



## **Course: chronic pain in adults: a cognitive behavioural perspective for assessment and treatment**

**Address:** <https://asadis.net/en/course/chronic-pain-adults-cognitive-behavioural-perspective/>

**Duration:** 2h

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$80.00

### **Overview:**

In this comprehensive workshop, Dr. Thomas Hadjistavropoulos offers an in-depth look at cognitive behavioural therapy (CBT) for chronic pain management. Participants will explore various biopsychosocial models, such as the operant conditioning model of chronic pain behavior and the fear avoidance model.

The workshop includes detailed discussions on assessment strategies and highlights specific tools for effective evaluation. Dr. Hadjistavropoulos emphasizes various CBT techniques, categorizing them as cognitive (like cognitive restructuring), behavioral (such as relaxation training), and supportive (including psychoeducation).

The workshop is enriched with video demonstrations of critical therapy moments and techniques, offering practical insights into addressing common challenges like adherence to physical rehabilitation and the psychological aspects of chronic pain. Additionally, a segment is dedicated to discussing the evidence supporting CBT in this context.

### **Learning objectives:**

1. Understand at least two biopsychosocial models related to chronic pain.
2. Master assessment tools that are used with chronic pain patients
3. Understand the cognitive behavioural techniques that can be used for chronic pain.

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This training is intended for mental health professionals.

**The expert, Prof Thomas Hadjistavropoulos**

Dr. Thomas Hadjistavropoulos is a Professor of Clinical Psychology and Research Chair in Aging and Health at the University of Regina. He has served as President of the Canadian Psychological Association, is a Registered Psychologist in Saskatchewan and British Columbia, and is certified in cognitive behavioural therapy by the Canadian Association of Cognitive and Behavioural Therapies. He is also certified as a Clinical Psychology Specialist by the American Board of Professional Psychology (ABPP). His research, which has been funded by the Canadian Institutes of Health Research (CIHR), the Saskatchewan Health Research Foundation (SHRF), the Social Sciences and Humanities Research Council of Canada (SSHRC), the AGE WELL National Centres of Excellence, and the Canada Foundation for Innovation (CFI), focuses on psychological issues in pain with a special emphasis on older adults.

**Syllabus**

PowerPoint

Introduction to Pain Management and Assessment

Introduction

Prerequisite and definition of pain

Pain models

DSM5

Assessment of pain

Assessment tools part 1

Assessment tools part 2

Cognitive-Behavioral Therapy (CBT) Techniques and Interventions

CBT Interventions

Commitment example

CBT treatment techniques

Problem solving

CBT treatment techniques (behavioural)

CBT supportive and other interventions

Effectiveness of CBT in Pain Management

Effectiveness of CBT and conclusion

Bibliography