain like, “My back is KILLING me” or, “I just want my life back”? They want a life that isn’t controlled by pain...before it limited their activity, interfered with their sleep, and prompted the use, possibly overuse, of medications. We are witnessing a devastating public health crisis that is ruining individual’s lives, tearing up families, and ripping through communities, yet most of us are ill-prepared to address this with skill and expertise. We need to arm ourselves with the tools needed to offer our clients evidence-based interventions that will help them live healthy and productive lives.

Attend this interactive and cutting-edge training featuring Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH, and learn creative tools and techniques to transform your practice. Their unique perspective comes from understanding the medical aspects of pain management and applying behavioral health interventions that will help clients move from hurt to hope.

Don’t miss this opportunity to learn powerful mindfulness interventions and motivational interviewing techniques to move your clients toward behavior change. Master four pain-changing CBT tools and gain a better understanding of the medical aspects of pain management. You will leave with the skills and confidence you need to provide practical and life changing help to move people out of chronic pain and into active, healthy, and meaningful lives.

Course Designed Especially for

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

Speakers

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 27 years and 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 Don Teater) *Treating Chronic Pain: Pill-Free Approaches to Move People From Hurt To Hope* (PESI, 2017).

Speaker Disclosure:

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

Don Teater, MD, MPH, is a family physician who has worked in western North Carolina since 1988. Dr. Teater works with people who have addiction and mental health disorders and is a national expert in the areas of pain, addiction, and opioids. He has several years’ experience working with the (CDC) Centers for Disease Control, the National Safety Council, and many other state and federal agencies and community organizations focusing on the opioid epidemic. Dr. Teater is a published author and co-authored the book *Treating Chronic Pain: Pill-Free Approaches to Move People from Hurt to Hope* (PESI, 2017) with Martha Teater.

Speaker Disclosure:

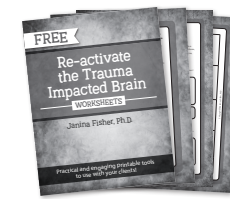
Financial: Don Teater is the owner of Teater Health Solutions. He has an employment relationship with Meridian Behavioral Health Services. Dr. Teater receives a speaking honorarium from PESI, Inc.
Non-financial: Don Teater has no relevant non-financial relationship to disclose.

Objectives

1. Describe how the emotional aspect of client’s pain can be more problematic than the physical aspect.
2. Explain the importance of early intervention in the pain cycle and its clinical implications.
3. Identify the most common pain complaints as related to clinical treatment.
4. Specify the differences in risks of opioid medication use in men, women and the elderly and the related treatment implications.
5. Assess the psychological, physical, social, and behavioral factors that contribute to chronic pain and articulate their treatment implications.
6. Implement motivational interviewing techniques to motivate clients towards behavior change.
7. Examine and counter maladaptive myths about pain to improve client level of functioning.
8. Summarize the CDC recommendations for the treatment of chronic pain and communicate how that impacts clinical treatment.
9. Utilize mindfulness-based strategies to decrease symptoms of chronic pain in clients.
10. Distinguish how different types of pain require different treatment approaches.
11. Implement CBT tools to change people’s thought about their discomfort.
12. Identify effective, evidence-based medical treatments to improve quality of life.

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2-DAY

TREATING PAIN

Effective Interventions to Move People from Hurt to Hope

Martha Teater, MA, LMFT, LPC, LCAS
& Don Teater, MD, MPH

Honolulu, HI
Monday-Tuesday
December 9-10, 2019

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2-DAY

TREATING PAIN

Effective Interventions to Move People from Hurt to Hope

Martha Teater, MA, LMFT, LPC, LCAS
& Don Teater, MD, MPH

- Transform your practice with creative and practical evidence-based approaches to treat chronic pain
- Exposed! The biggest myths about pain treatment
- Master pain-changing CBT tools
- Essential mindfulness interventions for effective pain management
- 10-session treatment plan with step-by-step instructions you can use tomorrow!

