

With
Dr Aftab Laher
&
Rachel Farley

Assessing and Managing Chronic Pain in Adults



Duration: 1 day
CPD Hours: 7.25
Fee: £130

Dr Aftab Laher
Consultant Clinical and Health Psychologist
Accredited Cognitive-Behavioural Psychotherapist

Rachel Farley
Spinal Physiotherapy Specialist
Specialist interest in Pain Management

Overview:

This introductory one-day training course provides an opportunity to learn about chronic pain (or persistent pain) in adults, and to enhance your knowledge and skills in helping to assess and manage patients presenting with chronic pain. The course covers latest developments in the understanding of pain and best practice in engaging, assessing, and treating patients who present with chronic pain.

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Who will Benefit?

This course is suitable for health professionals, therapists, and care staff working in physical health care and rehabilitation in hospitals or primary/ community settings including, occupational therapists, physiotherapists, nurses, psychologists, dietitians and doctors. However, staff working mainly in mental health settings who are interested in pain management may also find this course of benefit.

Key Learning Outcomes:

- Explore the nature of chronic or persistent pain and how pain understanding has evolved.
- Familiarise yourself to the biopsychosocial approach to chronic pain.
- Learn about tools and strategies for engaging and assessing clients with chronic pain.
- Understand the physiology of pain and learn about how to explain pain to clients.
- Introduce you to the cognitive-behavioural therapy approach to chronic pain.
- Identify the barriers to physical activity in pain and learn about strategies to enhance physical reconditioning.

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