

With Marc  
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Batalla

# Assessing and Managing Psychosocial Barriers to Treat Adults Living with Chronic Pain Conditions

**Duration: 1 day**

**CPD Hours: 8**

**Format: Online**

**Fee: £100**



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## Overview:

Psychosocial factors are aspects of the person, their problem, and their social context, that may affect rehabilitation (Kendall et al., 1997; Glattacker et al., 2018). These include but are not limited to, the patient's attitudes and beliefs, emotions, behaviours, family, and workplace factors (Nicholas et al., 2011). Despite the urgings of clinical practice guidelines and evidence of the influence of psychosocial factors on clinical outcomes, screening for yellow flags is uncommon in clinical practice (Stearns et al., 2021). There is growing evidence on rehabilitation interventions that target psychosocial interventions for people with chronic pain, although it still remains unclear the effectiveness of these interventions (Kent et al., 2012). In this one-day virtual course, attendees will be provided with an overview of psychosocial factors in chronic pain rehabilitation, developing assessment and management strategies.

## Who will Benefit

This virtual course is suitable for Physiotherapists and Occupational Therapists with an interest in pain rehabilitation not working in a specialised chronic pain rehabilitation.

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# Assessing and Managing Psychosocial Barriers to Treat Adults Living with Chronic Pain Conditions

## Key Learning Outcomes:

### **What does this virtual course offer you?**

In this one-day virtual course, you will be introduced to the concept of psychosocial barriers for chronic pain treatment. You will explore the relevance of these factors and how these may influence chronic pain rehabilitation. You will learn tools and strategies to assess and manage psychosocial factors within the chronic pain context.

### **What are the objectives of this course?**

The student should be able:

- To identify, understand, and assess psychosocial barriers for pain rehabilitation.
- To learn effective strategies and approaches targeting psychosocial factors for pain rehabilitation
- To assimilate evidence regarding the relevance of psychosocial barriers and their treatment for chronic pain rehabilitation.
- To develop clinical reasoning skills related to the presence and treatment of psychosocial barriers for chronic pain rehabilitation

### **Course outline**

- Definition, relevance, and assessment of psychosocial factors in chronic pain rehabilitation.
- Treatment strategies to overcome or mitigate psychosocial factors in chronic pain rehabilitation.