

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.

**FREE
 CE
 ONLINE COURSE**

Shame Shields

BRENÉ BROWN, Ph.D.
 1 CE HOUR

HURRY OFFER EXPIRES December 15, 2018

www.pesi.com/brown-shame

NON-PROFIT ORG
 US POSTAGE PAID
 EAU CLAIRE WI
 PERMIT NO 32729

**Bring any training
 in-house!**

Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

PESI
 P.O. Box 1000
 Eau Claire, WI 54702-1000
 A Division of PESI, Inc.

BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

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

Earn up to
2.0
 CE Hours of
 Pharmacology
 Credit!

TIMONIUM, MD
 Wednesday, January 16, 2019

COLUMBIA, MD
 Thursday, January 17, 2019

TIMONIUM, MD
 Wednesday, January 16, 2019

COLUMBIA, MD
 Thursday, January 17, 2019

BOWIE, MD
 Friday, January 18, 2019

BOWIE, MD
 Friday, January 18, 2019

Questions? Call customer service at **800-844-8260**

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



www.pesi.com

Register now! pesi.com/express/66712

Register now! pesi.com/express/66712

We are in the midst of a nationwide push to treat chronic pain and address our out of control opioid prescribing. At least 1/3 of the people we treat are dealing with this condition, yet most of us are ill-prepared to address this with skill and expertise. The CDC recently published recommendations for the treatment of chronic pain, specifically highlighting behavioral treatment as an approach that should be tried before opioids are prescribed.

We are witnessing a devastating public health crisis that is ruining individual's lives, tearing up families, and ripping through communities. We need to arm ourselves with the skills needed to offer our clients evidence-based behavioral interventions that will help them live healthy and productive lives.

Come to this interactive and cutting-edge training and learn creative tools and techniques to transform your practice. Learn powerful mindfulness interventions and motivational interviewing techniques to move your clients towards behavior change. Master the four pain-changing CBT tools. You will leave with the skills and confidence to provide practical and life-changing help to help people move out of chronic pain and into active, healthy, and meaningful lives.

SPEAKER

ROBERT UMLAUF, PhD, ABPP, is a licensed clinical psychologist with advanced board certification in rehabilitation psychology. He has over 30 years of direct clinical experience working with clients with chronic pain and has also worked in a wide variety of medical/rehabilitation settings. In addition, Dr. Umlauf has experience working with people who have addictions and is passionate about teaching skills to people living with chronic pain so they can avoid the trap of opiate abuse.

Dr. Umlauf is in private practice and consultation, with a specialty in health/wellness, pain management, and lifestyle adaptation to maximize well-being. He has been on the faculty at the University of Washington, University of California San Diego, and Georgetown University, and has published dozens of peer-reviewed articles, professional presentations, workshops, and book chapters. Dr. Umlauf earned his MA and PhD in clinical psychology from the University of Missouri-Columbia and his BS in psychology from the University of Washington.

Speaker Disclosures:

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

Non-financial: Robert Umlauf has no relevant non-financial relationship to disclose.

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.

Seminar on CD or DVD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



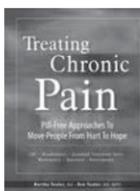
Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Stoffel at nstoffel@pesi.com or call 715-855-5291.

BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

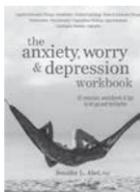


Treating Chronic Pain

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.



The Anxiety, Worry & Depression Workbook

65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

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.



Just One Thing Card Deck

52 Practices for More Happiness, Love and Wisdom

By Rick Hanson, Ph.D.

We are so busy these days that it's great to have just one thing to focus on: a simple practice to reflect on and be inspired by that will gradually strengthen your neural pathways of happiness, love, and wisdom. These practices are grounded in brain science, positive psychology, and contemplative training. They're simple and easy to do - and they produce powerful results: bringing you more joy, more fulfilling relationships, and more peace of mind and heart.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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

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.

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.

NURSE PRACTITIONERS: This program offers 120 instructional minutes of pharmacology content which is designed to qualify for 2.0 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

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.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com

How to Register: BEHAVIORAL TREATMENT OF CHRONIC PAIN: EVIDENCE-BASED TECHNIQUES TO MOVE PEOPLE FROM HURT TO HOPE

ONLINE

pesi.com/express/66712

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check location: (make copy of locations)

TIMONIUM, MD
January 16, 2019 [66712TIM]
Red Lion
2004 Greenspring Drive • 21093
(410) 252-7373

COLUMBIA, MD
January 17, 2019 [66712CBA]
Sheraton Columbia Hotel
10207 Wincopin Circle • 21044
(410) 730-3900

BOWIE, MD
January 18, 2019 [66712BOW]
Comfort Inn Conference Center
4500 Crain Hwy • 20716
(301) 464-0089

Register now!
pesi.com/express/66712

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

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.

TUITION OPTIONS

• **FREE Military Tuition:** 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.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.**

Cannot be combined with other discounts.

3 Check tuition:

Tuition with seminar manual

\$199.99 – choose one of the options below:
 per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date

\$229.99 standard

Add-On Products

Distributed at seminar—FREE SHIPPING!

- \$24.99*** *Treating Chronic Pain* book
- \$29.99*** *The Anxiety, Worry & Depression Workbook*
- \$19.99*** *Just One Thing Card Deck*

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC VISA AE Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Behavioral Treatment of Chronic Pain: Evidence-Based Techniques to Move People from Hurt to Hope

- ___ Seminar on DVD* (video) \$199.99 (RNV051275)
- ___ Seminar on CD* (audio) \$169.99 (RNA051275)
- ___ **Treating Chronic Pain** book* \$24.99 (PUB085190)
- ___ **The Anxiety, Worry & Depression Workbook*** \$29.99 (PUB085375)
- ___ **Just One Thing Card Deck*** \$19.99 (PUB085345)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

Product total \$	_____
*Shipping	_____
Subtotal	_____
**Tax	_____
TOTAL	_____

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR



FOR OFFICE USE ONLY
Fed ID # 26-3896894 © 2018 PESI, Inc.

NS