



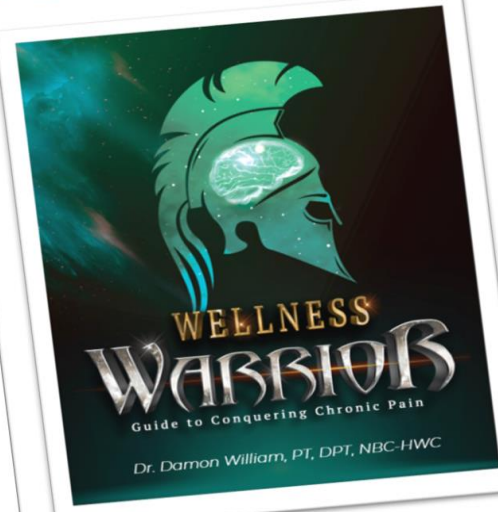
WELLNESS WARRIOR: GUIDE TO CONQUERING CHRONIC PAIN



Continuing Education Course for PTs/PTAs, OTs/COTAs

E-Book Download

**A course with
practical tools and
skills for a holistic
approach to pain
management!**



Wellness Warrior: Guide to Conquering Chronic Pain (Book & Course)

*(*** Created BY a Physical Therapist
for YOU... the professionals!)*

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.

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

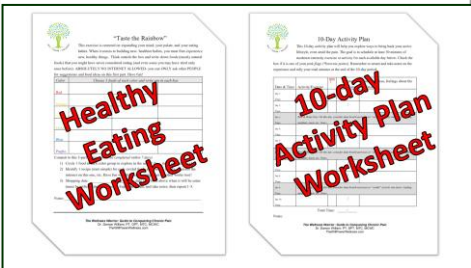
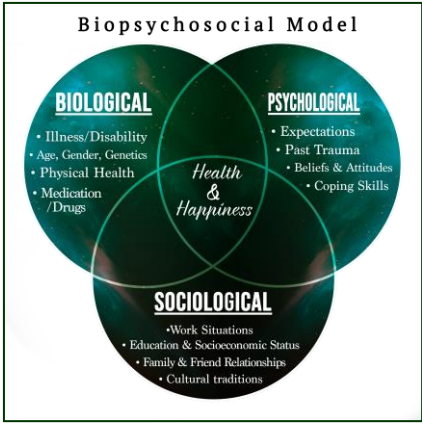
Which is why we are sharing

A “Wellness Warrior” approach!

At the end of this CEU 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 *Wellness 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 *Wellness Warrior* tools & resources with rehab billing/coding considerations

Visit our website: *TheWillPowerWellness.com*
for a full schedule of upcoming course dates!



Instructor

Dr. Damon 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 and author. Damon is the founder of Will Power Wellness & Consulting, and the creator of several courses- including the “Wellness Warrior: Guide to Conquering Chronic Pain” (E-Book & CEU course). As a Board-Certified Health & Wellness Coach, he enjoys empowering others to make lasting lifestyle changes and helping to find their best version of the best life!

Contact for booking or to host a course:
Damon@TheWillPowerWellness.com
Phone: (617) 804-2040

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- “Wellness Warrior Guide” (the patient experience)
- 12:00 - 1:00 LUNCH
- 1:00 - 3:00 Wellness 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 “Wellness Warrior” treatments/tools
- 4:45 - 5:00 The “Big Picture”

Wellness Warrior: Guide to Conquering Chronic Pain

- Pending Approval: Oklahoma APTA/AOTA (8hrs 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.
 - Registration: \$200.00 per person
- (**ask about the discount rate for hosting a course at your site**)*

****Visit website or contact instructor for application, registration and upcoming course dates****

Will Power Wellness & Consulting, LLC
Dedicated to positive change in our communities,
by cultivating the WILL to grow, the POWER to succeed,
and the WELLNESS to thrive.



www.TheWillPowerWellness.com