

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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**BEHAVIORAL TREATMENT
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**BEHAVIORAL
TREATMENT
OF
CHRONIC PAIN**

Evidence-Based Techniques to Move
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- 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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