

## 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

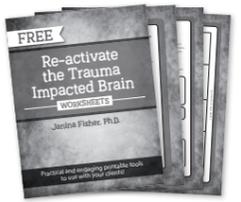
1. Describe how the emotional aspect of clients' pain can be more problematic than the physical aspect.
2. Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
3. Assess the psychological, physical, social and behavioral factors 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.

### 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

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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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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

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 individuals' 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.

## BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

### SPEAKER

**ERIC K. WILLMARTH, PhD**, 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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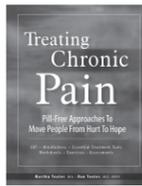
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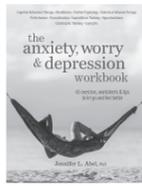


#### Treating Chronic Pain

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.

**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.



#### 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 [cepesi@pesi.com](mailto: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 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.

**Counselors:** This intermediate 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, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Oregon Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Washington Counselors:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**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.

**Washington Marriage & Family Therapists:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**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.

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**Pharmacology Nurse Practitioners:** This program offers 380 instructional minutes of pharmacology content which is designed to qualify for 6.3 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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**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.

**Psychologists & Psychiatrists: Psychiatrists**

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#### Psychologists

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**Oregon Psychologists:** This live activity consists of 380 minutes of continuing education instruction and is designed to meet the requirements of the Oregon Board of Psychology. Please save the course outline, certificate of completion, and any other supporting documentation you receive from this live activity in case it is requested by the board.

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**Washington Social Workers:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**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.

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