

Outline

**A Deeper Understanding of the Chronic Pain Problem – Knowledge is Power**  
Differentiating between acute and chronic pain  
Understanding neuropathic pain  
Managing recurrent acute pain aka Pain Flare Ups  
Moving beyond anticipatory pain  
Making peace with chronic pain

**The Major Problems for Clients Living with Chronic Pain and Coexisting Disorders**  
Mistreated or undertreated chronic pain  
Over-utilization of the traditional bio-medical model  
The synergistic impact of chronic pain and unidentified and/or untreated coexisting disorders  
The misapplication or lack of MAT  
Lack of integrated body-mind-spirit treatment approaches

**Common Coexisting Disorders that Can Sabotage Treatment Outcomes**  
Substance misuse, abuse, pseudo addiction or addiction  
Unresolved trauma history (PTSD)  
Anxiety disorders including social anxiety disorders  
Depression including bipolar disorders  
Cognitive impairment from living with high levels of untreated pain

Objectives

- 1. Investigate two or more reasons why the biomedical approach alone may be ineffective for the low outcome subset of chronic pain clients with coexisting disorders.
- 2. Evaluate three successful chronic pain management treatment outcomes.
- 3. Differentiate between the physiological and psychological/emotional pain symptoms and have appropriate management strategies for both types.
- 4. Develop a treatment plan that helps clients let go of suffering and adequately addresses the psychological/emotional symptoms of their pain.
- 5. Analyze the needs of clients as they explore the correlation of increased stress and worsening levels of pain and how to develop appropriate relaxation response skills to reduce their levels of stress and the perception of their pain.
- 6. Categorize at least five of the twelve denial patterns (psychological defense mechanisms) that can sabotage treatment outcomes.

**Target Audience**  
Social Workers • Counselors • Psychologists  
Addiction Counselors • Community Mental Health Workers • Psychiatrists • Marriage and Family Therapists • Occupational Therapists  
Occupational Therapy Assistants • Physical Therapists • Physical Therapist Assistants  
Nurse Practitioners • Nurses • Case Managers  
Other Helping Professionals

**The Role of Resistance and Denial in Obtaining Positive Treatment Outcomes**  
The need to normalize and depathologize denial  
Understanding denial as a part of the human condition  
The role of the “Inner Saboteur” in failed treatment outcomes  
Learn how to identify and manage the 12 denial patterns and treatment resistance

**A Synergistic Treatment Plan for Healing the Whole Person**  
Identifying and implementing:  
Biological treatment interventions  
Psychological treatment Interventions  
Social/family/cultural treatment interventions  
Spiritual treatment interventions

**How to Measure Treatment Outcomes**  
Implement Pre-Post treatment outcome measures  
Empower clients to become proactive participants in their own healing process  
Relapse prevention and continue care plans for chronic pain, opioid use disorders and psychological disorders  
Ongoing plans to increase levels of functioning and improve quality of life

**Live Webcast Schedule**  
*(Times listed in Eastern)*  
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**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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The New Rules for Treating Chronic Pain

Addiction-Free Solutions in the Era of Opioid Crisis

### LIVE Interactive Webcast

**Wednesday, December 9, 2020**

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# The New Rules for Treating Chronic Pain


Addiction-Free Solutions in the Era of Opioid Crisis

- Become a go-to resource for the wave of clients seeking drug-free treatments!
- Proven pain-changing interventions and tools to manage chronic pain flare ups
- How to work with people experiencing chronic pain and coexisting disorders

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

## THE NEW RULES FOR TREATING CHRONIC PAIN

## Addiction-Free Solutions in the Era of Opioid Crisis

Add a valuable dimension to your practice and prepare yourself to help clients in chronic pain with behavioral solutions!

The landscape of chronic pain treatment is changing rapidly as we wean ourselves off the traditional bio-medical approach that emphasizes harmful opioid-based pain management approaches.

And the demand for mental health professions who can work with chronic pain management is likely to explode as the CDC's new recommendations favoring behavioral treatments will have more people than ever before seeking drug-free solutions to their pain

Join chronic pain management expert, Stephen F. Grinstead, Dr. AD, LMFT, ACRPS, for this one-day program and get the proper understanding, skills and treatment techniques you need to address the neurobiological, social and emotional aspects of chronic pain when potentially addictive medications are not an option.

Register and discover:

- How common coexisting disorders and family dynamics can sabotage treatment – and what to do about it
- A synergistic treatment plan incorporating the mind, body and spirit for healing
- Strategies to empower clients to be proactive in their healing process and a relapse prevention plan

## Speaker

**Stephen F. Grinstead, Dr. AD, LMFT, ACRPS**, has a bachelor's degree in behavioral science, a master's degree in counseling psychology and a doctorate in addictive disorders (Dr. AD). He is a Licensed Marriage and Family Therapist, (LMFT) a past California Certified Alcohol and Drug Counselor (CADC-II), and, a Certified Denial Management Specialist (CDMS) an Advanced Relapse Prevention Specialist (ACRPS). He served on the faculty of UC Santa Cruz Extension Alcohol and Drug Studies Program and also taught at Santa Clara University, UC Berkeley Extension and Stanford University Medical School and served on the faculty of University of Utah's School on Alcoholism and Other Drug Dependencies as well as serving as an adjunct professor at Alliant University.

From 2015 to 2018, Dr. Grinstead was the co-founder and chief clinical officer of a Triple Diagnosis Residential and Intensive Outpatient Chronic Pain Management Program in California. He is author of the book *Thank You Adversity for Yet Another Test: A Body Mind Spirit Approach for Relieving Chronic Pain Suffering*, as well as author of several other pain management books including *Freedom from Suffering: A Journey of Hope, Managing Pain, Coexisting Disorders*, and the *Addiction-Free Pain Management® Recovery Guide*. Dr. Grinstead is an internationally recognized expert in preventing relapse related to addiction and chronic pain disorders and is the developer of the Evidence-Based Addiction-Free Pain Management® System. He has been working with chronic pain management, substance use disorders, eating addiction and coexisting mental and personality disorders since 1984. Since 1996, he has trained well over 40,000 healthcare providers in seminars, workshops and trainings across the United States and Canada.

Speaker Disclosures:

Financial: Stephen Grinstead maintains a private practice and is the director at Innovative Treatment Solutions. He is an author and receives royalties. Mr. Grinstead receives a speaking honorarium from PESI, Inc.

Non-financial: Stephen Grinstead is a member of the ASAM, ASIPP, IAPM, NAADAC, CAMFT, and CCAPP.



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