



## A Practical Guide for Persistent Pain Therapy

The Royal London Hospital  
Saturday 12<sup>th</sup> & Sunday 13<sup>th</sup> April 2025

“Attending this course was like opening a treasure chest filled with invaluable gems of pain knowledge and practical skills.” Physiotherapist

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

### Learning Aims:

This course will help you develop a range of engaging, **practical skills** so that you can help people make sense of pain and overcome it. You will learn ways to apply practical solutions to everyday clinical challenges.

- **Help people to feel believed** by understanding the relationship between pain, perception & behaviour change without them thinking that it's “all in their head!”
- Learn ways to **combine a biopsychosocial approach** with your manual therapy and exercise therapy skills.
- Learn creative ways to help people make sense of pain by using **interactive experiments** involving taste, touch and hearing!
- **Become a better teacher.** Guide people who become stuck, empower people who feel hopeless, and engage people who feel bored.
- Optimise patient education by **expanding your teaching toolkit** & applying educational theories to your practice.
- **Help people to express their experience of living with pain** through a range of engaging and empowering communication skills.
- **Explore the role of metaphors** in healthcare and understand the hidden impact of language on clinical outcomes.
- Integrate practical psychological treatment skills into your rehabilitation by exploring **motivational interviewing, cognitive-behavioural therapy, acceptance and commitment therapy, mindfulness and cognitive bias modification.**
- Explore a variety of patient **case studies** that give you the opportunity to use what you have learnt before returning to your clinic.

### 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 twenty countries and have provided a wide range of clinicians around the world with practical skills. Feedback from over 1000 people who have attended Know Pain courses has shown that 100% would recommend a Know Pain course to their colleagues, whilst 95% felt more confident when helping people to overcome pain. This 2 day practical course is relevant to anyone who works with people in pain.

## **Course Outline:**

### **Day 1**

**Setting the Scene:** What is pain? What are we hoping to achieve?

**The Neurobiology of Pain:** Helping people understand why it hurts in their own words.

**Developing Teaching Skills:** Optimise your patient education toolkit & learn practical ways to guide, empower & engage people.

### **Day 2**

**The Language of Pain:** Develop your communication skills & help people to express their experience of living with pain.

**Pain & the Affective Mind:** Combining psychological treatment skills with physical rehabilitation and manual therapy.

**Getting Going Again:** Empowering function by applying pacing & graded exposure therapy to your practice.

**Case Studies:** An opportunity to test what you have learnt before you return to your practice. Use a variety of real life patient case studies to practice your new skills!

## **Tutor: Mike Stewart**

### **MCSP SRP MSc PG Cert (Clin Ed)**

Mike is a physiotherapist, researcher and visiting university lecturer with over twenty years experience of helping people to overcome pain. Mike is a dedicated practice-based educator who is passionate about providing evidence-based education to a wide variety of health professionals. He teaches across elite sports, and is an advisor on pain management to the International Olympic Committee. Mike has a Masters degree in Education and is planning a PhD focusing on pain and communication. His published work has received international praise from the leading names in neuroscience.

**CPD Hours: 14**

**Cost: £275**

**Discounts: £220 for students & when booking with friends/colleagues**

**Email: [admin@knowpain.co.uk](mailto:admin@knowpain.co.uk) or visit**

**[www.knowpain.co.uk](http://www.knowpain.co.uk)**