

Behavioral Treatment of Chronic Pain: Evidence-based Tools to Move from Hurt to Hope

June 26, 2018

9 am – 4:45 pm

McCreary Tower

Winston-Salem, N.C.

Program Overview

Across the nation, healthcare providers are taking another look at how to safely and effectively treat pain while also reducing the risks associated with opioids. It is estimated that 100 million people in the U.S. are living with chronic pain and that approximately 1/3 of these individuals are seeking medical treatment for their pain.

Pain management has typically not been a part of behavioral health practice, but research and clinical practice are demonstrating that behavioral interventions are the most effective treatment for chronic pain. The CDC recently put out guidelines that highlight the opioid epidemic and its tragic consequences, along with recommendations for treating chronic pain. Behavioral treatment is the most effective option and should be tried prior to prescribing opioids.

More behavioral health providers with expertise in behavioral interventions for pain management are needed to combat the opioid epidemic. This interactive and cutting-edge training will provide participants with innovative and evidence-based tools and techniques to expand their clinical practice and treat chronic pain. Participants will gain the skills and confidence needed to provide practical and life-changing interventions to help individuals manage chronic pain and enjoy active, healthy and meaningful lives.

Upon completion of the program, participants should be better able to:

- Define pain and its emotional aspects.
- Describe and map out the chronic pain cycle.
- List risks of opioid medications.
- Utilize effective components of the cognitive-behavioral treatment of chronic pain.
- Demonstrate mindful approaches for chronic pain.



Register online at northwestahec.org

Presented by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine in collaboration with Mountain Area Health Education both a part of the NC AHEC System.

Who Should Participate

This program is recommended for behavioral health professionals (psychologists, counselors, social workers, marriage and family therapists, substance abuse counselors, etc.) and others interested in this topic.

Faculty

Martha Teater, MA, LMFT, LPC, LCAS has been in private practice in Waynesville, NC since 1990. She has worked in primary care settings, free clinics and medication-assisted treatment programs. She has provided hundreds of trainings in 45 states and internationally on topics such as evidence-based treatments for trauma, DSM-5, compassion fatigue and behavioral treatment of chronic pain. Martha has written over 175 articles in newspapers and magazines, including Psychotherapy Networker and Family Therapy Magazine. She is the coauthor (with John Ludgate) of *Overcoming Compassion Fatigue: A Practical Resilience Workbook*. She is also coauthor (with Don Teater) of a book on behavioral treatment of chronic pain, due for publication in the fall of 2017.

Credits

Educational content and credit are directly provided by MAHEC.

- APA: MAHEC is approved by the American Psychological Association to sponsor continuing education for psychologists. MAHEC maintains responsibility for this program and its content. Full attendance is required to receive credit. This program will be offered for 6.0 CE.
- NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit. Approved for 6.0 hours.
- 6.0 NBCC Contact Hours
Mountain AHEC, ACEP No. 5514 and Northwest AHEC, ACEP No. 5465 are cosponsors of this program. This cosponsorship has been approved by NBCC. Both ACEPs are responsible for this program, including the awarding of NBCC credit.
- CEUs: MAHEC designates this continuing education activity as meeting the criteria for 0.6 CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.
- Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for 6.0 Contact Hours. Full attendance is required to receive credit.



Location

Northwest AHEC
McCreary Tower a part of the Wake Forest Football Complex
475 Deacon Blvd.
Winston-Salem, NC 27105

[> Click Here for Directions](#)



For More Information or Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Lisa Maurer at least five working days prior to the activity by calling 336-713-7715 or emailing emaurer@wakehealth.edu.

Registration

\$115 — Registration fee, if postmarked by June 12, 2018

\$130 — Registration fee, if postmarked after June 12, 2018

Register and pay online at northwestahec.org or complete and return the attached registration form.

Payment by credit card (Visa, MasterCard, and American Express) accepted online. Personal check, corporate check, money order, or WFBMC internal transfer accepted by mail.

Payment Policy — Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

Refund Policy — Cancellations received in our office at least two days prior to the activity will result in a charge of \$50, or 30 percent of the paid registration fee, whichever is less. The registration fee will not be refunded if a cancellation is received less than two days before the activity. You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda.

Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Note — Registering for and attending this program authorizes Northwest AHEC/Wake Forest School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations. If you do not wish to be photographed, you may opt out of photographs the day of the activity.

Agenda

8:30 am	Registration	2:30 pm	Break
9 am	Defining Pain Chronic Pain Onset Central Sensitization Emotional Aspect of Pain ACEs (Adverse Childhood Experiences) — Study and its Link to Pain	2:45 pm	CBT Tools Mindfulness Additional Behavioral Treatment Tools Resources Q&A Session
10:30 am	Break	4:45 pm	Adjourn
10:45 am	Impact of Pain Special Populations Chronic Pain Cycle Factors that Impact Pain Suicidality and Chronic Pain		
11:45 am	Lunch		
1 pm	Opioids Treatment Assessment Goal Setting Treatment Options		

