***Using psychological pain management tools and new ways of communicating with your patients in a physical therapy setting***

DATE Saturday May 12th 2018  
LOCATION Treacy Centre, Parkville, Melbourne  
TIME 9:00 – 5:00pm (registrations start at 8:40am)  
INVESTMENT $330 (inc GST)

INCLUDES Workshop, Lunch & Snacks  
CPD 6 hours

WHO Osteopaths, Physiotherapists, Chiropractors, Myotherapists, EPs

NOTE This course will be limited to a maximum of 30 attendees

**Workshop Facilitator and MC: Heath Williams (osteopath)**

**Presenters:**

**Helen Mentha** is a clinical psychologist and member of the Motivational Interviewing Network of Trainers (MINT). She worked for many years in the drug and alcohol field as a counsellor, dual diagnosis senior clinician, manager and supervisor. She now runs her own consultancy, specialising in Motivational Interviewing training and supervision, and is one of the country’s leading MI trainers.

**Kaye Frankcom** is a registered psychologist with endorsements in clinical and counselling psychology. She has operated a successful group psychology practice in Melbourne for 20 years and worked with physical therapists in private practice to enhance patient outcomes where mental health and persistent pain are primary barriers to recovery and progress in treatment. She has a Masters in Pain Science from the University of Sydney and has worked in Pain Clinics. She has also specialized in compensation medicine and has helped establish the Clinical Panels at the TAC and Worksafe and now works at Comcare and for Westfarmers, a self insurer, in addition to her clinical work.

**WORKSHOP DETAILS**

***AM SESSION - Using psychological pain management tools in a physical therapy setting***

*If pain is an affective and sensory experience (IASP definition) and persistent pain appears to be centrally controlled (by the CNS) rather than peripherally, then what is going to help with a patient who is not responding to standard treatment?*

The first half of this one-day course will address our understanding of what mediates pain and the nexus between psychological reactions and physical injuries/conditions. Fear avoidance, low self efficacy, and personality style/beliefs are known to predict outcomes with persistent pain. We will cover:

* Quick overview of psychology and pain science: where are we up to with what causes persistent pain and disability?
* Tips for treating a patient with persistent pain and a psychological condition that is either consequent to their physical problems or has developed subsequent to them that you can use in your clinical context
* What to say and how to say it…. using psychological ideas to do better with goal setting, behavioural prescription and treatment adherence.
* Referral to psychologists…not all are equally up to this kind of work…how to find the right one.

***AFTERNOON SESSION - Motivational Interviewing and conversations about change***

The second half of the program will focus on principles and skills from Motivational Interviewing that can help us to navigate difficult conversations about change, where reluctance and ambivalence are common. We will cover:

* Useful “roadmaps” for the change process and the change conversation - ways to identify “where are they at in relation to change?” and “where are we at in relation to this conversation?”
* Creating shared focus when clinician and client goals are out of sync
* Working with ambivalence and the “yes, but” conversation
* Connecting with meaning and building momentum for change.

Watch this video to get an idea of what we will cover in the workshop <https://noijam.com/2018/03/13/building-a-model-of-pain/>

What you will get from attending this course:

* techniques you can introduce to your patients next appointment who have persistent pain,
* self-management tools you can refer your patients to who have tried everything (e.g. the brain changer <http://brainchanger.io/>) ,
* ways of talking to patients who are stuck in their view of their pain and disability and where to find other health professionals who specialise in persistent/treatment resistant pain management and how would you know when you found them (what to ask to check them out!)
* evidence based ways of communicating with patients that move beyond basic empathy and help you to get unstuck with patients who are not progressing in their treatment by having change-orientated conversations that help you and your patient.

**REGISTRATION FORM**

Please email the completed registration form at the end of this document to info@principle4.com if you would like to book your place on the course.

**PAYMENT DETAILS**

Please make an electronic bank transfer into the following account:

A receipt of payment will be sent to you once the payment is received for tax claiming purposes.

Account name: Heath and Lucy Williams

BSB: 704-191

Account: 176874

Please write your name as the REFERENCE when making this payment.

**PAYMENT**

All payments are to be made by electronic transfer.

We do not accept cheques or credit card payments.

All payments are to be made prior to attendance of the course.

A confirmation email will be sent to confirm your payment and place on the course.

**TERMS & CONDITIONS**

The course will be limited to a maximum of 30 attendees.

Participation in activities is not required to pass the course and all attendees will receive a certificate of attendance.

**CANCELLATION POLICY**

Registrants who have provided 6 weeks’ notice will be given the option of rescheduling to the same course on another date or can be refunded 75% of the course fees.

A 50% refund of the course fee will be paid to those who cancel with 4 - 6 weeks’ notice.

A 25% refund of the course fee will be paid to those who cancel less than 4 weeks before the scheduled course.

**CONTACT DETAILS**

If you have any questions or enquiries, please email or phone us at: E: [info@principle4.com](mailto:info@principle4.com)

**NAME**

**EMAIL**

**PHONE**

**PROFESSION**

**COURSE DATE**

**HOW DID YOU HEAR ABOUT THIS COURSE (please circle)?**

Word of Mouth / Facebook / Instagram / Google

**WHAT WORK SETTING DO YOU CURRENTLY WORK IN (please circle)?**

Private clinical practice / Education / Other (please state) below

**HAVE YOU UNDERTAKEN POST GRAD TRAINING IN PAIN MANAGEMENT (please circle)?**

YES / NO

**HAVE YOU UNDERTAKEN POST GRAD TRAINING IN MOTIVATIONAL INTERVIEWING (please circle)?**

YES / NO