



A Practical Guide for Persistent Pain Therapy

**“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

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.
 - Integrate a biopsychosocial approach to rehabilitation in sport.
 - 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.
- Develop empathy and build therapeutic connections through an evidence-based awareness of what people in pain want from healthcare professionals.
- 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.
- Consider common barriers towards recovery, and explore methods of developing self-efficacy & resilience for people in pain.
- Understand the importance of shared-decision making and develop a collaborative approach to healthcare.
- 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 over fifteen countries and have provided a wide range of clinicians around the world with practical skills. Feedback from over 700 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.

Interactive Workshop: Practice your new treatment skills to find solutions to everyday clinical problems.

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

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Mike is a physiotherapist 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. 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.

www.knowpain.co.uk