

OUTLINE

The Chronic Pain Dilemma

- Pain and its impact on society
 - Neurophysiology and psychology of pain
 - Benefits and the risks of opioids
 - Pain and the family
- Complex Chronic Pain
 - The progression from acute to chronic pain (physical and emotional factors)
 - Chronic pain syndrome and its constellation of symptoms
 - Conventional treatments and why they fail
- Pain vs suffering: What are we really treating?
 - The 5 big "negative" emotions that magnify pain
 - The number one rule in pain management
 - Strategies to un-attach pain from suffering

Assessment

- The Interview
 - Validation and the therapeutic alliance
 - Collect a biopsychosocial history
 - Co-occurring disorders and other risk factors
- The Battery
 - Useful self-report measures
 - Interpretation of results for case conceptualization
 - Effective treatment planning

The Chronic Pain Toolbox

- Best Practice Guidelines and treatment options
 - APA Division 12 recommendations
 - CDC and government recommendations
 - Empathy and the power of the therapeutic alliance
- Cognitive Behavioral Therapy
 - Unleash "black ducks" to eat up ANTs
 - Harness the power of client's own words
 - Recalibrate Pain: a cognitive approach

OBJECTIVES

1. Specify the difference between chronic pain and a complex chronic pain syndrome and how conventional treatments (including MAT, procedures, and surgery) often "make it worse."
2. Delineate the difference between physical pain and emotional suffering and how the 5 Big Negative Emotions magnify the pain experience.
3. Establish the ability to conduct an effective biopsychosocial assessment of chronic pain and use pain scales to recalibrate pain levels and increase wellness.
4. Utilize cognitive restructuring to assist clients in creating "black duck moments" that will change their perspective on their pain experiences and motivate them to live more active and purposeful lives.

Mindfulness

- Why mindfulness is essential for the treatment of chronic pain
- 4 creative interventions to help clients see "What is NOT wrong with me"
- The FAR approach and how it resonates with clients

Acceptance and Commitment Therapy

- Cognitive defusion and how to use it with clients
- The Values Compass and how to help clients find their True North
- Develop motivation and commitment

Gratefulness

- The hidden power of gratefulness and its evidence for chronic pain
- 3 gratitude interventions that directly impact the pain experience

More Tools You Can Use

- Include the family in treatment
- Effective sleep hygiene
- Multidisciplinary treatments: when and how to use them
- The T.E.M.P.L.E.S.S hand-out you can share with clients
- Patient advocate resources
- Recovery resources

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.

Target Audience: Social Workers • Psychologists
Counselors • Addiction Counselors • Psychotherapists
Occupational Therapists • Case Managers
Marriage and Family Therapists • Physical Therapists
Physical Therapist Assistants • Nurse Practitioners
Nurses • Other Helping Professionals

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**THE
CHRONIC
PAIN
TOOL BOX**

**Effective Interventions for
Treating Complex Chronic Pain**

ELLICOTT CITY, MD • Monday, March 26, 2018

TOWSON, MD • Tuesday, March 27, 2018

FAIRFAX, VA • Wednesday, March 28, 2018

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THE CHRONIC PAIN TOOL BOX

**Effective Interventions for
Treating Complex Chronic Pain**

- Chronic Pain Syndrome is not Chronic Pain... and knowing the difference makes a difference
- Wellness-based tools to help clients un-attach emotional suffering from physical pain
- Facilitate effective coping skills to help your clients
- 8 essential CBT, mindfulness and ACT interventions for chronic pain you can use beginning tomorrow

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THE CHRONIC PAIN TOOL BOX

Effective Interventions for Treating Complex Chronic Pain

Years ago, I sat down to evaluate a potential client with chronic pain. A minute hadn't passed before she broke down in tears while describing a 5-year-old injury that left her with excruciating neck pain. Despite 3 back surgeries and countless procedures, her back was still "killing" her and she placed her pain at 15/10. She couldn't sleep, she had gained weight and couldn't exercise. She had stopped working, was in a lawsuit over the injury, and was afraid to leave the house. Her doctor had placed her on high doses of an opiate pain killer plus an anti-anxiety medication and she admitted that sometimes she took more than she was prescribed. She admitted to having suicidal thoughts because she had lost hope that she might ever get her life back.

