

## 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 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

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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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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](http://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.



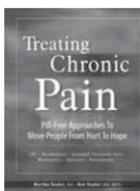
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The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Stoffel at [nstoffel@pesi.com](mailto:nstoffel@pesi.com) or call 715-855-5291.

# BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

\*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

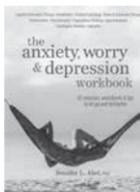


### Treating Chronic Pain

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.



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*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](mailto: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.*

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**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.

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**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.

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**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](http://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.

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### WALK-INS

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