

A Practical Guide for Persistent Pain Therapy



“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



Liverpool Hope University
Saturday 4th & Sunday 5th October 2025

What you will learn

Day 1

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

The Neurobiology of Pain: Making sense of sensitivity.

Developing Teaching Skills: Optimise your patient education skills.

Day 2

The Language of Pain: Develop your communication skills & make it easier for people to talk about their pain experience.

Pain & the Affective Mind: Combining psychological treatment skills with physical rehabilitation & 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 clinic. Use a variety of real life patient case studies to practice your new skills!

CPD Hours: 14

Cost: £275

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

Discover more & book your place
www.knowpain.co.uk

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Mike is a physiotherapist, researcher and visiting university lecturer with almost thirty years experience. He teaches across elite sports, and is an advisor on pain management to the International Olympic Committee.

