

**With NOI
Group -
Tim
Beames**

Graded Motor Imagery Online



**GRADED MOTOR
IMAGERY
ONLINE**

Duration: 3 sessions

CPD Hours: 15

Date: 27th, 28th & 29th Nov 2024

Format: Online

Fee: £365

Tim Beames MSc BSc MCSP, UK

Tim lives in London where he works in private practice and is co-founder of Pain and Performance, an organisation which focuses on the treatment of complex and persistent pain states and the provision of pain education for both the patient and health professional. Tim is also the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook along with Lorimer Moseley, David Butler and Tom Giles.

Key Learning Outcomes:

By the end of this course participants will :

- Understand the process of GMI and where it fits into an overall treatment programme
- Be able to identify appropriate patients for GMI from both clinical presentations and research outcomes
- Have knowledge of the scientific underpinnings of GMI
- Have practical skills in using the three components of GMI
- Be able to confidently translate learnt GMI skills to effective treatment applications

TIMETABLE

Session 1: Wednesday 27 November 2024, 08.30 - 13.30 (GMT)

Session 2: Thursday 28 November 2024, 08.30 - 13.30 (GMT)

Session 3: Friday 29 November 2024, 08.30 - 13.30 (GMT)

Please note all times are UK (BST)

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Overview:

Graded Motor Imagery (GMI) is an evidence based, graded, brain training programme which accesses the virtual body in the brain. It is useful for a wide range of chronic pain states where the central nervous system may be up-regulated, including osteoarthritis, Complex Regional Pain Syndrome, phantom pains and 'non-specific' spinal pains. It gives new hope to many people in pain.

GMI involves the use of Apps, Flashcards, motor imagery, mirrors and Explain Pain education. In this course, participants are given the confidence and skills to use GMI immediately and to effectively integrate it into their current practice.

The course is structured around practical sessions supported by discussion of clinical applications.

This course is open to health professionals involved in pain and stress management

PRE-COURSE REQUIREMENTS

You will need to download a Recognise™ App of your choice – Available for iOS or Android, phone or tablet. The Recognise™ App is an easy to use, portable tool set for the first two stages of Graded Motor Imagery - perfect for patient treatment with new clinician export features.

RESOURCES

The Graded Imagery Handbook
With patience, persistence and often lots of hard work, GMI gives new hope for treatment outcomes.



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