

2-Day

Chronic Pain Certificate Course

Another client enters your office angry about the chronic pain they struggle with daily. They start sharing their story and the mask of frustration peels away to reveal the hopelessness and despair from living in a constant state of misery. Most clinicians are not trained in chronic pain, yet this scenario is becoming all too familiar, as at least 1/3 of our clients suffer from chronic pain. More and more clients are moving away from medication, seeking out holistic solutions, yet we're not quite sure of the best way to help them.

Imagine helping your clients learn that while pain might be unavoidable, misery is optional. Strengthen the therapeutic relationship by validating the reality of clients' pain while introducing ways to help them immediately experience a lessening of their distress. Explore acupressure and meditation to help clients discover how mind and body are connected.

In this two-day workshop neuropsychologist, Dr. Robert Rosenbaum, will teach you the facts about pain's biology and effective treatment strategies, so you can confidently educate and treat your clients. With experiential exercises such as guided imagery, acupressure, meditation, and gentle movement, combined with cognitive-behavioral methods, you'll leave with the right skills and tools at your fingertips to treat chronic pain.

Certificate of completion
will be awarded at the end of the course.

Questions? Call customer service at **800-844-8260**

Outline

Impact of Chronic Pain on Mental Health

Primary Prevention

- The best treatment is prevention
- Early detection and early intervention

Pain Prevalence and Impact

- Incidence and prevalence: most common types
- Societal costs
- Impact on client mental health and quality of life

Sociodemographic factors

The Biology of Pain

What is pain?

- Physical, emotional, psychological, and environmental factors
- Pain intensity vs pain distress

Types of Pain

- Nociceptive and neuropathic
- Effect of location
- Etiology, temporal course, sensation
- Inflammation, cancer, Ischemic
- Acute vs chronic pain
- Pain transmission and modulation
- Neurochemicals of pain
- Pain, Brain, Strain
 - Central sensitization
 - The role of attention

Pain: Beyond Basic Biology

- Biopsychosocial model
- Vicious circles of maladaptive coping strategies
- Psychological and emotional aspects of pain
- Pain's effect on the sense of self
- Countering pain myths

Assessment, Interventions, and Management

Pain Treatment Options

- Medications and medical procedures
 - Introduction to analgesics
 - Opioids – Myths and Facts
- #### The opioid epidemic
- Opioid efficacy, risks
 - Tolerance vs. addiction
 - Risk of addiction and abuse

Assessment

- Basic guidelines
- The interview
- Psychometric instruments
- Pain vs. distress

Behavioral Treatment

- Technique vs. relationship
- Mindfulness and other meditations
- The hype and the reality
- Focused and open awareness
- Breathing techniques: four methods

Comfort strategies: You Are Bigger than the Pain

- Awareness
- Importance of early detection
- Identify triggers and first signs
- Concretizing with imagery and names

Re-focus

- Widening and narrowing attention
- Going distal; going to the center
- Imagery and self-hypnosis

Re-thinking

- CBT for catastrophizing
- Separate pain from distress
- Deal with flares

Additional behavioral treatment tools

- Pacing
- Gentle movement
- The importance of face, hands, feet
- Acupressure self-massage
- Qigong for pain
- Sleep and rest

Enjoy

- Cultivating positives
- Antidotes for difficult emotions
- Increasing emotional granularity

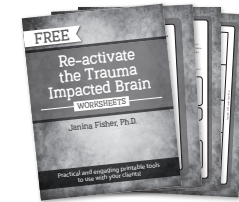
Relate

- Foster positive relationships
- Deal with difficult relationships

- Differential treatment considerations
- Outcomes of integrative interventions
- Research limitations and risks of psychotherapeutic approaches

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2-Day

Chronic Pain Certificate Course

Earn your
CERTIFICATE
Today!

Behavioral Treatment & Assessment

LIVONIA, MI

Thursday & Friday
February 27-28, 2020

REGISTER NOW! pesi.com/express/75506

2-Day

Chronic Pain Certificate Course

Behavioral Treatment & Assessment

- Myth-busting! Discover the biggest misconceptions about pain treatment
- Practical tools to assess pain and determine proper treatment approach
- Empower clients with acupressure, meditation, and qigong techniques to treat chronic pain

Earn your
CERTIFICATE
Today!

