Past participant comments

I kind of dabbled with [CBT skills] by myself, with books. Just self taught. I was wanting some authority to make sure I really know how this is supposed to be... and you hear it from another dimension...so it gave me a lot of confidence.

I found it very beneficial to hear examples, particularly when people were reporting on their homework...how they used the [skills from the] previous session in their workplace...and then you try to use and implement the thoughts and methods of the session...then to hear how people did it and that sort of impacted...how I would do it.

I was able to incorporate my learning into work practice, then have the opportunity to discuss with the facilitator and fellow students.

For further information

If you would like to be notified about the upcoming schedule or would like to organise a customised program for up to 10 participants please contact us directly via:

E: paineducation.admin@sydney.edu.au

T: +61 2 9463 1516

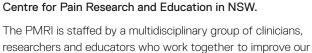
Details of costs for individual participants and/or customised programs are available on our website:

sydney.edu.au/medicine/pmri/education

About the institute

The Pain Management Research Institute (PMRI) is part of the Sydney Medical School, based at Royal North Shore Hospital.

The NSW Ministry of Health has recognised the PMRI as the Lead



Royal

Hospital

North Shore

Olinically, at our multidisciplinary Michael J Cousins' Pain Management & Research Centre (PMRC), a key focus is implementing and evaluating the latest ideas about pain in clinical practice.

understanding of all forms of pain and their treatments.

- Academically, since 1996 the PMRI has provided an online graduate pain education degree, alongside a number of innovative continuing education programs for all health professionals. The degree progam includes Masters, Graduate Diploma and Graduate Certificate levels in multidisciplinary pain management. A measure of the quality of these programs is their endorsement by the International Association for the Study of Pain (IASP) as being consistent with the Interprofessional Pain Curriculum.
- Research at PMRI is conducted within a biopsychosocial framework and includes the study of basic pain mechanisms and the development and evaluation of innovative multidisciplinary treatments.

For further information

Pain Management Research Institute Ground Floor, Douglas Building Royal North Shore Hospital St Leonards, NSW 2065, Australia

T: +61 2 9463 1516

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Putting Cognitive
Behavioural Skills into
Your Clinical Practice

Webinar Skills Training: Pain Management 2020



Webinar Skills training

The webinar skills training program provides an opportunity to learn how to help your patients better manage chronic or persisting pain problems.

Each program consists of 7 online sessions of 90 minutes duration conducted over a 2-3 month timeframe. In each session you explore specific strategies on how to effectively manage patients experiencing chronic pain. The schedule is as follows:

- **Session 1:** Patient assessment & case formulation
- **Session 2:** Explaining case formulation to the patient
- **Session 3:** Identifying SMART goals & using motivational interviewing
- **Session 4:** Employing self-management skills & developing a treatment plan
- Session 5: Reinforcing treatment program & maintenance strategies Part 1
- Session 6: Reinforcing treatment program & maintenance strategies Part 2
- Session 7: Integration of CBT skills (Competency evaluation)

Homework

You are expected to use the skills covered with your patients between sessions, culminating in a case presentation in the final session. Practicing and reflecting on the skills develops your competence and confidence in their application.

Study materials

All participants receive a comprehensive manual covering the content of the program, advice on the technical aspects of the webinar sessions and relevant papers for background reading. We also provide you with a headset and a copy of our patient manual (*Manage Your Pain*).

Follow-up email discussions with the facilitators, if necessary, are also available.

Note:

Webinar groups are limited to 10 participants to foster discussion between participants and facilitators.

An iterative process

The webinar skills training consists of four basic steps:

Preparation

- · Checking computer compatibility
- · Completing pre-reading

Participation

- · Logging on in time to participate
- · Interacting with the facilitator & other participants
- · Presenting & discussing homework experiences

Application

 Incorporating the new skills in the management of chronic pain patients (e.g. case formulation, goal setting, activity pacing, thought management, applied relaxation)

Evidence

- Preparing a written statement about skills practised between sessions
- Reflecting on the experience & documenting insights gained, culminating in a case presentation in the final session to demonstrate competence



Workshop facilitators

Professor Michael Nicholas

Michael is the Director of Pain Education and has over 35 years of experience as a clinical psychologist in the field of pain. He has a national and international reputation, especially in relation to his work in developing multidisciplinary pain management programs, and over 150 publications in scientific journals and books on pain assessment and management. Current research interests include the self-management of persisting pain in older people, ways of reducing the threat value of persisting pain, self-management strategies in adjustment to persisting pain, and early psychosocial interventions to prevent long-term disability in people with work and motor accident injuries.

Dr Sarah Overton

Sarah is a senior clinical psychologist with over 15 years experience in the area of pain management at the Pain Management & Research Centre at Royal North Shore Hospital. Her work includes running ADAPT programs as part of a multidisciplinary team and conducting comprehensive assessments of chronic pain patients within a biopsychosocial model. She is also a lecturer in the Graduate Studies in Pain Management Program with The University of Sydney.

Dr Brad Wood

Brad is a senior clinical psychologist at the Pain Management & Research Centre at Royal North Shore Hospital. He has over 15 years experience providing Cognitive Behaviour Therapy (CBT) to people with persistent pain. He is an active researcher and his PhD explored the role of cognitions in the relationship between pain and depression. Brad is also a lecturer in the Graduate Studies in Pain Management Program with The University of Sydney.

Maria de Sousa

Maria is a senior physiotherapist with over 12 years of experience at the Pain Management & Research Centre at Royal North Shore Hospital. She has completed her Master of Science in Medicine (Pain Management) and contributes to the Graduate Studies in Pain Management Program with The University of Sydney. Her work includes conducting comprehensive assessments of patients with persistent pain within a biopsychosocial model and running cognitive-behavioural pain management programs as part of a multidisciplinary team.