

OUTLINE

Pain
Acute vs. chronic pain
Emotional aspect of pain
 More problematic than physical aspect
 Anxiety, fear, catastrophizing
ACE (Adverse Childhood Experiences)
 Study and link to pain
Chronic pain onset: Physical & emotional
Pain vs. suffering
Impact of pain
 Prevalence
 Societal costs
Chronic pain cycle
 Psychological
 Physical
Factors that impact pain
 Physical, thought, emotions, behaviors
 Social interactions
Suicidality and chronic pain

Opioids
Scope of the problem
The “painkiller” myth
 Not effective pain relief
Medication assisted treatment
 Methadone
 Buprenorphine (Suboxone)
 Naltrexone injection (Vivitrol)
Risks
 Men, women, elderly

Assessment
Pain experience factors
 Psychological
 Behavioral
 Social
 Physical
5 E’s of pain interview
Self-report measures
Impact of pain

Treatment
Treatment options
 Medication
 Invasive
 Non-invasive
CDC guidelines
 Behavioral treatment first
 Importance of therapeutic relationship
Mindfulness
 Powerful evidence-based interventions
Motivational interviewing
 Proven techniques to move toward behavior change
Goal-setting
 SMART goals
 Matching goals with client values
CBT tools
 Automatic negative thoughts
 Thought distortions
 ABC worksheet
 Decatastrophizing
Additional behavioral treatment tools
 Breathing
 Imagery
 Pleasant activities
 Progressive muscle relaxation
 Anger management
 Time-based pacing
 Stress management
 Sleep hygiene
Research limitations and risks of psychotherapeutic approaches

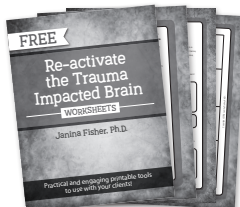
OBJECTIVES

1. Describe how the emotional aspect of clients’ pain can be more problematic than the physical aspect.
2. Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
3. Assess the psychological, physical, social and behavioral factors that contribute to chronic pain and articulate their treatment implications.
4. Implement motivational interviewing techniques to motivate clients towards behavior change that reduce the symptoms of chronic pain.
5. Summarize the CDC recommendations for the treatment of chronic pain and communicate how that impacts clinical treatment.
6. Utilize mindfulness-based strategies to decrease symptoms of chronic pain in clients.

Target Audience:
Social Workers • Psychologists • Counselors • Addiction Counselors • Occupational Therapists
Psychotherapists • Marriage and Family Therapists • Case Managers • Physical Therapists
Physical Therapist Assistants • Nurses • Nurse Practitioners • Other Helping Professionals

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BEHAVIORAL TREATMENT
OF
CHRONIC PAIN

Evidence-Based Techniques to Move
People from Hurt to Hope

APPLETON, WI
Monday, January 13, 2020

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Tuesday, January 14, 2020

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Wednesday, January 15, 2020

BEHAVIORAL
TREATMENT
OF
CHRONIC PAIN

Evidence-Based Techniques to Move
People from Hurt to Hope

- Exposed! The biggest myth about pain treatment
- Master 4 pain-changing CBT tools
- Transform your practice with creative and practical evidence-based approaches to treat chronic pain

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A Non-Profit Organization Connecting Knowledge with Need Since 1979

We are in the midst of a nationwide push to treat chronic pain and address our out-of- control opioid prescribing. At least 1/3 of the people we treat are dealing with this condition, yet most of us are ill-prepared to address this with skill and expertise. The CDC recently published recommendations for the treatment of chronic pain, specifically highlighting behavioral treatment as an approach that should be tried before opioids are prescribed.

We are witnessing a devastating public health crisis that is ruining individuals’ lives, tearing up families, and ripping through communities. We need to arm ourselves with the skills needed to offer our clients evidence-based behavioral interventions that will help them live healthy and productive lives.

Come to this interactive and cutting-edge training and learn creative tools and techniques to transform your practice. Learn powerful mindfulness interventions and motivational interviewing techniques to move your clients towards behavior change. Master the four pain-changing CBT tools. You will leave with the skills and confidence to provide practical and life-changing help to help people move out of chronic pain and into active, healthy and meaningful lives.


SPEAKER
ROBERT UMLAUF, PHD, ABPP, is a licensed clinical psychologist with advanced board certification in rehabilitation psychology. He has over 30 years of direct clinical experience working with clients with chronic pain and has also worked in a wide variety of medical/rehabilitation settings. In addition, Dr. Umlauf has experience working with people who have addictions and is passionate about teaching skills to people living with chronic pain so they can avoid the trap of opiate abuse.

Dr. Umlauf is in private practice and consultation, with a specialty in health/wellness, pain management, and lifestyle adaptation to maximize well-being. He has been on the faculty at the University of Washington, University of California San Diego, and Georgetown University, and has published dozens of peer-reviewed articles, professional presentations, workshops, and book chapters. Dr. Umlauf earned his MA and PhD in clinical psychology from the University of Missouri-Columbia and his BS in psychology from the University of Washington.

Speaker Disclosures:
Financial: Robert Umlauf is in private practice. He receives a speaking honorarium from PESI, Inc.
Non-financial: Robert Umlauf has no relevant non-financial relationship to disclose.


Live Seminar Schedule
7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



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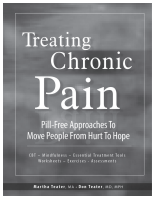
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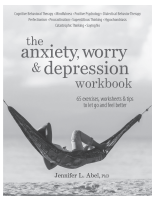
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BEHAVIORAL TREATMENT OF CHRONIC PAIN

Evidence-Based Techniques to Move People from Hurt to Hope



Treating Chronic Pain
Pill-Free Approaches to Move People From Hurt To Hope
By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH
The best treatment for chronic pain isn't found in a doctor's office or pharmacy—it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.



The Anxiety, Worry & Depression Workbook
65 Exercises, Worksheets & Tips to Improve Mood and Feel Better
By Jennifer L Abel, Ph.D.
Jennifer Abel, PhD, has compiled **an interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises and scripts** for you to start changing your habits, and start changing your life.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



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Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.
If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.
Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.
PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Wisconsin Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Wisconsin Marriage & Family Therapists: This course has been reviewed and approved by the Wisconsin Association for Marriage and Family Therapy for 6.25 credit hours.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Pharmacology Nurse Practitioners: This program offers 120 instructional minutes of pharmacology content which is designed to qualify for 2.0 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

Physical Therapists & Physical Therapist Assistants: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

Wisconsin Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Wisconsin Physical Therapy Association. Credit is pending.

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The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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- \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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