



A Practical Guide for Persistent Pain Therapy

“One of THE best online training courses I have ever attended. Lovely mix of practical experiments, which work really well in clinic!”
Occupational Therapist

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

Learning Aims:

This interactive live online course will help you develop a range of **engaging, practical skills** so that you can help people make sense of pain and overcome it. The course content and handbook have been designed to be used in clinic. They include a combination of lectures, practical experiments, games, short clinical videos, reflective discussions & case studies to enable you to achieve the following:

- **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 17 countries and have provided a wide range of clinicians around the world with practical skills. Feedback from over 1000 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 course is [relevant for anybody 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.

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: £220

CPD Hours: 14

www.knowpain.co.uk