

## 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

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.

**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**

**HYANNIS, MA • Monday, December 10, 2018**

**TAUNTON, MA • Tuesday, December 11, 2018**

**WORCESTER, MA • Wednesday, December 12, 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 three 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 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 eight 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:

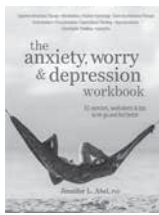
Financial: Bruce Singer is in private practice. He receives a speaking honorarium from PESI, Inc.

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



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

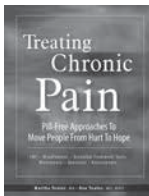
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By Jennifer L Abel, Ph.D.

Jennifer Abel, PhD, has compiled an **interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises and scripts** for you to start changing your habits, and start changing your life.



**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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THE CHRONIC PAIN TOOL BOX: EFFECTIVE INTERVENTIONS FOR TREATING COMPLEX CHRONIC PAIN

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