

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

OBJECTIVES

- Describe how the emotional aspect of client’s pain can be more problematic than the physical aspect.
- Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
- Assess the psychological, physical, social, and behavioral factors that contribute to chronic pain and articulate their treatment implications.
- Implement motivational interviewing techniques to motivate clients towards behavior change that reduce the symptoms of chronic pain.
- Summarize the CDC recommendations for the treatment of chronic pain and communicate how that impacts clinical treatment.
- Utilize mindfulness-based strategies to decrease symptoms of chronic pain in clients.

- 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

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.

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BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

SANTA FE, NM
Monday, August 19, 2019

ALBUQUERQUE, NM
Tuesday, August 20, 2019

EL PASO, TX
Wednesday, August 21, 2019

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Monday, August 19, 2019

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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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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

James Keyes, PhD, has specialized in the area of chronic pain and worker’s compensation treatment over the past 20 years, working both in CARF accredited multidisciplinary comprehensive treatment programs and in integrated primary care/medical centers. He has presented at national conferences (Ericksonian Congress and Brief Therapy conferences); as well as in the training programs for resident physicians and with mental health providers. He is on faculty with the University of Washington as a clinical instructor, supervising clinical work. He completed a specialized track in his doctoral program at Loyola University of Chicago and an internship at Denver Health & Hospitals for clinical child and adolescent psychology, in addition to training on clinical psychological treatments, later getting Board Certification in this area. However, in the changes of life (moving cities) an opportunity became available to work in a comprehensive pain program with provides who had 40 years’ experience in the treatment & management of chronic pain, Dr. Keyes added this treatment area to his base of skills, by joining this hospital-based program.

Dr. Keyes primarily describes his theoretical orientation as a cognitive behavioral therapist, because the approach he goes to first are those with the strongest research backing. However, in the course of training, he was exposed to the work of Milton Erickson, the psychiatrist who integrated strategic family therapies; hypnosis; and uncommon therapies (Haley) approaches to help patients individually reach their desired goals. Working with this background, in a patient centered approach, Dr. Keyes has worked over the years in multidisciplinary settings to assist patients who present.

Speaker Disclosures:
Financial: James Keyes is in private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: James Keyes is a member of the American Board of Professional Psychology; Association for Behavioral and Cognitive Therapies; and the American Psychological Association.



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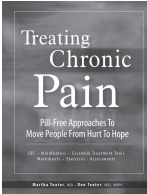
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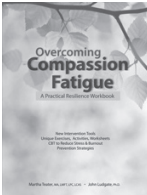
BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope



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.



Overcoming Compassion Fatigue
A Practical Resilience Workbook
By Martha Teater, MA, LMFT, LPC, LCAS and John Ludgate, PhD

A fresh workbook approach to equip you with practical tools to manage your work and minimize your risk of personal harm. Expertly woven with personal experiences, assessment tools, proven interventions, and prevention strategies. Filled with worksheets, exercises, checklists and assessments.

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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