



A Practical Guide for Persistent Pain Therapy

Part 2 – Know More Pain Workshop

Friday 25th January 2019

**Inverurie Chartered Physiotherapy Clinic
and Pilates Centre**

Kintore, Aberdeenshire

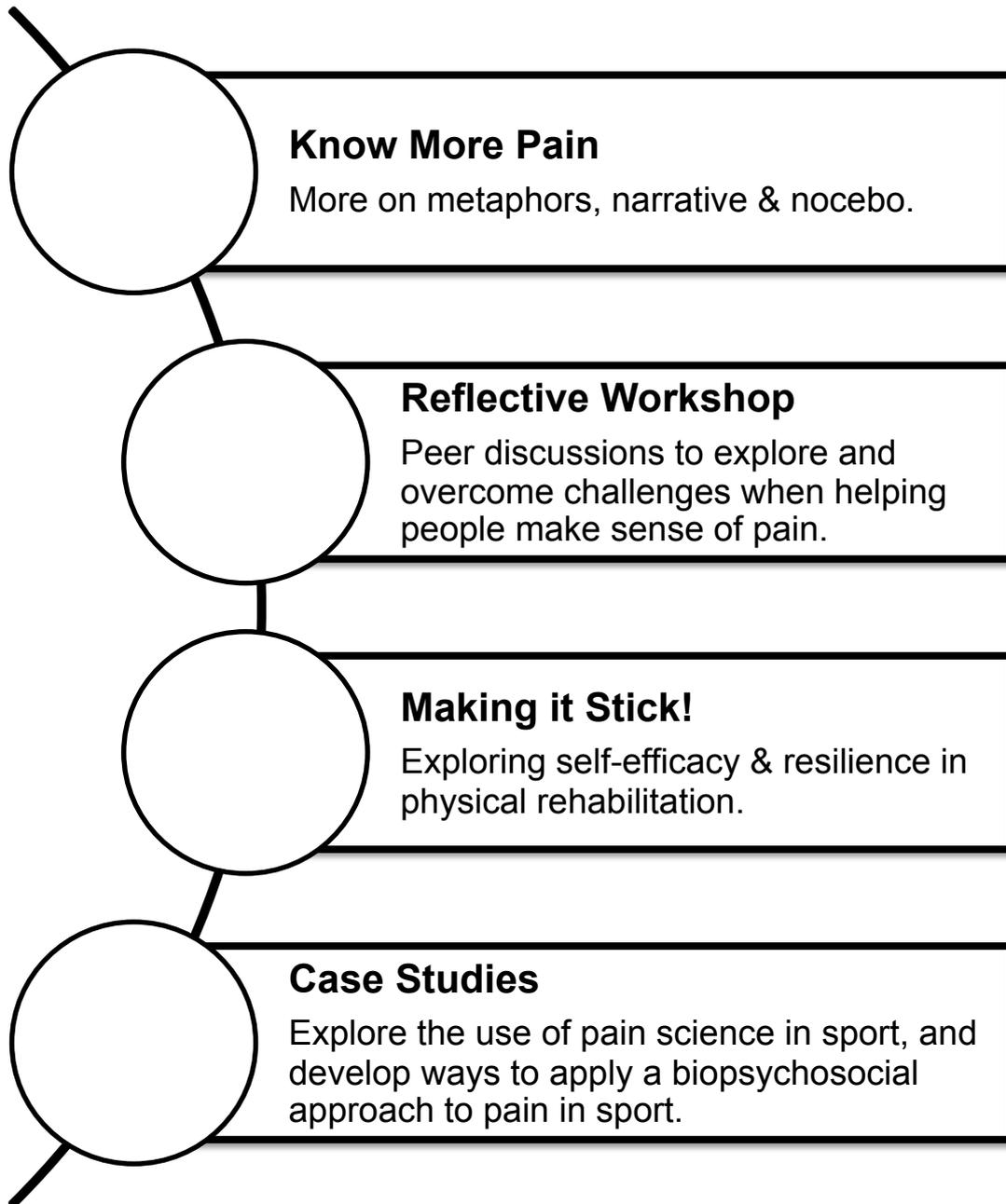
Tutor: Mike Stewart MCSP SRP MSc PG Cert (Clin Ed)

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 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 Outline:

This 1-day workshop is relevant to anyone who has previously attended a part 1 Know Pain course. However, it is also possible to attend this workshop as a stand-alone learning experience. The learning aims of the workshop are as follows:

1. To update existing understanding of pain science.
2. To apply pain education within sporting contexts.
3. Further develop understanding of metaphors within healthcare.
4. Engage in reflective peer discussions regarding professional development.
5. To overcome challenges when helping people make sense of pain.
6. Consider barriers towards recovery, and explore methods of developing self-efficacy & resilience for people in pain.
7. To explore shared-decision making & develop communication skills.



Cost: £130

CPD Hours: 7

Contact: For booking details email:
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www.knowpain.co.uk