Honolulu, HI
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Outline

Impact of Pain

- Defining Pain
- Acute vs. chronic
- Chronic pain onset
 - Physical
 - Emotional aspects
 - Cognitive
- Central sensitization
- How pain changes the brain
- Chronic pain cycle
 - Psychological
 - Physical
- Emotions and pain
- ACE (Adverse Childhood Experiences) Study
 - Trauma link with chronic pain
- Suffering

Special Populations

- Military
- Children
- Women
- People in poverty
- Elderly

Medical Considerations

- Medical system approaches that contribute to pain
- Marijuana
- Pharmacology of opioids
 - Scope of the problem
 - The “painkiller” myth
- Our endogenous opioid system: Endorphins

- How opioids work
- Brain changes
- Opioids and central sensitization
- Naloxone uses & risks
- Opioids, depression and suicide
- Medication-assisted recovery
 - Methadone uses & risks
 - Tapering how & why
 - Need for behavioral health support
 - Buprenorphine for chronic pain
- Prescription Drug Monitoring Program (PDMP)

Handling Acute Pain

- Pre-op assessment
- Pre-op counseling
- Reframing acute pain
- Mindfulness interventions
- CBT for acute pain
- Enhanced Recovery after Surgery (ERAS)
- Acute to chronic pain
 - What causes it
 - How to prevent it

Assessment

- Pain experience factors
 - Psychological
 - Behavioral
 - Social
 - Physical
- 5 E's of pain interview
- Self-report measures

Treatment Options: Medication vs. Invasive vs. Non-invasive

- CDC guidelines
 - Positive and negative impact
 - How to manage treatment
- Collaboration of the multi-disciplinary team
- Prescribers
- Physical therapy
- Occupational therapy
- Behavioral health professionals
- Nursing
- Dietary professionals

- Non-invasive approaches
- Invasive approaches
- Other non-medication options

10-Session Treatment Model

- 1. Assessment
 - Diagnosing opioid use disorder
 - Self-report measures
 - Pain Catastrophizing Scale
 - Motivational interviewing techniques

- 2. Goal Setting
 - Functional
 - Behavioral
 - SMART goals

- 3 & 4. CBT Tools
 - ABC worksheet
 - Thought distortions
 - De-catastrophizing
 - Automatic negative thoughts

- 5 & 6. Mindfulness Interventions
 - Breathing
 - Imagery
 - Yoga
 - Progressive muscle relaxation
 - Meditation
 - Body scan

- 7. Increasing Activity Level
 - Time-based pacing

- 8. Pleasant Activity Scheduling
 - Adapting activities to enhance pleasure

- 9. Sleep Hygiene
 - Address the strong connection with sleep & pain

- 10. Relaxation and Stress Management
 - Stress and pain similarities in the body
 - Intentional relaxation

Seminar Schedule (each day)

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.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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 Val Whitehead at vwhitehead@pesi.com or call 715-855-8166.



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 cepesi@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.

Addition Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

Hawaii Alcohol and Drug Abuse Counselors: This course has been submitted to the Hawaii Alcohol and Drug Abuse Division for review. Credit is pending.

Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Marriage & Family Therapists: This activity consists of 760 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.

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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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 12.5 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.

Hawaii Physical Therapists & Physical Therapist Assistants: An application has been submitted to the Hawaii Board of Physical Therapy. CCUs are pending the Board's review.

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.

California Psychologists: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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 12.5 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.

Other Professions: This activity qualifies for 760 minutes of instructional content as required by many provincial/jurisdiction or organization licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

How to Register 2-Day Treating Pain: Effective Interventions 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; advanced online registration required.*
- \$60 Tuition:** If you are interested in being our registration coordinator for both days, 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. *Advance registration required. Cannot be combined with other discounts.*



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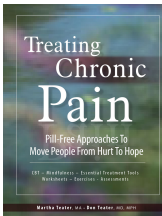
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- Treating Chronic Pain** book* \$24.99 (PUB085190)
- Opioid Use Disorders** book* \$26.99 (PUB085700)
- Overcoming Compassion Fatigue** workbook* \$29.99 (PUB082840)

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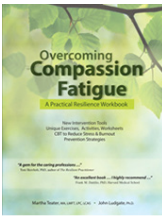
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Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH **YOUR SPEAKERS!**

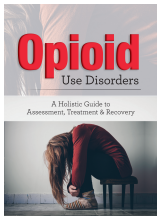
The best treatment for chronic pain isn't found in a doctor's office or pharmacy—it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using 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 weaved with personal experiences, assessment tools, proven interventions, and prevention strategies. Filled with worksheets, exercises, checklists and assessments.



Opioid Use Disorders
A Holistic Guide to Assessment, Treatment, and Recovery

By Charles Atkins, MD

Overdoses have lowered the life expectancy in the United States for two years in a row. The leading cause — opioids. This epidemic has spread through every sector of our country, destroying lives as parents, friends, families, and those entrapped by opioids struggle to find help.



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