

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

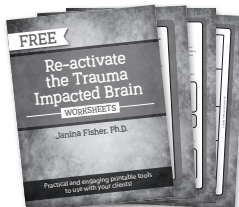
1. Describe how the emotional aspect of clients’ pain can be more problematic than the physical aspect.
2. Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
3. Assess the psychological, physical, social and behavioral factors 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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A Non-Profit Organization Connecting Knowledge with Need Since 1979

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 individuals’ 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
ERIC K. WILLMARTH, PhD, is a licensed clinical psychologist who has been affiliated with Michigan Pain Consultants for the past 30 years. He is the founder and president of Michigan Behavioral Consultants, a psychology and social work practice with 13 offices dedicated to meeting the needs of individuals with chronic pain or other chronic medical conditions. He is a Fellow of the American Academy of Pain Management and past president of the American Society for Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis and the Midwest Society for Biofeedback and Behavioral Medicine. Dr. Willmarth is the assistant director of Saybrook University’s Department of Applied Psychophysiology in the College of Integrative Medicine and Health Sciences where he also serves as coordinator of training and coordinator for the specialization in integrative mental health.

Speaker Disclosures:
Financial: Eric Willmarth is the director of Integrative Mental Health at Saybrook University. He receives a speaking honorarium from PESI, Inc.
Non-financial: Eric Willmarth is a member of the Society for Clinical and Experimental Hypnosis; American Society of Clinical Hypnosis; and Michigan Society of Clinical Hypnosis.


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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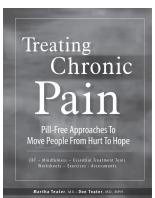
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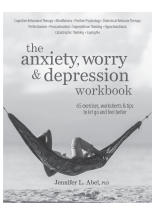
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Evidence-Based Techniques to Move
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Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope
By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH
The best treatment for 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.




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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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 profession's standards.
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Oregon Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.
Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.
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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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.
Pharmacology Nurse Practitioners: This program offers 380 instructional minutes of pharmacology content which is designed to qualify for 6.3 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.

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