

## **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:**

Chronic pain often persists where biomedical approaches fall short — and it is in this space that psychological interventions can have a transformative impact.

In this advanced workshop, Dr. Thomas Hadjistavropoulos guides you through a comprehensive approach to cognitive behavioural therapy (CBT) for chronic pain management. Grounded in robust scientific evidence and clinical utility, the training equips you to integrate CBT within a biopsychosocial framework tailored to complex presentations.

You will:- Deepen your understanding of key models, including operant conditioning, fear-avoidance, and the biopsychosocial model of pain.- Refine your assessment strategies using validated tools targeting pain beliefs, emotional distress, disability, and coping styles.- Strengthen your clinical repertoire with specific CBT techniques — cognitive (e.g., restructuring, problem-solving), behavioural (e.g., pacing, desensitization), and supportive (e.g., psychoeducation).- Observe video demonstrations that address real-world therapeutic challenges, including adherence to rehabilitation and managing emotional responses to persistent pain.

By the end of the workshop, you'll be better positioned to support individuals living with chronic pain through interventions that are both evidence-informed and clinically adaptable.

This training is intended for clinicians with experience in psychological intervention, seeking to enhance their competencies in pain management within interdisciplinary or healthcare settings.

**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**

Prof 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. In 2024, he received the The Saskatchewan Order Of Merit for his efforts dedicated to the betterment of his communities and the province.

**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

Committment 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