

OUTLINE

Understanding Pain, the Pain Client, and Pain Psychology

Nature and nurture of pain

Why medical interventions aren't enough

Barriers to effective pain management, both global and individual

Why integrative healthcare is the future of pain management

Diversity and multicultural considerations to improve the therapeutic relationship

Limitations of the research and potential risks

Assessment & Case Conceptualization

7 components of a comprehensive assessment

Common mental health co-morbidities

Develop case conceptualization based on multiple factors including, pain, medication, obesity, distress and sleep

3 core competencies of pain psychology: medication management, mood regulation, and fitness

Cognitive Behavioral Therapy (CBT): Break Through Cognitive Barriers to Elicit Behavior Change

10 powerful biases that sustain client resistance to change

CBT journaling exercises relative to pain

Self-monitoring to maximize lifestyle change efforts

Active coping strategies

Rational-Emotive Therapy: Concrete Strategies to Change Thinking, Mood, and Behavior

Ellis' "Stinkin' thinkin'": Problem thinking that increases pain

How extreme/absolute words limit pain clients' sense of control and choice

The "SEAT" exercise (Situation, Emotions, Automatic Thoughts, Turn Around Thoughts)

Strategies for incorporating science into decisional counseling

Sleep Management: 12 Steps to Improve Both Quality and Quantity of Sleep

Simplified, accessible CBT interventions for sleep

Biological, psychological, and social-environmental factors

Setting routines, increasing activity, increasing distress tolerance when not sleeping well

Documented failure of all sleep medications reviewed

Suicide Risk Assessment & Intervention for a High-Risk Population

Assessment and screening measures

Factors that increase suicide risk in chronic pain clients

Red flags to watch/listen for in every session

OBJECTIVES

1. Integrate the three core competencies of pain psychology into practice with clients with chronic pain.
2. Appraise the recent literature related to the efficacy of behavioral and medical interventions for pain management.
3. Conduct a comprehensive assessment of pain clients, including psychological factors, degree of distress, quality of life, activities/missions, history, and type/degree of pain/pain interference with quality of life.
4. Assess for suicide risk factors common in pain clients.
5. Utilize CBT, including RET, to help clients overcome cognitive biases that interfere with their ability to make scientifically-based decisions related to their pain care.
6. Employ CBT strategies to address sleep problems in clients with chronic pain.

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Target Audience: Psychologists • Social Workers • Counselors • Addiction Counselors
Occupational Therapists • Occupational Therapy Assistants • Physical Therapists
Physical Therapy Assistants • Nurses • Nurse Practitioners • Marriage and Family Therapists
Case Managers • Sport Psychologists

Live Webcast 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.
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Pain Psychology

Cognitive-Behavioral and Integrative Solutions for Chronic Pain

Evidence-based interventions to help clients:

- Overcome cognitive biases that impede their abilities to make pain-reducing lifestyle changes
- Strategically decrease use of addictive medication and other medical interventions
- Take an active role in their treatment through journaling and self-monitoring
- Decrease pain, improve mood and increase activity level/fitness

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Pain Psychology

Cognitive-Behavioral and Integrative Solutions for Chronic Pain

Desperate for relief and inundated with misinformation about how to manage their symptoms, clients who are suffering with chronic pain arrive at your office/clinic seeking solutions on how to feel better.

Join Dr. Dan Kirschenbaum, chronic pain and cognitive behavioral therapy (CBT) expert, for this compelling seminar that explores research on cognitive biases, decision making and the relationship between such biases and effective treatment for chronic pain.

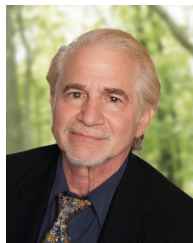
Packed with powerful, practical, evidence-based interventions, this seminar is a must-attend for any professional seeking to help clients:

- Increase their activity levels despite some discomfort initially – to reduce pain in the long run
- Strategically decrease use of potentially dangerous, addictive medication
- Overcome pessimism and self-condemnation that interferes with progress
- Take focused action on life missions and meeting long term goals
- Track progress and setbacks through consistent journaling and self-monitoring
- And more!

Discover how you can help your most resistant clients change from barely managing chronic pain to actively pursuing much more comfortable and more meaningful lives!

Sign up today!

SPEAKER



Dan Kirschenbaum, Ph.D., ABPP, is a clinical, health and sport psychologist and professor of psychiatry & behavioral sciences at Northwestern University. He is also a consultant for the VA, where he conducts evaluations to determine degree of service connected behavioral health disabilities. He served as director of behavioral health at a thriving multi-clinic pain management practice in the Atlanta area for the past three years (2016-2019). Dr. Kirschenbaum was awarded both Fellow and Diplomate statuses by the American

Psychological Association (APA); he also served as president of APA's Division of Exercise and Sport Psychology. Dr. Kirschenbaum has provided invited addresses at professional conferences world-wide, received numerous grants for research, and consulted with many organizations (e.g., National Basketball Association; Ladies Professional Golf Association; US Olympic Committee; Chicago Bears; WebMD; National Academy of Sports Medicine; Weight Watchers). An accomplished author and speaker, Dr. Kirschenbaum has published 13 books, more than 140 articles and chapters in scientific journals and books, and presented hundreds of professional workshops on a variety of topics, including pain management (e.g., Pain Psychology in Integrative Healthcare – Georgia Psychological Association workshop 3/6/2020), weight management, and sport psychology.

Speaker Disclosure:

Financial: Dan Kirschenbaum receives royalties from Warren Publishing. He receives a speaking honorarium from PESI, Inc. Non-financial: Dan Kirschenbaum is a member of the American Psychological Association and Registry of Sports Psychologists.

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To inquire about credit in other states or home study credit, please contact cepsi@pesi.com or 800-844-8260 before the event.



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PAIN PSYCHOLOGY: COGNITIVE-BEHAVIORAL AND INTEGRATIVE SOLUTIONS FOR CHRONIC PAIN

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