

MODULE 7
Pain Management, Cognitive Behavioural Therapy

Day 1 Saturday 4th Feb 2012 Cognitive behavioural therapy Jannie Van der Merwe

9.00am	The CBT model	(L) J Van der Merwe
9.40am	The role of psychological factors in acute and chronic musculoskeletal pain (L) fear avoidance, locus of control, safety behaviours	
10.20am	Psychological assessment - psychometrics	(L)
11.00am	Coffee	
11.15am	Behavioural experiments; graded exposure; graded exercise & pacing (L)	
12.00am	Sharing the cognitive conceptualisation with the patient (SG)	
12.45pm	Lunch	
1.45pm	Cognitive strategies - cognitive challenging, reframing - ATR's (L)	
2.30pm	Implementing cognitive strategies - role play -(SG)	
3.15pm	Tea	
3.30pm	Case studies-further role play (SG)	
4.15pm	Motivational interviewing; goal setting - obstacles to change (L) - FEEDBACK (SG)	
5.00pm	Close	

Day 2 Sunday 5th Feb. Pain Management in Primary Care Dr Simon Harley

9.00am	Pain Management in Primary Care (L) Dr Simon Harley Identifying yellow flags	
10.00am	The role of the physiotherapist in chronic pain- Mark Newman (L)	
11.00am	Coffee	
11.15am	Multidisciplinary working-case based discussions (SG)	
12.00am	Feedback to full group	
12.45pm	Lunch	
1.30pm	Optimal body use in rehabilitation-Rod Macdonald (L) and (SG)	
2.15pm	Practice of postural techniques	
3.00pm	Tea	
3.15pm	Role of Core stability exercises and what to teach your patients! P	
4.00pm	Overcoming barriers to progress with rehabilitation -case based discussion(SG)	
5.00pm	Close	

MODULE 7
Pain Management, Cognitive Behavioural Therapy

Day3	Monday 6th Feb	The Pain Clinic	John Tanner
9.00am	Interventions from the Pain clinic		John Tanner
9.40am	Secondary care pain management programmes - selection of patients		J Tanner
10.20am	Myofascial trigger points, acupuncture and TENS		J Tanner
11.00am	Coffee		
11.15am	Practical - identification of trigger points, somatic dysfunction and treatment		
12.00am	Case histories		J Tanner
12.45pm	Lunch		
1.30pm	Review of Hip examination Practical revision		
2.00pm	Pharmacotherapy (opiates vs non opiates) and chronic pain		Meera Tewani
2.30pm	Discussion of barriers to appropriate use of analgesics in primary care		
3.00pm	Tea		
3.15pm	Case histories and discussion		
4.15pm	Round table discussion on integrated approach and feedback (SG)		
5.00pm	Close		

L= lecture
S= seminar
SG= small group
P= practical
D= demonstration

Tutors John Tanner, Dr Simon Harley, Rod Macdonald
Guest Lecturers: Meera Tewani
Dr Jannie van der Merwe Clinical Psychologist
Mark Newman Physiotherapist Multidisciplinary Spinal Team

Venues: Western Eye Hospital
London College of Osteopathic Medicine

MODULE 7
Pain Management, Cognitive Behavioural Therapy