Now imagine yourself in my place. How would you conduct an effective assessment? Do you know the difference between chronic pain and a chronic pain syndrome? What might be the best approach to treat pain and a co-occurring disorder? Are you confident you have enough evidence-based skills in your toolbox to help clients help themselves?

This is a challenging time to treat complex chronic pain. Over 100 million Americans experience some form of chronic pain and the country is struggling with a tragic opiate epidemic that has cost tens of thousands of lives and is ripping society apart. As a clinician, you are in unique position to provide effective pain management to your chronic pain clients... but only if you fill your invisible toolbox with the evidence-based skills that work.

In this interactive and creative seminar, we will focus on the assessment and treatment of complex chronic pain. You will learn how to evaluate it and how to discern and manage co-occurring disorders. You will increase your confidence in your ability to transform your knowledge of CBT, mindfulness, and ACT into the "silver bullet" skills that can facilitate "inside-out" pain management that empowers your clients. You will leave this seminar with 8 practical interventions you can begin to use tomorrow to motivate your clients to commit to the changes they want and to assist their families in finding the resources they need.

SPEAKER

Bruce F. Singer, Psy.D. is a licensed psychologist and nationally recognized expert on psychosocial treatments for chronic pain and substance use disorders. He was the founding director of the Chronic Pain and Recovery Center at Silver Hill Hospital, one of the most prestigious psychiatric hospitals in the United States. He maintains a private practice and consults internationally with treatment centers.

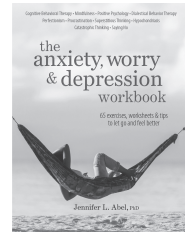
Dr. Singer sits on the Medical Advisory Board of the U.S. Pain Foundation and on the Board of Chronic Pain Anonymous where he is an outspoken advocate for helping individuals with chronic pain obtain effective treatment. An inspirational speaker known for his creativity and sense of humor, Dr. Singer has presented at Grand Rounds and pain and addiction conferences throughout the United States. He is the author of numerous professional articles on psychosocial treatments for chronic pain and substance abuse, and his guided meditations and educational videos are readily available on the web. He recently authored *Black Duck Moments Every Day*, a book of daily affirmations for people with chronic conditions as well as *99 Black Duck Moments*, an eBook based on his original memes and videos.

Speaker Disclosures:

Financial: Bruce Singer is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Bruce Singer is a member of the Medical Advisory Board for the U.S. Pain Foundation.

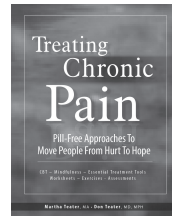
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By Jennifer L. Abel, Ph.D.

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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.

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Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" 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 professions standards.

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ADDITION COUNSELORS: This course has been approved by PESI, Inc. as a NAADAC Approved Education Provider, for 6.0 CE in the Treatment Plan 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.

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MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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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.

NURSES/NURSE PRACTITIONER/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 6.3 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 6.0 contact hours or 6 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 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.

MARYLAND PHYSICAL THERAPISTS AND PHYSICAL THERAPIST ASSISTANTS: This course has been submitted to the Maryland Board of Physical Therapy Examiners for review.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. 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 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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THE CHRONIC PAIN TOOL BOX: EFFECTIVE INTERVENTIONS FOR TREATING COMPLEX CHRONIC PAIN

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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.

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___ Seminar on CD* (audio) \$169.99 (RNA053560)

___ **The Anxiety, Worry & Depression Workbook** book* \$29.99 (PUB085375)

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