LIVONIA, MI

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February 27-28, 2020

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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.*

Meet Your Speaker

Robert Rosenbaum, Ph.D., has 30 years’ experience as a neuropsychologist, psychotherapist, and behavioral medicine specialist. In addition to his numerous journal articles and book chapters on brief psychotherapy, he is also the author of the books *Zen and the Heart of Psychotherapy*; *Walking the Way: 81 Zen Encounters with the Tao Te Ching* and co-editor of *What’s Wrong with Mindfulness (and what isn’t)*. He is entrusted as a Zen teacher by Sojun Roshi of Berkeley and San Francisco Zen Centers and as a senior teacher of Dayan (Wild Goose) Qigong by Master Hui Liu of the Wen Wu School.

Dr. Rosenbaum worked for over 26 years at Kaiser Permanente clinics in California, where at various times he was chief psychologist, head of the neuropsychological assessment program, developed the mindfulness-based behavioral portion of the chronic pain management program in Kaiser Oakland and started the first programs of Dayan Qigong (which subsequently spread to medical clinics throughout California). He also did research on brief psychotherapy, single-session therapy and psychotherapy integration.

In addition, he has been a Fulbright Professor at the National Institute of Mental Health and Neurosciences in India, the director of the doctoral training program at the California Institute of Integral Studies, and a consultant on brief psychotherapy to clinics and academic institutions in Australia, Japan, and Canada. Whenever he can, he spends several months a year hiking in the Sierras and the Himalayas.

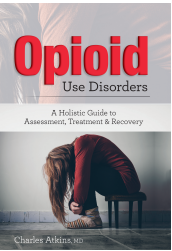
Speaker Disclosure:
Financial: Robert Rosenbaum receives a speaking honorarium from PESI, Inc.
Non-financial: Robert Rosenbaum has no relevant non-financial relationship to disclose.

Objectives

1. Explore strategies on how to prevent pain before it begins for purposes of client psychoeducation.
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. Describe how age, gender, ethnicity, and culture influence the experience of pain as it relates to case conceptualization.
5. Distinguish how different types of pain require different treatment approaches.
6. Correlate how the brain, the mind, and the heart all affect pain for purposes of client psychoeducation.
7. Examine and counter maladaptive myths about pain to improve client level of functioning.
8. Assess pain through specialized questionnaires and interview methods to inform the clinician's choice of treatment interventions.
9. Demonstrate four meditation methods useful for dealing with pain in session.
10. Discover six acupressure points helpful for pain prevention and management in clients.
11. Implement clinical methods to help clients concretize their pain and use guided imagery to alleviate pain.
12. Identify existential, spiritual, and self-identity issues which interact with biological and psychological components of pain as it relates to treatment outcomes.

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 wwhitehead@pesi.com or call 715-855-8166.

Save by including these products with registration!

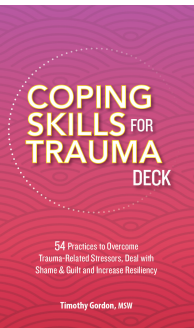


Opioid Use Disorder

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.



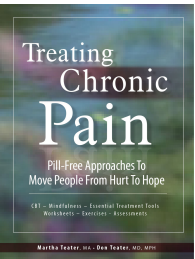
Coping Skills for Trauma Deck

54 Practices to Overcome Trauma-Related Stressors, Deal with Shame & Guilt and Increase Resiliency

By Timothy Gordon, MSW, RSW

Living with trauma is hard. Let this deck be a companion on your journey.

Inside you'll find 54 exercises to develop the skills needed to cope in the face of trauma, PTSD, and stress. Filled with innovative practices from attachment theory, compassion, acceptance, mindfulness, and CBT—this deck will help you relax, build healthier relationships, and find a more balanced lifestyle.



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.

More info and resources at www.pesi.com

Group Discounts Available! Call 800-844-8260

Course Designed Especially for:
Social Workers • Psychologists • Counselors • Addiction Counselors • Psychotherapists
Marriage and Family Therapists • Occupational Therapist • Occupational Therapy Assistants
Physical Therapists • Physical Therapy Assistants • Nurses • Nurse Practitioners

Certificate Course 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 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 \$60 cancel fee. Substitutions are permitted at any time.

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.

Certificate Course 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.

Addiction 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.

Michigan Addiction Counselors: This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). 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.

Michigan Physical Therapists & Physical Therapist Assistants: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75506.

Psychologists: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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 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.



Certificate of completion will be awarded at the end of the course.

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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.*

• **\$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.
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