

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

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 Webinar Schedule

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break

4:00 Program ends

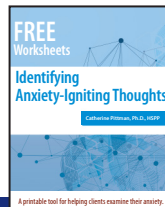
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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.

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The New Rules for Treating Chronic Pain

Addiction-Free Solutions in the
Era of Opioid Crisis

LIVE Interactive Webinar

Thursday, April 15, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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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

Live Interactive Webinar

Thursday, April 15, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

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

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



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Meet Your 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 Disclosure:

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.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Marriage & Family Therapists, Nurses, Occupational Therapists, Physical Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/84707

National CE Credit Approvals For Live Webinar
Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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.

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This activity is pending approval from the National Association of Social Workers.

For all credit approvals and details, visit: www.pesi.com/webcast/84707

PESI, Inc. is an AOTA Approved Provider of professional development. Course approval ID# 0000000944. This Live is offered at .625 CEUs [Intermediate, OT Service Delivery]. AOTA does not endorse specific course content, products, or clinical procedures.

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.

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, 2020 - January 27, 2023. 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.

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*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

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April 15, 2021 | PWZ84706

\$219.99 tuition

8am Eastern time

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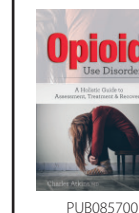
DVD (Option 3)

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DVD Experience:

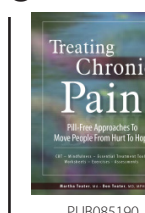
- Self-study CE certificate available
CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

Recommended Reading:



Opioid Use Disorder
A Holistic Guide to Assessment, Treatment, and Recovery
Charles Atkins, MD
~~\$26.99~~ \$19.99*

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Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope
Martha Teater, MA, LMFT, LCAS, LPC
and Don Teater, MD, MPH
~~\$24.99~~ \$19.99*

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OTHER WAYS TO REGISTER

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*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

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We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

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