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 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

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*