



WILL POWER WARRIOR

GUIDE TO CONQUERING CHRONIC PAIN

Continuing Education Course for PTs/PTAs & OTs/COTAs

A COURSE WITH PRACTICAL TOOLS AND SKILLS FOR
A HOLISTIC APPROACH TO PAIN MANAGEMENT

WILL POWER WARRIOR GUIDE TO CONQUERING CHRONIC PAIN (BOOK & COURSE)

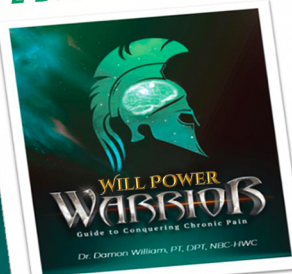
*Learn simple, practical tools that
research shows REDUCES PAIN,
IMPROVE PATIENT QUALITY OF
LIFE & INCREASE YOUR
CLINICAL EFFECTIVENESS.*

*Get resources to share/learn more
about CONQUERING PAIN with
your patients/clients in your
community.*

*Effectively incorporate these tools
in your rehab plan of care today.*

Created BY a Physical Therapist for YOU... the professionals!

E-BOOK DOWNLOAD



www.TheWillPowerWellness.com

Research shows:

there is more to treating pain than just
prescribing meds, injections and exercise...

WHICH IS WHY WE ARE SHARING A “WILL POWER WARRIOR” APPROACH!

AT THE END OF THIS PDU COURSE PARTICIPANTS WILL BE ABLE TO:

1. Relate foundational Biopsychosocial & PNE principles and philosophies to rehabilitation practices
2. Identify resources for learning more about Behavior Based Therapy-informed Pain Management and rehabilitation applications (including HWC, CBT & ACT, etc.)
3. Discuss research-based evidence that supports the use of behavior-based therapy techniques (HWC, CBT, ACT, etc.) in rehabilitation
4. Demonstrate implementing Will Power Warrior tools & resources into a rehabilitation plan of care
5. Perform foundational breathing and relaxation techniques to help reduce stress & pain with a patient in the rehab/clinic setting
6. Appropriately document the use of Will Power Warrior tools & resources with rehab billing/coding considerations

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FOR REHABILITATION & FITNESS PROFESSIONALS



Biopsychosocial Model



WILL POWER WARRIOR

SCHEDULE

- 8:00-10:00**

PAIN... AND WHAT WE SHOULD BE DOING ABOUT IT!

 - Pain Neuroscience Education (refresher for clinicians)
 - Philosophies & Principles of the Biopsychosocial Model, HWC, CBT/ACT
 - HWC, CBT & ACT in rehab practice (Evidence-Based review)
 - Practices & Programs for HWC, CBT/ACT related to rehab/pain management
 - The Health & Wellness Coach Perspective
- 10:00-12:00**

LAB #1
"Will Power Warrior Guide" (the patient experience)
- 12:00-1:00**

LUNCH
- 1:00-3:00**

WILL POWER WARRIOR GUIDE (PRACTITIONER EXPERIENCE/DEEP DIVE)
- 3:00-4:00**

LAB #2
Practical Application/Role Play with tools/skills
- 4:00-4:45**

LAB #3
Documenting "Will Power Warrior" treatments/tools
- 4:45-5:00**

THE "BIG PICTURE"

DR. DAMON ANTHONY WILLIAM, PT, DPT, NBC-HWC has practiced as a Physical Therapist for over 12 years- with patients of all ages and needs. He is Manual Therapy Certified and a published researcher. Damon is the founder of Will Power Wellness & Consulting, LLC and also the creator of the "Intro to Tai Chi for Rehabilitation & Fitness Professionals" PDU course. As a Tai Chi for Rehab Board Certified Instructor, he enjoys teaching Tai Chi classes in his home community, and online..

WILL POWER WARRIOR GUIDE TO CONQUERING CHRONIC PAIN

- 🧠 Approved for 8hrs PDU/CEU/CCH)
- 🧠 (Contact Instructor for further state/profession approvals)
- 🧠 Created BY a Physical Therapist FOR rehab professionals.
- 🧠 Research and Evidence-based, practical application
- 🧠 Apply to/treat Rehab patients managing variable diagnoses:
- 🧠 Orthopedics, chronic pain, stroke, balance deficits, etc.

(**ask about the discount rate for hosting a course at your site**)

www.TheWillPowerWellness.com

Contact for booking or to host a course:
 EMAIL: DAMON@THEWILLPOWERWELLNESS.COM
 PHONE: (617) 804-2040

