

Thursday May 13, 2010 9:00-4:30pm
Delta Winnipeg

Pre-Conference Institute (Option 2):

What to do about Pain? Interventions for Clients with Chronic Pain

Have you ever felt ineffectual in helping a client who's experiencing debilitating chronic pain?

Whatever profession you are in you have likely struggled with clients or patients in physical and psychological pain that is incapacitating to their work, home and personal lives. Traditional medical treatments are expanding to embrace a client-centered approach that also attends to psychological factors.

In this one-day intensive workshop Dr. Sullivan will discuss practical skills and knowledge about how to best assist clients with chronic pain. Providing care for clients with disability arising from chronic pain is one of the most difficult aspects in any practice. This workshop will provide you with clear, evidence-based advice on working effectively with clients that are disabled with pain.

This lecture and dialogue will summarize current research regarding the relationship between pain, catastrophic thinking and disability. The workshop will include didactic presentations, discussion, and videos depicting handling of challenging scenarios.

Learning Objectives:

Upon completion of this training, participants will know:

1. about recent data regarding pain risk factors for chronic disability related to pain
2. how to shift the focus from pain to disability prevention / mitigation
3. intervention strategies for managing the patient with persisting pain and co-morbid depression

Intended Audience

All professionals working in the area of collaborative mental health care, especially Primary Health Providers, Mental Health Counsellors, Psychologists, Psychiatrists, and Policy Decision-Makers.

About the Presenter

Dr. Michael Sullivan, Ph.D., is a Professor of Psychology, Medicine and Neurosciences at McGill University. He is also the Scientific Director of the University Centre for Research on Pain Disability. Dr. Sullivan has lectured nationally and internationally on the social and behavioral determinants of pain-related disability. He has done extensive research on the relationship between catastrophic thinking and the pain experience. Dr. Sullivan has worked to develop community-based approaches to the management of pain-related disability.

Dr. Sullivan's expertise is in the following clinical and educational areas: traumatic brain injury, pain management, ethics in human service, clinical interviewing and counseling, personality theories, psychological disabilities, and organizational management and leadership.

Pre-Conference Institute Fee:

\$125.00 if attending the full conference

\$175.00 if attending an Institute or one day of the conference only

If you have already registered for the conference and want to register for an Institute, please email Carmen@plannersplus.ca. Please do not submit another registration.

If you have not previously registered, please click on the [registration link](#).