

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

OBJECTIVES

1. Connect pain and its emotional aspects.
2. Communicate the chronic pain cycle.
3. Specify the risks of opioid medications.
4. Determine pain experience factors in the psychological, physical, social, and behavioral realms.
5. Establish the ability to assess people to determine the impact of their chronic pain.
6. Utilize effective components of the behavioral treatment of chronic pain.



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

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PITTSBURGH, PA
Friday, August 25, 2017

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Wednesday, August 23, 2017

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- Transform your practice with creative and practical evidence-based approaches to treat chronic pain



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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 individual's 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.

SPEAKER

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 25 years. She has worked in primary care settings, free clinics, and medication-assisted treatment programs. Martha is well known for her work as a disaster mental health manager with the American Red Cross, and has been on many national disaster deployments where she provides support to traumatized people.

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 coauthor (with John Ludgate) of *Overcoming Compassion Fatigue: A Practical Resilience Workbook*.

Speaker Disclosures:

Financial: Martha Teater maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Nonfinancial: Martha Teater is a Clinical Member of the American Association for Marriage and Family Therapy.

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

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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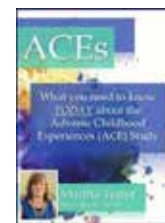


Overcoming Compassion Fatigue

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 woven with personal experiences, assessment tools, proven interventions, and prevention strategies. Filled with worksheets, exercises, checklists and assessments.



ACEs

What You Need to Know TODAY about Adverse Childhood Experiences (ACE) Study

By Martha Teater, MA, LMFT, LPC, LCAS *Your Speaker!*

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By Mary NurrieStearns, LCSW, RYT

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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 professions standards.

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