



A Practical Guide for Persistent Pain Therapy

**Physiotherapy Department. Hairmyres Hospital,
Eaglesham Road, East Kilbride, G75 8RG.**

26th & 27th January 2019

Tutor: Mike Stewart MCSP SRP MSc PG Cert (Clin Ed)

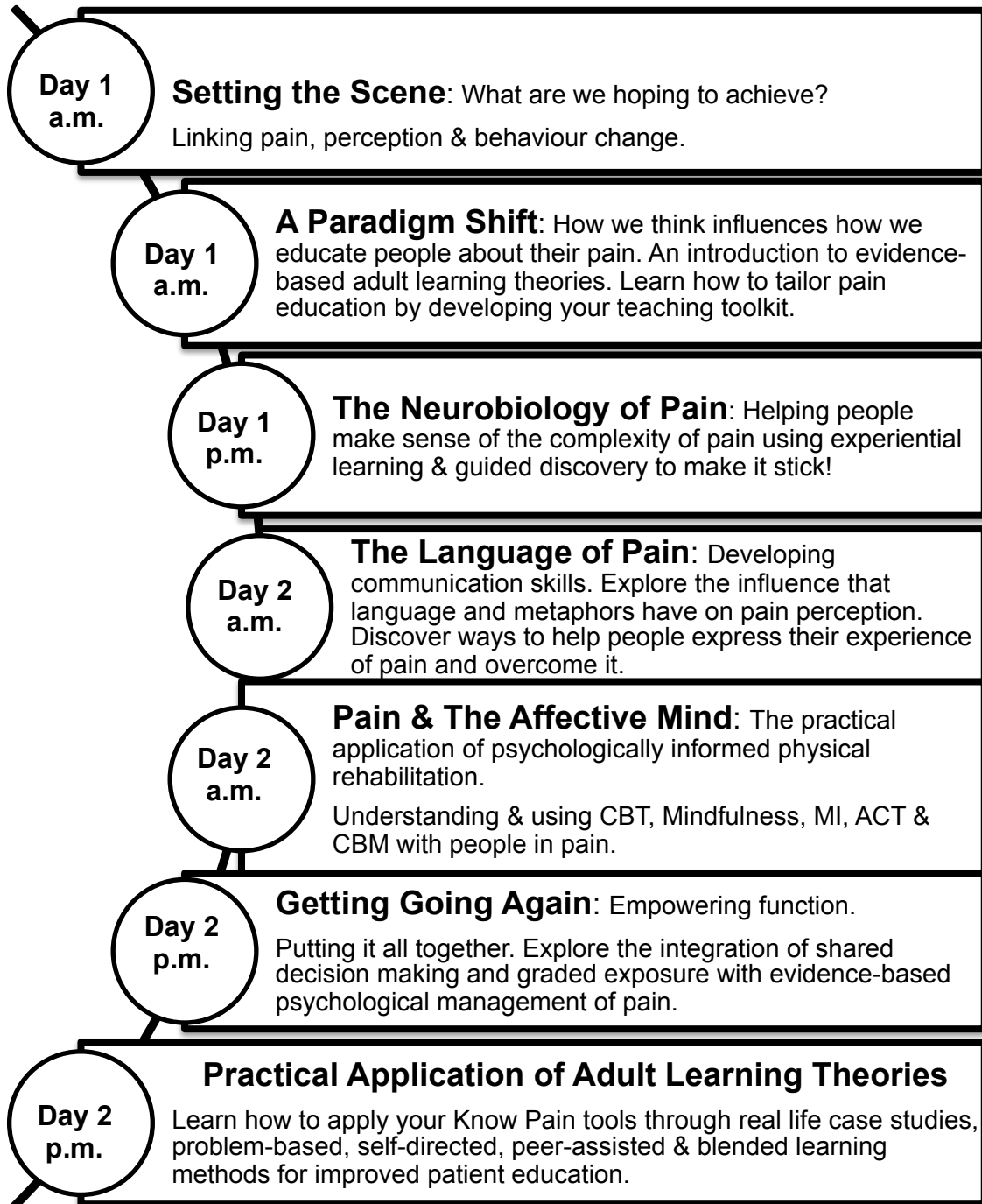
Mike is a physiotherapist and visiting university lecturer with twenty years of experience managing complex, persistent pain conditions. In addition, he is a dedicated practice-based educator committed to providing evidence-based education to a wide variety of health professionals. His Know Pain workshops have provided clinicians around the world with practical pain education skills. He has recently completed an MSc in Practice-based Education at The University of Brighton and is planning a PhD focusing on pain and communication. His published work has received international praise from the leading names in neuroscience.

Course Description:

The challenge of successfully managing persistent pain can be one of the most daunting for both clinicians and people in pain who are often frustrated after failed short-term interventions. It is often difficult to understand and explain high and prolonged levels of pain where a traditional tissue based cause is lacking. This course explores a cutting edge, patient centered approach using a variety of practical learning methods to help your patients make sense and overcome their pain. It provides a range of practical applications and innovative learning methods to take into your clinic for immediate results. The course content blends a wide range of contemporary evidence from both educational and healthcare literature. Know Pain courses have been taught in over ten countries and have provided a wide range of clinicians around the world with practical pain education skills. Feedback from over 500 healthcare professionals who have attended Know Pain courses has shown that 100% would recommend a Know Pain course to their colleagues. 95% of people strongly agreed that Know Pain had equipped them with practical skills to help people in pain.

Course Outline:

This 2-day workshop is relevant to anyone who works with people in pain. It uses evidence-based educational methods to explore therapeutic neuroscience education from both clinical and educational perspectives. You will also learn how to apply these teaching skills within your practice setting in order to optimise your patient's learning experience. Patient education forms a significant component of modern healthcare, yet most clinicians have a limited toolkit. **To help people make sense of their pain, we must first learn to teach.**



Cost: £275

20% discount (£220) for all multiple bookings, students & staff from the hosting organisation

Length: 2 Days

CPD Hours: 14

www.knowpain.co.uk

[Email: mike@knowpain.co.uk](mailto:mike@knowpain.co.uk)

“This course will fundamentally change how I communicate with my patients.” Doctor

**“I connect with my patients so much better since taking this course.”
Physiotherapist**