

## 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

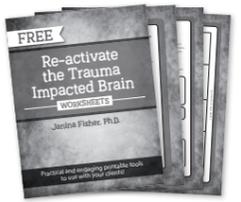
1. Describe how the emotional aspect of clients' pain can be more problematic than the physical aspect.
2. Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
3. Assess the psychological, physical, social and behavioral factors 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.

### 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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# 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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## BEHAVIORAL TREATMENT OF CHRONIC PAIN

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Tuesday, January 14, 2020

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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

**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 DVD or CD Package:** You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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.



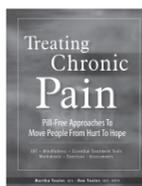
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The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Valerie Whitehead at [vwhitehead@pesi.com](mailto:vwhitehead@pesi.com) or call 715-855-8166.

# BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope

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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.

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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" on this brochure 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 profession's 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 Counseling Services 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.

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**Wisconsin 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.

**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.

**Wisconsin Marriage & Family Therapists:** This course has been reviewed and approved by the Wisconsin Association for Marriage and Family Therapy for 6.25 credit hours.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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**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.

**Wisconsin Physical Therapists & Physical Therapist Assistants:** This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pending.

**Psychologists & Psychiatrists:** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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