



## A Practical Guide for Persistent Pain Therapy

City Hospital, Nottingham  
7<sup>th</sup> & 8<sup>th</sup> March 2020

**“This course will fundamentally change how I  
communicate with my patients.” Doctor**

**“I connect with my patients so much better since taking this course.”  
Physiotherapist**

### Learning Aims:

This course will help you develop a range of engaging, **practical skills** so that you can help people make sense of pain and overcome it. You will learn ways to apply practical solutions to everyday clinical challenges.

- **Help people to feel believed** by understanding the relationship between pain, perception & behaviour change without them thinking that it's “all in their head!”
- Learn ways to **combine a biopsychosocial approach** with your manual therapy and exercise therapy skills.
- Learn creative ways to help people make sense of pain by using **interactive experiments** involving taste, touch and hearing!
- **Become a better teacher.** Guide people who become stuck, empower people who feel hopeless, and engage people who feel bored.
- Optimise patient education by **expanding your teaching toolkit &** applying educational theories to your practice.
- **Develop empathy and build therapeutic connections** through an evidence-based awareness of what people in pain want from healthcare professionals.
- **Help people to express their experience of living with pain** through a range of engaging and empowering communication skills.
- **Explore the role of metaphors** in healthcare and understand the hidden impact of language on clinical outcomes.
- Integrate practical psychological treatment skills into your rehabilitation by exploring **motivational interviewing, cognitive-behavioural therapy, acceptance and commitment therapy, mindfulness and cognitive bias modification.**
- Explore a variety of patient **case studies** that give you the opportunity to use what you have learnt before returning to your clinic.

## Course Description:

The challenge of successfully managing persistent pain can be one of the most daunting for both clinicians and people in pain who are often frustrated after failed short-term interventions. It is often difficult to understand and explain high and prolonged levels of pain where a traditional tissue based cause is lacking. This course explores a cutting edge, patient centered approach using a variety of practical learning methods to help your patients make sense and overcome their pain. It provides a range of practical applications and innovative learning methods to take into your clinic for immediate results. The course content blends a wide range of contemporary evidence from both educational and healthcare literature. Know Pain courses have been taught in over fifteen countries and have provided a wide range of clinicians around the world with practical skills. Feedback from over 700 people who have attended Know Pain courses has shown that 100% would recommend a Know Pain course to their colleagues, whilst 95% felt more confident when helping people to overcome pain. This 2 day practical course is relevant to anyone who works with people in pain.

## Course Outline:

### Day 1

**Setting the Scene:** What is pain? What are we hoping to achieve?

**The Neurobiology of Pain:** Helping people understand why it hurts in their own words.

**Developing Teaching Skills:** Optimise your patient education toolkit & learn practical ways to guide, empower & engage people.

### Day 2

**The Language of Pain:** Develop your communication skills & help people to express their experience of living with pain.

**Pain & the Affective Mind:** Combining psychological treatment skills with physical rehabilitation and manual therapy.

**Getting Going Again:** Empowering function by applying pacing & graded exposure therapy to your practice.

**Interactive Workshop:** Practice your new treatment skills to find solutions to everyday clinical problems.

**Case Studies:** An opportunity to test what you have learnt before you return to your practice. Use a variety of real life patient case studies to practice your new skills!

## Tutor: Mike Stewart

### MCSP SRP MSc PG Cert (Clin Ed)

Mike is a physiotherapist, researcher and visiting university lecturer with over twenty years experience of helping people to overcome pain. Mike is a dedicated practice-based educator who is passionate about providing evidence-based education to a wide variety of health professionals. He teaches across elite sports, and is an advisor on pain management to the International Olympic Committee. Mike has a Masters degree in Education and is planning a PhD focusing on pain and communication. His published work has received international praise from the leading names in neuroscience.

**Cost: £275 (£220 for students & all multiple bookings)**

**CPD Hours: 14**

[www.knowpain.co.uk](http://www.knowpain.co.uk)