

A Practical Guide for Persistent Pain Therapy

Warsaw, Poland 8/9/10th March 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.

Day 1 a.m.

Setting the Scene: What are we hoping to achieve? Linking pain, perception & behaviour change.

Day 1 a.m. A Paradigm Shift: How we think influences how we educate people about their pain. An introduction to evidence-based adult learning theories. Learn how to tailor pain education by developing your teaching toolkit.

Day 1 p.m. **The Neurobiology of Pain**: Helping people make sense of the complexity of pain using experiential learning & guided discovery to make it stick!

Day 2 a.m. The Language of Pain: Developing communication skills. Explore the influence that language and metaphors have on pain perception. Discover ways to help people express their experience of pain and overcome it.

Day 2 a.m. Pain & The Affective Mind: The practical application of psychologically informed physical rehabilitation.

Understanding & using CBT, Mindfulness, MI, ACT & CBM with people in pain.

Day 2 p.m. **Getting Going Again**: Empowering function.

Putting it all together. Explore the integration of shared decision making and graded exposure with evidence-based psychological management of pain.

Day 2 p.m.

Practical Application of Adult Learning Theories

Learn how to apply your Know Pain tools through real life case studies, problem-based, self-directed, peer-assisted & blended learning methods for improved patient education.

Cost: 1750 PLN

Length: 2 Days CPD Hours: 14

www.knowpain.co.uk Email: 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