

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 client's 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.

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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

PARSIPPANY, NJ

Wednesday, April 25, 2018

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Thursday, April 26, 2018

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Friday, April 27, 2018

PARSIPPANY, NJ

Wednesday, April 25, 2018

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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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