



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 workshop, Dr. Thomas Hadjistavropoulos reviews biopsychosocial and cognitive behavioural models of the chronic pain experience (e.g., the operant conditioning model of chronic pain behaviour and the fear avoidance model), approaches to assessment (including clinical recommendations for specific assessment tools) and presents how to use cognitive behavioural therapy (CBT) for the treatment of chronic pain. CBT approaches for chronic pain involve a wide variety of methods that can be classified as cognitive (e.g., cognitive restructuring and problem solving), behavioural (e.g., relaxation training, pacing of activity), and supportive (e.g., psychoeducation). A variety of video clips depicting key moments in therapy (e.g., addressing problems with adherence to recommended physical rehabilitation, discussion of the role of psychological factors in the chronic pain experience) and specific therapeutic techniques (e.g., cognitive restructuring, problem solving, behavioural experiments) are used to bring to life the material presented. A brief discussion of the evidence base behind CBT for chronic pain is also included.

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

Prerequisite and definition of pain

Pain models

DSM5

Assessment of pain

Assessment tools part 1

Assessment tools part 2

CBT Interventions

Commitment example

CBT treatment techniques

Problem solving

CBT treatment techniques (behavioural)

CBT supportive and other interventions

Effectiveness of CBT and conclusion

Bibliography